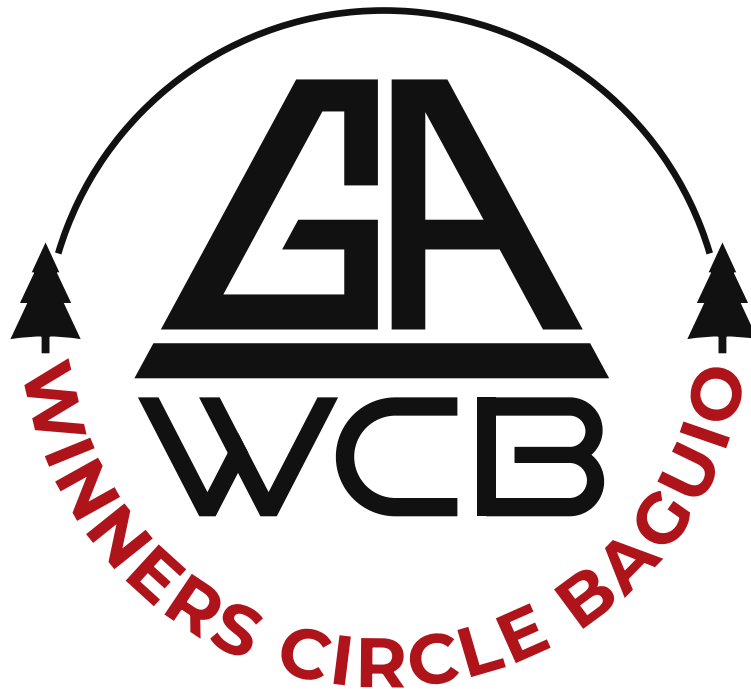




GAMBLERS ANONYMOUS • BAGUIO CITY

Meeting Kit



FACE-TO-FACE MEETINGS

01	Chairperson Script	Chair
02	GA Preamble	One member
03	The Recovery Program	One member
04	The Unity Program	One member
05	The Dream World	One member
06	Page 17	One member
07	The Promises	One member



Chairperson Script

- 1 WELCOME**
Good ____ everyone. Welcome to this Winners Circle Baguio Home Group of Gamblers Anonymous. My name is ____, and I will be your chairperson for this meeting.
Let us open with a moment of silence to reflect upon why we are here, and to pray for the still suffering gambling addicts in and out of this room.
- 2 SERENITY PRAYER**
For those who care to follow, please join me in the Serenity Prayer.
- 3 WELCOME NEWCOMERS**
We maintain that the newcomer is the most important person in any meeting. Is there anyone here at their first GA meeting, or with under 30 days of abstinence from gambling? If so, kindly introduce yourself. This is not to embarrass you, but to get to know you better.
You are welcome here. The only requirement for GA membership is a desire to stop gambling.
- 4 MILESTONES**
Is anyone celebrating a milestone in their recovery today? Please share it with us, so we can celebrate with you.
- 5 GA PREAMBLE** CARD 02
Can I ask a volunteer to read the GA Preamble?
- 6 THE RECOVERY PROGRAM** CARD 03
Can I ask a volunteer to read the Recovery Program, the Twelve Steps of Gamblers Anonymous?
- 7 THE UNITY PROGRAM** CARD 04
Can I ask a volunteer to read the Unity Program, the Twelve Traditions of Gamblers Anonymous?
- 8 THE DREAM WORLD** CARD 05
Can I ask a volunteer to read The Dream World?
- 9 PAGE 17** CARD 06
Can I ask a volunteer to read Page 17?
- 10 INTRODUCTIONS**
For us to get to know each other better, let us introduce ourselves using our first name only, starting with the person on my right/left.

Chairperson Script (continued)

11

A DAY AT A TIME

Can I ask a volunteer to read today's reflection from *A Day at a Time*?

12

SHARING GUIDELINES

Before we share, let us remember our guidelines:

- ♦ **One at a time.** No cross talk. Please do not interrupt, comment on, or give advice about another member's share.
- ♦ **Use "I" statements.** Speak about your own experience.
- ♦ **About 5 minutes per share,** so that everyone has a chance to share. Please do not take offence if I signal you to wrap things up.
- ♦ **No photos or recordings,** at any time.
- ♦ **Anonymity.** First names only. What is shared in the meeting stays here.

13

BURNING DESIRE

Before we open the meeting for sharing, does anyone have a burning desire to share?

14

SHARING

The meeting is now open for sharing.

15

7TH TRADITION

There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. All contributions are voluntary.

16

LAST CALL

I'm sorry, but we have run out of time. Does anyone else have a burning desire that cannot wait until the next meeting? If none, let us move on to the announcements.

17

ANNOUNCEMENTS

Are there any GA announcements?

18

CLOSING

Thank you all for coming, and thank you to everyone who read and shared. Our 7th Tradition for today is ____.

19

ANONYMITY STATEMENT

Anonymity is the spiritual foundation of the Gamblers Anonymous program, ever reminding us to place principles before personalities.

Who you see here, what you hear here, when you leave here, let it stay here.

20

THE PROMISES

Can I ask a volunteer to read The Promises?

CARD 07

21

SERENITY PRAYER

Let us close the meeting with the Serenity Prayer. For those who care to follow:

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.



GA Preamble

GAMBLERS ANONYMOUS is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

THE ONLY REQUIREMENT FOR MEMBERSHIP IS A DESIRE TO STOP GAMBLING.

There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.

Most of us have been unwilling to admit we were real problem gamblers. No one likes to think they are different from their fellows. Therefore, it is not surprising that our gambling careers have been characterized by countless vain attempts to prove we could gamble like other people. The idea that somehow, some day, we will control our gambling is the great obsession of every compulsive gambler. The persistence of this illusion is astonishing. Many pursue it into the gates of prison, insanity or death.

We learned we had to concede fully to our innermost selves that we are compulsive gamblers. This is the first step in our recovery. With reference to gambling, the delusion that we are like other people, or presently may be, has to be smashed. We have lost the ability to control our gambling. We know that no real compulsive gambler ever regains control. All of us felt at times we were regaining control, but such intervals – usually brief – were inevitably followed by still less control, which led in time to pitiful and incomprehensible demoralization. We are convinced that gamblers of our type are in the grip of a progressive illness. Over any considerable period of time we get worse, never better. Therefore, in order to lead normal happy lives, we try to practice to the best of our ability, certain principles in our daily affairs.



The Recovery Program

Here are the steps which are a program of recovery.

- 1** We admitted that we were powerless over gambling – that our lives had become unmanageable.
- 2** Came to believe that a Power greater than ourselves could restore us to a normal way of thinking and living.
- 3** Made a decision to turn our will and our lives over to the care of this Power of our own understanding.
- 4** Made a searching and fearless moral and financial inventory of ourselves.
- 5** Admitted to ourselves and to another human being the exact nature of our wrongs.
- 6** Were entirely ready to have these defects of character removed.
- 7** Humbly ask God (of our understanding) to remove our shortcomings.
- 8** Made a list of all persons we had harmed and became willing to make amends to them all.
- 9** Make direct amends to such people wherever possible, except when to do so would injure them or others.
- 10** Continued to take personal inventory and when we were wrong, promptly admitted it.
- 11** Sought through prayer and meditation to improve our conscious contact with God, as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- 12** Having made an effort to practice these principles in all our affairs, we tried to carry this message to other compulsive gamblers.



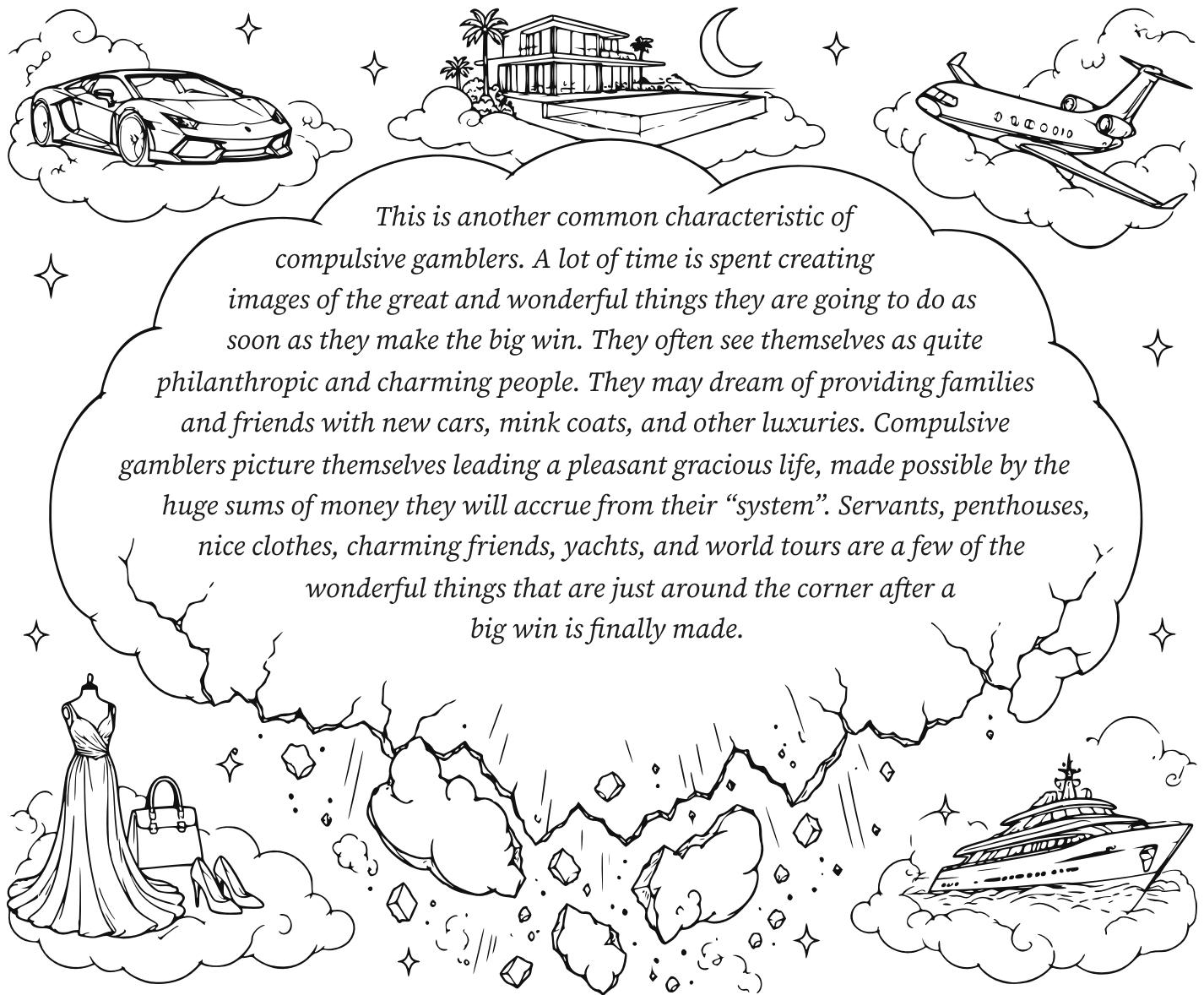
The Unity Program

In order to maintain unity our experience has shown that:

- 1** Our common welfare should come first; personal recovery depends upon group unity.
- 2** Our leaders are but trusted servants; they do not govern.
- 3** The only requirement for Gamblers Anonymous membership is a desire to stop gambling.
- 4** Each group should be self-governing except in matters affecting other groups or Gamblers Anonymous as a whole.
- 5** Gamblers Anonymous has but one primary purpose – to carry its message to the compulsive gambler who still suffers.
- 6** Gamblers Anonymous ought never endorse, finance or lend the Gamblers Anonymous name to any related facility or outside enterprise, lest problems of money, property and prestige divert us from our primary purpose.
- 7** Every Gamblers Anonymous Group ought to be fully self-supporting, declining outside contributions.
- 8** Gamblers Anonymous should remain forever non-professional, but our service centers may employ special workers.
- 9** Gamblers Anonymous, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- 10** Gamblers Anonymous has no opinion on outside issues; hence the Gamblers Anonymous name ought never be drawn into public controversy.
- 11** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, films, television and Internet.
- 12** Anonymity is the spiritual foundation of the Gamblers Anonymous program, ever reminding us to place principles before personalities.



The Dream World



Pathetically, however, there never seems to be a big enough winning to make even the smallest dream come true. When compulsive gamblers succeed, they gamble to dream still greater dreams. When failing, they gamble in reckless desperation and the depths of their misery are fathomless as their dream world comes crashing down. Sadly, they will struggle back, dream more dreams, and of course suffer more misery. No one can convince them that their great schemes will not someday come true. They believe they will, for without this dream world, life for them would not be tolerable.



Page 17

To all Gamblers Anonymous members, particularly the new Gamblers Anonymous members:

- 1** Attend as many meetings as possible per week. MEETINGS MAKE IT.
- 2** Telephone other members as often as possible between meetings, USE THE TELEPHONE LIST!
- 3** Don't test or tempt yourself. Don't associate with acquaintances who gamble. Don't go in or near gambling establishment. Don't access online or mobile betting platforms. DON'T GAMBLE FOR ANYTHING.
- 4** Live the Gamblers Anonymous Program ONE DAY AT A TIME. Don't try to solve all your problems at once.
- 5** Read the RECOVERY and UNITY STEPS often and continuously review the TWENTY QUESTIONS. Follow the steps in your daily affairs. These steps are the basis for the entire Gamblers Anonymous Program and practicing them is the key to your growth. Get involved and be of service. If you have any questions, ask them of your Trusted Servants and Sponsors.
- 6** GET A SPONSOR, IT IS DIFFICULT TO RECOVER ON YOUR OWN. Sponsorship gives an opportunity for members to work on a one-on-one basis to achieve recovery by sharing, practicing and working the 12 steps of recovery.
- 7** We encourage every Gamblers Anonymous member to have a PRESSURE RELIEF GROUP MEETING as it offers guidance toward a normal way of thinking and living. The PRESSURE RELIEF GROUP MEETING may help alleviate financial, employment or personal pressures. Adherence to it will aid in your recovery.
- 8** BE PATIENT! The days and weeks will pass soon enough, and as you regularly attend meetings, abstain from gambling and follow the guidelines on this page, you will experience continued recovery.

*** taken from the Combo Book of Gamblers Anonymous



The Promises



If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.