



24 HOUR HELPLINE
0370 050 8881



WEBSITE
[HTTPS://GASCOTLAND.ORG](https://gascotland.org)



MEMBERS AREA
username: member
password: 125step5

GA SCOTLAND



SCOTTISH LIFE MAGAZINE

Note from the Editor

Hello fellowship!

I hope you are all doing well. Its great to see things starting to settle down a bit in terms of the pandemic and therefore meetings getting back to normal. This can only be a good thing for the fellowship.

A mentioned previously I have got involved, albeit slightly, with the Social Media team for GA Scotland. One of the things we have started to do is take stories from this magazine and allow the guys and girls from the social media team to narrate the stories and share them on the various platforms. When submitting an article if you could make me aware if you wish for your article to be shared with this team this would be great. I will continue to reply and ask if this is ok as well.

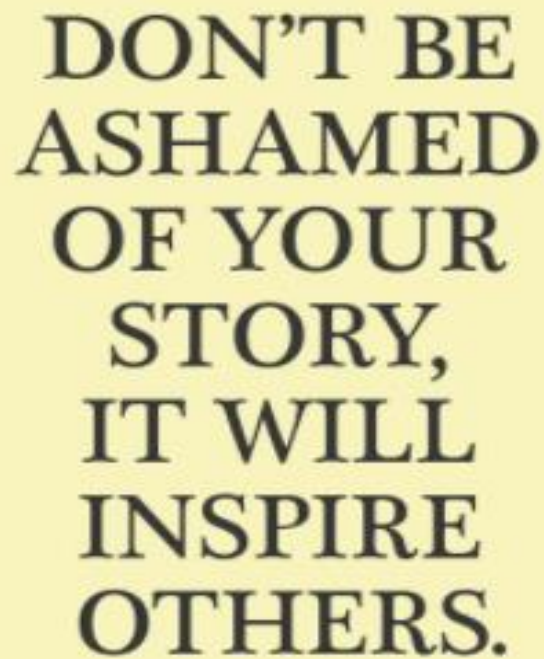
I have to say a massive thank you to everyone who has contributed to the magazine this month. I had 10 articles sent to be and it wasn't just stories this month, there's a few poems. This month only 7 groups contributed to the magazine which is only a small percentage to the groups so would be good to see more groups contributing to the magazine.

The next edition will be out in June and the deadline for this will be 24th June and I will look to have the magazine out a short time after this.

Remember anyone can contribute to this magazine by submitting an article or story. It doesn't matter how long you are off a bet to submit an article. You can send an article anytime and you can send articles to scottishlife@gascotland.org or you can send it via What's App if that is easier for you.

Stephen

Scottish Life Editor/Motherwell Tuesday



DON'T BE
ASHAMED
OF YOUR
STORY,
IT WILL
INSPIRE
OTHERS.

The Editor reserves the right of refusal on all submissions and may shorten/amend articles where appropriate. Views and opinions reflected in articles in the Scottish life (GA) are not necessarily the aims and ideals of GA or the Editor.

Useful Numbers as of 01/06/2014

Citizens Advice Scotland		Debt Advice Centre	
Aberdeen	01224 569 750	Aberdeen	01224 523 738
Dumfries	0300 303 4321	Dumfries	0800 019 1278
Dundee	01382 307 494	Dundee	01382 431 167
Edinburgh	01315 548 144	Edinburgh	0131 200 2360
Falkirk	01324 626070	Falkirk	01324 506735
Glasgow	0141 552 5556	Glasgow	0808 801 1011
Inverness	0844 4994 111	Highland	0800 090 1004
Perth	01738 450580(1)	Perth	01738 450580
Saltcoats	01294 467 848	Saltcoats	08001383328

What to take with you to the Citizens Advice Bureau

You should not delay seeking advice even if you haven't got all the information listed below. In some cases, there may be only a limited time in which to take certain action. It is important that the adviser who deals with your problem has as much information about your case as possible. (It may take longer to deal with your case if you cannot provide the relevant information)

Debt/money problems

- Details of your income
- Details of all those that you owe money to (creditors)
- Copy of original agreements
- Copy of any court papers
- Proof of income
- Wage slips/benefit/tax credit details
- Details of household expenditure/bills (food, utilities, etc.)
- Copy of the latest correspondence you have received

Housing problems

- Tenancy agreement/letters from your landlord (for rented accommodation)
- Mortgage details (if applicable)
- Title deeds (for owner occupiers)
- Proof of income
- Wage slips/benefit/tax

GA Literature

- Deviations along the road to Recovery
- Be a Sponsor
- Questions & Answers (Orange Book)
- Sponsorship
- Towards Recovery in Prison
- Towards 90 Days
- The 12 Steps of Recovery
- Beyond 90 Days
- Newcomers Handbook
- Who Am I?
- Climbing the Twelve Steps
- Working the 12 Steps
- The 12 Steps of Unity
- Guidance Code
- Unity Checklist

***Now available on the website @
gascotland.org/booklets***

*****Audio versions coming soon! With ‘The 12 Steps of Recovery’, ‘Questions & Answers’, ‘Towards 90 Days’ & ‘Beyond 90 Days’ now available on the website, read by Kirsty (Dundee Monday/Scottish Life Editor)*****



Glasgow
Big
Monday

Perth
Tuesday

Glasgow
Daisy
Street
Wednesday

Aberdeen
Tuesday

Paisley
Tuesday

www.gamanonscotland.org

*Support for those affected by
compulsive gambling*

Kilmarnock
Wednesday

Dundee
Thursday

Glasgow
Maryhill
Thursday

Glasgow
Bath Street
Friday

Edinburgh
Thursday

Rutherglen
Saturday

East Kilbride
Thursday

Webteam

The Webteam have been doing fantastic work in adding lots of new features on the website to help all members in the current climate. Literature and information on conference/video calls can now be accessed. Well done and thank you for all your hard work! The Webteam are always looking for volunteers. There are many ways to help no matter what your IT level; if you have access to a computer, laptop or mobile device, you can help! Want to know more? Get in touch with Mark M at webmaster@gascotland.org



Group Secretaries WhatsApp Group

Members of the National Committee got together to create a new WhatsApp group for all GA secretaries across Scotland. It has been noted that a lot of secretaries do not have access or do not use their group's secretary email address, where any and all information such as new meetings, meeting changes, pins, need for volunteers and latest issues of the magazine are sent to. The group was created as an additional way to get important information to all group secretaries in order for them to keep their members up to date. If you would like any further information on this WhatsApp group, please speak to your group secretary.

Matt – Paisley Wednesday

Our path is guarded and guided. A phrase that I often say to myself and others daily when trying to navigate the negative but also the positive aspects of my life whilst in recovery.

I am incredibly grateful for Gamblers Anonymous and see myself being a part of the fellowship (one day at a time) for the rest of my life. When I first joined in September 2017, I only thought I would be there for a week or two, glancing at the 12 steps on the wall, I thought three months maximum. A step a week.

I only lasted until Christmas, I didn't relapse or place another bet, but I just wasn't willing to listen or put any effort into GA. I was 9 months gamble free since placing my last bet in March 2017 when leaving and through the grace of my higher power, support from my sponsor and fellows, I'm now 5 years free of gambling but I've only spent three continuous years of that in Gamblers Anonymous (2019 - 2022).

I've tried recovering on my own whilst out of GA, driven by my ego. I've tried seeing specialists, reading recovery literature, watching and listening to podcasts, YouTube videos and seeing what 'famous' addicts have done in their recovery. I was surviving and dangerously close to gambling again.

From 2017 - 2019 I wasn't ready for the commitment or effort needed to reap the benefits of GA, of which there are many, one of those being a connection with people who have been exactly where you are and know how you feel. Not allowing this cunning and baffling illness to isolate you.

In the summer of 2019, I was at my lowest I had ever been, nothing to do with external factors, I had everything in my life that I could have ever wanted, a family who stood by and supported me in the early days of my recovery and continues to do so, a beautiful wee girl, a house, family around me, in work but something wasn't right, I wasn't right.

I went back to GA that summer but again, found many reasons to not want to be there. Staying off a bet didn't seem to be the problem, but my attitude, self-importance, trying to control everyone and everything was the problem.

I did one meeting a week for a year but again didn't change anything until I discovered a Friday night zoom meeting in 2020 which focused on an introduction to the 12-step recovery programme, something I saw in GA literature (mentioned in the daily reflection in nearly every reading) and on the banners in the meeting but no-one really ever spoke about it.

What was the 12-step recovery programme, and could it help me?

My first meeting on the steps and the words 'peace of mind' was mentioned quite a few times, even though I was number of years of a bet, my mental health and my mind was worse than when I was at my rock bottom from gambling. My recovery changed from that first steps meeting, the pandemic caused a lot of issues for all sorts of reasons but being able to join other meetings and meet other likeminded folk in recovery, people that wanted to not just stop gambling but understand the illness and how you can rebuild your life and your attitude to help you become a better person.

This introduction of the steps in 2020, getting and sponsor and going through each step, sponsoring others, continuing to learn about its teachings, a higher power of my understanding and the daily tools I need to keep the progressive illness called addiction in check meant I was able to live a life I could enjoy.

This illness won't leave but from the Steps, I've been able to accept I'm an addict and do this on a daily basis, I have learnt so much more about myself and how I can only control me and my actions, no-one else's.

Life has thrown a lot of obstacles and trauma my way since stopping gambling, my second daughter was diagnosed with Cerebral Palsy but through the steps, a new mindset and through the fellows I've met through the 12-steps and my sponsor I was able accept this but not only accept it, embrace it and enjoy it, being there for my wife and my children when they needed me most, putting myself to the back of the queue.

Before the steps, I would be angry, annoyed and irritated at the most pointless thing, a traffic jam, a sporting result or someone not agreeing with me. These emotions still appear but I can deal with them now.

The 12 steps have allowed me to be mature and be there for my family, fellows and friends.

My base meeting is a 12-step meeting in Paisley - something I wish I had found five years ago but as mentioned my path is guarded and guided.

It's all about today. I'm exactly where I need to be.

Matt

Wednesday 12 step meeting, Paisley.



John – Blackburn Monday

Hi, my name is John and I attend the Blackburn meeting, I'm going to tell you about how my last year has been through gambling free thanks to GA

I will start off with telling you that I have attended GA for numerous years and have had some really good spells away from gambling but still reported gambling on 4 different occasions as I've always went back to John's way of doing things and not sticking to the simple things you are taught in GA. I've now been gambling free for 16 months and my life is in a really good place due to listening and learning each day I attend a ga meeting. The things I have changed over this period of time is all thanks to ga and the help of fellow members, I now really enjoy ga again as it has given me what I have now in my life, but the biggest thing has certainly got to be the peace and serenity. I'm one of those people that believes the more you put into ga the more it returns, and this is the whole reason my life is good. I attend 2 meeting's a week as I firmly believe it's about meeting new people and helping other people from every meeting stay gambling free. I also have no problem sharing and chairing meetings as I'm the one that gets the benefits from doing this and hopefully others do as well. I love to help others in the fellowship whether it be old or new members as I believe we can all help someone who is struggling. I'm also Involved in the live chat as for me it's all about helping the compulsive gambler who is still suffering just like I was.

In the last year I have had to cope with the biggest curveball I have ever had thrown at me in ga which was the passing of my mum. The way I dealt with this was down to members of my meeting who had went through the same thing and learnt from then. The day my mum passed I went straight to a meeting the following night with good friends from my meeting who automatically got in touch with me and offered support and to take me along to the Perth meeting that night. I was in absolute bits and a blubbering mess but didn't bother as no one judges and only wants to help, it has to be the best thing I done as it helped me cope so much better

in the coming weeks. I've learned that if you speak things always tend to get better and it is certainly true. On the day of my mum's funeral, it was hard but the biggest thing of all that helped me was the fellowship as there were members and partners from my base meeting there to give me support which I am truly grateful.

Things slowly got even better after my mum passing thanks to my ga friends and my partner Dawn who is a firm believer ga is a truly beautiful fellowship which supports one another. In the November of last year things were going really well in my life so much so I took my partner Dawn to Prague and proposed to her in which she said yes, another massive and great day in my recovery. One of the biggest things in my life now is honesty which is massive as I don't need to hide anything, I spend a lot of time in ga company as does Dawn and as a couple it has been great for us as Dawn has so many new friends as well who all there for each other are as well. So as long as I keep doing my ga the way I was taught and talk about anything I'm struggling with myself, and Dawn and family will be ok. So, a massive thank you to the whole of ga and hope you all have a gambling free day tomorrow.

My name is John and I'm a compulsive gambler with no gambling to report.



Brian – Rutherglen Saturday

The garden fence repainted, the grass like a bowling green,
the car stands gleaming on the drive, the way they've always been.

I wish I could take the credit, for the things described before,
but the honest truth is they were done, by the man who lives next door.

I must admit, I was like him once, so helpful, kind and proud,
till I placed a bet and right away I'm back amongst the crowd.

I'm now back with the ones I need, to avoid at any cost,
but the bet's been placed, the madness back, my morality I've lost.

The first one placed is still a choice, but once that bet's been laid,
a thousand more is not enough, it really must be said.

There's now no lengths that I won't go, to get cash to feed the beast,
I'm now lying, cheating, stealing, to say the very least.

I'm now at my rock bottom and I'm hurting to the core,
now I pray to a God to help me be,
like THE MAN WHO LIVES NEXT DOOR.

William – Musselburgh Monday

My early memories of gambling would be from when I was around 11 years old. My uncle took me to a football game and as we entered the stadium he walked over to the bookmaker and grabbed a sheet of paper and asked me what I thought the score was going to be and who would score first. I told him my predictions and he put the bet on. He gave me the slip of paper to hold on to and i remember gripping it tightly during the match. From there the seed was planted.

As I got older my dad would put the odd bet on when we went out to a pub to watch the football. I remember being allowed in the bookies with him even though I was underage.

Things got worse when I turned 18 and was introduced to a gambling site. I was earning good money and didn't have much to pay out in terms of expenses, so I had some disposable income. Saturday accumulators turned into accumulators every night there was football on. Then betting on the darts and finally online casinos.

It all came to a head in early November 2018 when my partner was going through my bank statements because we were planning to move house and needed paperwork. She found my secret obsession and told me to leave the house! I had been "borrowing" money from her for months to clear a few debts even though I was living with her a few days a week, eating her food and living rent free. I came in from work that day shaking like a leaf but also relieved the cat was out the bag. We had a lengthy chat, and I spilled my guts. She organised me to go to GA the following night and she attended with me. I was so nervous and ashamed but once I left the room i felt like a weight was lifted. I wasn't the only person suffering.

I gradually told family and friends about my addiction. The hardest was my grandad, I never ever wanted him to be ashamed of me. When I told him, he looked at me and stood up. He gave me a hug and shook my hand and

was pleased I sought help! A few months later in February he was diagnosed with cancer and given 2 months! My whole world was shaking! I made a promise to him i would never gamble again. My partner and I were expecting our first child together as well, so I was full of mixed emotions. I have a lot to thank GA for especially having a safe space to get things off my chest and get advice and support when I need it.

I will be 4 years Gamble free in November this year.

William



May 10th Reflection for the Day

As the doubter tries the process of prayer, he would do well to add up the results. If he persists, he'll almost surely find more serenity, more tolerance, less fear and less anger. He'll acquire a quiet courage – the kind that isn't tension ridden. He'll be able to look at "failure" and "success" for what they really are. Problems and calamity will begin to mean his instruction, instead of his destruction. He'll feel freer and saner.

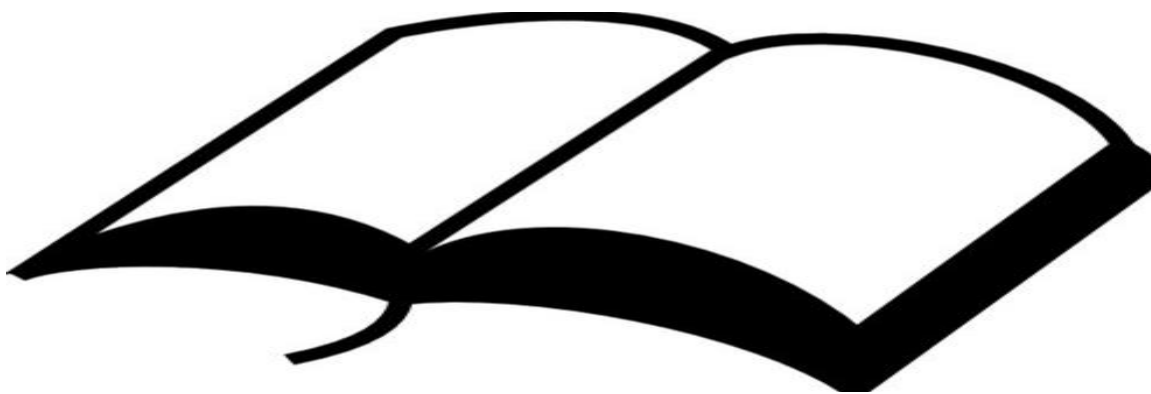
Have wonderful and unaccountable things begun to happen to me in my new life?

Today I Pray

Through prayer, communion with a Higher Power, may I begin to see my life sort itself out. May I become less tense, more sane, more open, more courageous, more loving, less tangled in problems, less afraid of losing, less afraid of living. May I know that God, too, wants these things for me. May God's will be done.

Today I will Remember

Be still and know that He is God.





Please check the website to ensure your meeting details are correct and advise me if you need any covid related information removed (if you haven't already done so)

Just a reminder there are several public holidays coming up , please let me know if your venue is closed during any of these dates

Regards,
Karen



- There has been a new meeting opened up in Troon on a Monday evening 7.15pm – 9.15pm. Please support this meeting if you are in a position to do so. Information will on the website for this meeting.
- George W has taken up the role of National Secretary until the AGM in October. George took up the role as it was vacant for a considerable time.
- The convention is approaching fast and there is some information in this magazine if anyone wishes to attend.

Allan – Troon Monday

New meeting, more hope!

I have recently been a part of opening a new meeting in Troon on a Monday night and want to thank those who have supported since opening in late February.

It has been great to give another meeting option to Ayrshire and in time, help the fellowship grow. When I first came to GA, my first meeting was in Ayr which will be open 10 years later this year and I'm thankful that there was an option on my doorstep to get help when I needed it most.

Not all are as fortunate to have meetings on their doorstep and I'm grateful to those who gave back at that time and travelled considerable distance to open a meeting in Ayr. The Troon meeting will be a great way for me to give back to others the way it was given to me and thinking a few years on from the Ayr meeting opening, I wonder how many families and people that have benefited from that meeting being held every week. Hopefully the new meeting will be a success and be able to give families a better life in the same way.

New Meeting

Dave – Paisley

My name is Dave, and I am a compulsive gambler. Some might know me as English Dave. I had been gambling nearly every day for 25 years before I came into GA. During those years I have done some terrible things that today I am not proud of.

For instance, there was the time I would leave my younger sister in a pram outside a bookies so that I could get a football bet on, but sometimes it wouldn't stop there I would get drawn in like a magnet to the fruit machines... just a pound that then turned into many.

Then there was the time that I was progressively stealing money from underneath my nan's bed. These were old £10 notes that I had to change at the bank to be able to use the money. I was going into the bank every day with yet more notes to exchange... of course I was going to put these old tenners back. How was I going to do that?

I came to GA over 6 years ago and for the first 2 and a half years I thought I was doing well, new cars, new house, new job. But these are just material things and inside my mind was getting worse. That's because I had lost my solution to problems which was gambling, I needed a new solution and that's where I was introduced to the 12 steps of recovery, and everything changed. All of a sudden, I understood what I suffered from and what I needed to do to get better. Step one took me weeks, and through the rest of the programme I made amends to everybody. Not sorry, but real amends. I was changing and therefore everything else was changing due to my thoughts and actions, I was having a positive input on people's lives, i.e. step 12.

I love my programme and I love all of you. Dave



Brian Rutherglen Saturday

When the gambling bug has raised its head and has got you feeling down
there's many a room in a Scottish toon that can help you lose that frown.

there's GA rooms from north to south and indeed from west to east

a welcoming place and a smiling face that will help you tame the beast

from the Doric sound of Elgin town to the strains of the borders twang

there's help out there and we really care, so why not pop along

in Moray, Solway, firth of forth, or in my case firth of Clyde

there's a place for all, in a GA hall and your choice is far and wide

so don't be shy, give it a try and I'm sure you'll be impressed

with the help and care you'll receive in there,

GA Scotland - "you're the best".

Pamela - Dundee Monday

B- buried

E- every

F- fear

O- of

R- reality

E- easily

P-progressive

R-removal

O-of

G-gambling

R- routines

A- and

M-mantras



Jimmy S – Perth Friday

One day at a time sept 9th this year I will be 20 years free from a bet, coming through the door as a broken man, with no hope, no family no house.

How do I get better?

I asked at my first meeting I was advised get to as many meetings as possible and let the fellowship into your life.

I have attended 2 meetings a week and let GA be my top priority in my life. I am a good decent and honest human being today, A reliable son friend and GA member. A good employee.

I don't gamble on anything; I don't accept anything including prizes or vouchers.

I carry the 12-step recovery programme in my life on a daily basis.

I'm so grateful I'm part of a close group that allows me to travel to other meetings and be part of a group that do their recovery the GA way.

My mum showed tough love 20 years ago and removed me from her life, from that day I was on my knees now I'm on my feet.

Thanks to the Gamblers Anonymous programmes and the people in it



Ritchie – Blackburn Monday

My journey

Hello! My name is Richard (37 Years Old) a compulsive gambler with no gambling to report and I am a member of Blackburn Monday. It is a pleasure to be given the chance to write this article for the Scottish Life magazine and I hope you get as much benefit from this entry as i have done myself.

Up until around my teenage years gambling was not a part of my life and never had been, I had a great upbringing as a child and was part of a much-loved family of 4.

My first recollection of gambling was on a ferry journey when I was about 14, when I was given some spare change and decided to put it in the fruit machine and surprise surprise..... I won! Over the rest of my early teenage years, I remember having a paper round and even back then I couldn't wait to spend the small amount of money I made on the local fruit machines and again even back then I relied on my parents to make back any money I had spent that I shouldn't have.

To be honest from then onwards I can't put a date on it when I crossed that invisible line and when gambling became a problem and started affecting me mentally, financially and providing me with an unmanageable life. Between my teenage years and up until my late 20's the type of gambling I took part in changed over time initially it would be football coupons on a with friends, then advancing to things like horse racing, which I hated as a child but grew to "love" and then I was also hooked in by the FOBT machines which would become a massive problem for myself as it also led to playing online casino games and by this stage I was gambling on pretty much anything I could at any time of day I could both online and via the bookies. Also, by this stage I had become very secretive about my gambling, whereas before I was quite happy to share stories of my wins.

Over this time, I never got in SERIOUS financial trouble however I did go through spells of payday loans, credit card debt and also so being bailed out a few times financially by my parents who never really knew how bad my gambling was. If it wasn't for my parents, then who knows where I could have ended up in those earlier days.

As I entered my 30s, I was now engaged and had my own family, at this point I had noticed gambling was no longer just affecting myself but also those close to me even though they themselves did not know it. This would range from the numerous lies I would tell to cover up my gambling and also the time lost due to wanting to gamble when I shouldn't have been.....I couldn't see it at the time but looking back it is inevitably clear how it led in the end to an unmanageable life on my part.

It was February 2021 when things came to a head.... Between October 2020 and January 2021, I actually won an amount of money more than I ever had done in the past via a mixture of casino games and sports betting, however the fact I would then go on to spend all of this + more on gambling and end up in a worse off position than I originally was, ultimately proved I was powerless over gambling and was indeed a compulsive gambler. Although deep down I knew I had a gambling problem for a while, it was only at this point that I had physically and mentally had enough of it all and truly wanted to stop and get the help I needed, therefore I held my hands up to my partner and came clean. Although she was very shocked and upset about the fact, I had hidden this and lied for over 10 years, she thankfully stood by me, and we agreed GA was the only option in order for me to stop gambling.

I remember when I first joined, I contacted GA via live chat using a fake name in the fear that someone would notice me and looking back it is ridiculous but again proves how my mind worked back then and how the illness had taken over. From February 2021 until August 2021, I attended two meetings per week via zoom and was part of Partick Tuesday. Come September 2021 live meetings were resuming, and I knew I had to make a

base meeting which was more local to me, however I still had the fear of bumping into people I may know. I made the decision to join Blackburn Monday and it was the best thing I could do. I did meet people that I already knew however this made things a lot easier for me and also made me feel part of the fellowship, which led to going out to social events and sharing car journeys to other meetings with people I now call good friends and fellow GA members.

It is now just over 14 months since I joined the fellowship and although it was not plain sailing in the early months, I stuck at it a day at a time and through the power and help from fellow members and meetings I am still gambling free and lead a much more enjoyable and carefree life. I know GA is a lifetime project and as long as I keep attending my meetings and speaking to other members, I truly believe my gambling days are behind me which feels an amazing thing to say, however I still remind myself to stay on my toes and take things one day at a time.

I wish everyone well and thank you for taking the time to read this entry.



3. Made a decision to turn our will and our lives over to the care of this Power of our own understanding.

This step is only possible after the ADMISSIONS of step one and the WILLINGNESS of step two. If you cannot yet give yourself fully to GA, then look again at the first steps and talk about your reluctance in the meetings. A firm foundation is essential for a strong recovery.

Decisions, decisions. I had spent my life avoiding them, and now I was being asked to hand over my whole life to something, but what was it?

I had absolutely no idea. I knew that I had stopped gambling for the first time in my life by sharing and listening in the GA room. The problems that I had caused had not gone away, but there was definitely SOMETHING outside of me that was helping me one day at a time.

So, I took a chance, and decided to let this SOMETHING into my life. I was nervous and expected to get hurt and laughed at, but it did not happen. All I had done was make a decision. Nothing had changed except my attitude. I was on the way!

DECIDE to let go and to believe that there is a better way of life possible through the Recovery Programme.

Taken from 'Climbing the Twelve Steps

4. Made a searching and fearless moral and financial inventory of ourselves.

These words are clear and obvious but frightening. Dealing with everyone owed money is essential and urgent. Dealing with your personal inventory is a lifetime job requiring honesty. This is not easy, even to a recovering compulsive gambler.

Searching. Fearless. Moral. These words could have frightened me, but strangely they did not. I had already admitted I was powerless to stop gambling and admitted reluctantly that my whole life was a mess. I had stopped running away and had made that simple decision to give GA a chance. It was quite logical that the next step would have me look at myself a bit closer.

I soon learnt that making a searching inventory could be done one day at a time in the same way that I was staying away from gambling one day at a time. So, I broke the inventory down into separate chunks: Character (both defects and qualities), priorities and responsibilities, feelings (good and bad), financial. And within each of these even smaller chunks. I tackled the easiest first and put off the hardest. Why should I tackle the most painful first? I had a whole lifetime to work on myself.

I also realised (after looking at the rest of the recovery programme) that this step was only the process of looking. Doing something with each problem follows later spread over the next FIVE steps.

So painful though some of the discoveries about myself may be, I am being guided to deal with them slowly and surely.

LOOK at myself and my finances realistically.

***Taken from 'Climbing the Twelve Steps'*



Hello everyone let me introduce myself, I'm Simon from Livingston GA and currently in the position of Prison Liaison Coordinator in the fellowship.

GA Scotland is currently looking for volunteers to assist myself and a small group who offer support to those people who are within the prison system.

At present we are fortunate to have a process in place at HMP Edinburgh that when entering prison there is now an option for Gambling Addiction. It will be fantastic if this can be rolled out across the SPS.

Volunteers will need to meet the usual criteria of being a pin holder. Disclosure Scotland will be undertaking checks prior to visits.

I will also add that agents visiting generally takes place Monday – Friday between the hours of 9am – 4pm

Thanks in advance

Simon Livingston GA

Helpline Coordinator

Helpline Coordinator – Bryan Rutherglen Tuesday

Many GA volunteers give up some of their time to go on the Helpline and take calls from the compulsive gambler who still suffers. Do you have some spare time to help and give back?

helpline@gascotland.org

Prison Liaison Officer (PLO) – Simon Livingston

Offering the hand of friendship to members of the fellowship, and the compulsive gambler who still suffers during their prison term.

Do you have some spare time to help?

Get in touch with Simon

(Disclosures not a necessity – GA will help those who wish to volunteer their time with disclosures)

plo@gascotland.org

PLO

GA SCOTLAND WHERE DOES YOUR GROUP COLLECTION GO?

STEP SEVEN – UNITY PROGRAMME: Every group ought to be fully self-supporting: declining outside contributions.

ARTICLE 6: COST OF MEMBERSHIP

We are a voluntary self-help and self-supporting Fellowship: as such there are no fixed membership fees.

It is important and necessary for each member to support their group meeting collection as generously as their financial means permit.

- Payment of Rent for GA Office.
- Office Co-ordinators Post.
- Payment of printer/copier costs.
- Postage, stationery, and other office materials.
- Payment of Telephone system/ broadband for GA office.
- Payment for GA Helpline, Live Chat and Website.
- Buying 1st Year Pins and 90 Day Coins.
- Office Volunteer Costs.
- Yearly Audit Fees.
- Start-up cost support to new meetings. Assistance to struggling meetings.
- Producing, Printing and posting bi-monthly magazine.

Payments when outsourcing printing: members manual/ A6 Literature

Thanks to everyone for all their hard work and dedication to the chat. The amount of people coming through the door and getting the help they need thanks to all your hard work. Coming through the door and getting onto the website at rock bottom and speaking to a Live Chat agent who gave me so much hope that GA could pull me out of this deadly circle of pain was so important. For me, I can't think of a better way to repay this fellowship by donating time to help the next person ready to ask for help.

meet
&
Greet

Want to be a Meet & Greet or Live Chat volunteer?

**Live Chat & Meet and Greet Coordinator – Tam Blackburn
Monday/John Irvine Friday**

Chatting online to the compulsive gambler who still suffers, and also to friends and family affected.

Do you have a computer or a phone? You can help!

Must be a pin holder to volunteer as a live chat agent; six months off a bet to become a member of the meet and greet group (a group to ensure the chatter is put in touch with someone in their area).



GA SOCIAL MEDIA

The GA social media pages are live and sharing content on a regular basis. We share a range of material from members' stories, the 20 Questions and Just for Todays. We have also recently started to share “buzz words” on this platform to explain what certain words in the fellowship mean. These have so far been well received and reached a vast number of people who otherwise might not have heard about, known about, or discovered GA. Whilst still being firmly based on the 'attraction rather than promotion' principle, our aim is to make GA as accessible as possible, particularly to younger gamblers who may use social media on a more regular basis. If just one person walks through the doors of GA thanks to the social media pages, then our work will have been worthwhile.

There are loads of ways to contribute to the social media pages and so please do get in touch if you would like to be involved.

Yours in Fellowship

Hamish

Perth Friday GA



Social Media



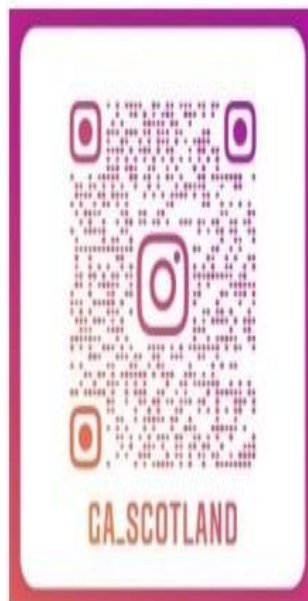
Instagram @ga_scotland



Twitter @GamblersAnonym7



Facebook - Gamblers Anonymous Scotland



Want to 'travel'?

There are meetings all over the UK and Ireland!



GA England

www.gamblersanonymous.org.uk

GA Ireland

www.gamblersanonymous.ie

PRO

Here is some of the work/talks which have been carried out by the PRO team. Some really positive stuff going on

The Black Watch, 3rd Battalion 14/02/2022 and 14/03/2022

The Black watch are concerned over the amount off the young members of the force in financial hardship and mentally struggling over gambling and they were looking for GA to provide a 40-minute therapy and recovery at the Inverness Barracks along with a Q&A. This was to help provide an insight into the mind and traits of a compulsive gambler and how the support of GA helps people recover. Bruce who is himself ex-military and Maggie from Forfar Wednesday travelled to Inverness to provide two shares which covered around 200 people. Richard the welfare officer described Bruce and Maggie as outstanding providing direct, honest shares about the destructive nature of compulsive gambling and how GA is enabling them to lead a better life gamble free, they both provided all the options if anyone felt they needed support in the future. Richard was straight on the case to capture those who did not manage the first session so on the 14th of March Billy and Brian provided a “power share into the shocking reality of compulsive gambling.”

We have been asked if we would return periodically as new recruits come in and we have of course agreed. I would like to thank everyone that took the time out to share their experience, strength and hope, I know from speaking to the fab four that they took a lot from the experience also.

Computer gaming and gambling

I received an email from a student looking to hear from any compulsive gamblers that have been directly affected by computer gaming gambling, more and more games offer the chance for you to buy mystery boxes or cards to win special items. These offers are triggering the minds of compulsive gamblers and the results are devastating with many kids going to guidance teachers admitting the inability to stop and the damage it caused. I am looking to find members of the fellowship who may have experiences with this form of gambling. If you're interested and want to get involved in providing your story, please get in touch via email to pro@gascotland.org or contact Karen at the office.

GA Sharing Team

We are still looking for regional volunteers to get involved in current and future projects and be a part of the GA PRO Sharing team. The response has been positive across GA Scotland. The vision is to have as many areas covered so wherever people need the GA message we are there and ready to help. Each month I will share the list of volunteers and the areas they cover on the secretary's page to forward to their respective groups. As always thanks to all that have put themselves forward for service, to those who have shared or are sharing soon and to the amazing support of the PRO team.

David PRO/Broughty Ferry Tuesday

Easy instalment plans payable into
GA Convention Fund bank account

A Message of Faith & Hope

GA
&
GamAnon
SCOTLAND

CONVENTION 2022

FRIDAY 23 SEPTEMBER 2022
TO
SUNDAY 25 SEPTEMBER 2022

Glynhill Leisure Hotel
169 Paisley Road Renfrew PA4 8XB
(short distance from Glasgow Airport)

All hotel facilities included in price

If starting the payment instalment plan in September this year, £3 per week will cover all plans and leave spending money.

Plan A - £210.00 pp sharing a twin/double room

2 course carvery meal on Friday
Bed & Breakfast
2 course lunch on Saturday
3 course dinner on Saturday night in our Barony Ballroom
Bed & Breakfast on Saturday night
2 course lunch on Sunday

The rate would also include the room hire of the meeting facilities on Saturday & Sunday, 2 servings of tea, coffee & cookies per person per day, WIFI in all meeting rooms and bedrooms, VAT and car parking.

Plan B - £160.00 pp sharing a twin/double room

2 course lunch on Saturday
3 course dinner on Saturday night in our Barony Ballroom
Bed & Breakfast on Saturday night
2 course lunch on Sunday

Included in the rate would be the room hire, tea, coffee, cookies x 2 servings per person per day, WIFI, car parking and VAT.

Plan C - £25.00 pp per day

2 course lunch
2 servings tea, coffee & cookies
Room hire
Car parking, WIFI & VAT

If guests are looking to attend the dinner dance on Saturday the cost pp for the 3 course meal would be £35.00.

TAKING BOOKINGS NOW

Please contact Nicholas on: n.glass1@yahoo.co.uk to make any payments stating full name and group - £50 pp non refundable deposit.

Next Issue: June 2022



**Contributions to the Scottish Life
are welcomed at any time of the
year.**



**Not a writer? Why not submit pictures,
photos, or even artwork!**

GA GROUP MEETING PLACE AND TIMES (SCOTLAND) as of 7th April 2022				
CONFERENCE CALL WEDNESDAY 8-9PM & SUNDAY 7-8PM				
EMAIL conference@gascotland.org as of 7/4/22				
AREA	GROUP	ADDRESS	START	ADDITIONAL MEETING INFORMATION
MONDAY				
Airdrie	Airdrie	Beechbank Community Centre, Wester Mavisbank Ave ML6 0HE	7.30-9.30pm	
Ardrossan	Ardrossan	Saltcoats Town Hall, 17-21 Countess Street, Saltcoats KA21 5HP	7.30-9.30pm	GAM ANON TUESDAY Church St Peter in Chains 7.15-9.15PM
Carlisle	Carlisle	Church of Scotland, Chapel St CA1 1JA	7.15-9.00pm	
Clydebank	Clydebank	Radnor Parish Church Hall, Spencer Street G81 3AS	7.30-9.30pm	
Cumbernauld	Cumbernauld	Greenfaulds Community Rooms, Lochinvar Rd, Greenfaulds G67 4AR	7.30-9.30pm	
Dundee	Dundee	St Andrews Church Halls, 2 King St DD1 2JB	7.30-9.30pm	
Dunfermline	Dunfermline	St Margaret's Parish Church, Abel Place, Dunfermline KY11 4JJ	7.00-9.00pm	
Edinburgh	Edinburgh	Epworth Halls 25 Nicholson Square Edinburgh EH8 9BX	7.15-9.15pm	
Glasgow	Big Monday	St Enoch's Hogganfield Church, 860 Cumbernauld Road G33 2QW	7.30-9.30pm	GAM ANON 7.15-8.30PM
Glasgow	Parkhead AM	Parkhead Congregational Church, 77 Westmuir St G31 5EW	10.00-11.30am	Enter Ravel Row
Glasgow	Parkhead PM	Parkhead Congregational Church, 77 Westmuir St G31 5EW	6.30-8.45pm	BEGINNERS 6.30-7.25PM
Glasgow	Wee Monday	John Duns Scotus Church Hall, 270 Ballater St G5 OYT	7.30-9.30pm	
Glasgow	Garthamlock	Garthamlock & Craigend Church, 46 Porchester Street G33 5DB	7.00-9.30pm	BEGINNERS 7-8.15PM
Glasgow	Whiteinch	The Whiteinch Centre, 1 Northinch Street, G14 0UG	7.45-9.15pm	OPEN STEPS MEETING (FAMILY & FRIENDS OF GA MEMBERS)
Greenock	Greenock	Salvation Army Hall, Regent St PA15 4NP	7.15-9.00pm	
Hurlford	Hurlford	The Thistle Pub, 2-4 Riccarton Road KA1 5AQ	7.30-9.30pm	OPEN NO COMMUNICATION
Moray	Elgin	The University of Highlands & Islands, Moray Street, Elgin IV30 1JJ	6.30-8.30pm	
Musselburgh	Musselburgh	Fisherrow Community Centre, South Street EH21 6AT	7.00-8.30pm	
Troon	Troon	Troon Old Parish Church Hall, 51 Ayr Street, Troon, KA106EB	7.15-9.15pm	

West Lothian	Blackburn	Boghall Parish Church, Elizabeth Drive, Bathgate EH48 1JB	7.30- 9.30pm	BEGINNERS 1 ST HALF LAST MONDAY MONTH STEPS
TUESDAY				
Coatbridge	Coatbridge	St Andrew's School, Sports Community Centre ML5 5EA	7.30- 9.30pm	STEPS HYBRID
Dumbarton	Dumbarton	Ben View Resource Centre, 50 Strathleven Place G82 1BA	7.30- 9.30pm	Meeting Upstairs
Dundee	Broughty Ferry	Broughty Ferry Baptist Church, 86 St Vincent Street, Broughty Ferry DD5 2EZ	7.30- 9.30pm	
Edinburgh	Oxgangs	Colinton Mains Parish Church, 223 Oxgangs Road North EH13 9ED	7.00- 8.30pm	
Falkirk	Falkirk	Trinity Church, Manse Pl, Falkirk, FK1 1JN	7.30- 9.30pm	STEPS MEETING
Glasgow	Dennistoun	Our Lady of Good Counsel, Craigpark G31 2JF	7.00- 9.00pm	BEGINNERS 6.15-6.50PM
Glasgow	Govan	Riverside Hall, 29-31 Clydebrae Street, Govan, G51 2AJ	7.30- 9.30pm	
Glasgow	Garthamlock	Garthamlock & Craigend Church, 46 Porchester Street G33 5DB	7.15- 9.15pm	BEGINNERS 7.15PM to 8.15PM
Hamilton	Hamilton	Whitehill Community Centre, Whitehill, Hamilton, ML3 0LH	7.15- 9.00pm	HYBRID
Motherwell	Motherwell	Isa Money Community Centre, Muirhouse Road, ML1 2LT	7.00- 9.00pm	
Paisley	Paisley	Ralston Community Centre, Allanton Avenue PA1 3BN	7.30- 9.30pm	BEGINNERS GAM ANON 7.30-9.30PM (every 2 nd Tues)
Perth	Perth	Trinity Church of Nazarene, York Place, PH2 8EH	7.30- 9.30pm	GAM ANON 7.30-9.30PM BEGINNERS 7.30-8.15PM Entrance & car park @ rear of church on Milne St RED DOOR
Rutherglen	Rutherglen	St Columbkille's Church Hall, 2 Kirkwood St G73 2SL	7.00- 9.00pm	
WEDNESDAY				
Aberdeen	Aberdeen	Ruthrieston Community Centre, 532-536 Holborn Street, AB10 1LL	7.30- 9.30pm	GAM ANON 7.30-9.30PM
Forfar	Forfar	St Fergus Church, 94 Glengoil Terrace DD8 1NG	7.15- 9.15pm	
Glasgow	Blackhill	St Philomena's R C Church, 1255 Royston Road, Glasgow, G33 1EH	7.00- 9.00pm	
Glasgow	Craigend	St Dominic's Catholic Church, Mossvale Road G33 5QS	6.10- 8.00pm	
Glasgow	Daisy St	Govanhill Neighbourhood Centre, 6 Daisy Street, G42 8JL	7.00- 9.00pm	GAM ANON 7.00-8.50PM

Glasgow	Maryhill	The Ledgowan Hall, 1 Ledgowan Place, G20 0JZ	7.15-9.15 pm	
Glasgow	Parkhead	Parkhead Congregational Church, 77 Westmuir Street G31 5EW	5.00-6.30pm	
Glasgow	Partick	St Peter's Catholic Church, 45 Hyndland Street G11 5PS	1-3pm	Enter at Chancellor St
Glasgow	Toryglen	Toryglen Community Hall, 199 Prospecthill Circus, G42 0LA	7.00-9.15pm	
Inverness	Inverness	The Trinity Church, 5 Huntly Place IV3 8HA	6.30-8.30pm	CONFERENCE CALL MEETING
Kilmarnock	Kilmarnock	Kay Parish Church, London Road KA3 7AA	7.30-9.30pm	
Kirkcaldy	Kirkcaldy	Saint Brycedale Kirk, Saint Brycedale Avenue KY1 1ET	7.30-9.30pm	
Peterhead	Peterhead	The Peterhead Rescue Hall, 25 Prince St AB42 1QE	7.30-9.30pm	
Renfrewshire	Paisley	The Wynd Centre, 6 School Wynd, Paisley, PA1 2DB	7.30-9.00pm	
West Lothian	Whitburn	St Joseph's Parish Centre, 49 Raeburn Crescent, Whitburn EH47 8HQ	7.30-9.30pm	
THURSDAY				
Ayr	Ayr	Castlehill Parish Church, 1 Old Hillfoot Road KA7 3LW	7.30-9.30pm	BEGINNERS 6.30-7.15PM
Cumbernauld	Cumbernauld	Abronhill Community Centre, 2 Larch Road G67 3AZ	7.00 - 8.45pm	
Dumfries	Dumfries	The 5 Arches, 345 Annan Road DG1 3JR	7.00-8.00pm	
Dundee	Dundee	St Peter & Pauls Church Hall, Milton St DD3 6QN	7.30-9.30pm	GAM ANON 7.30-10.00PM
East Kilbride	East Kilbride	East Mains Baptist Church, Maxwell Drive G74 4HG	7.30-10pm	BEGINNERS 7.30PM GAM ANON 7.30-9PM
Edinburgh	Edinburgh	The Baillie Room Greyfriars Charteris Centre, 138/140 The Pleasance, Edinburgh, EH8 9RR	7-9pm	GAM ANON 7-9PM
Erskine	Erskine	The Erskine Hotel, Floor 5 Room 4 PA8 6AN	7.30-9.15pm	
Falkirk	Larbert	Salvation Army Main Street, Larbert FK5 4AB	7.30-9.30pm	BEGINNERS 7-7.30PM
Glasgow	Maryhill	Community Central Halls, 292-316 Maryhill Road G20 7YE	7.30-9.00pm	GAM ANON 7.30-9.45PM
Glasgow	Parkhead	Parkhead Congregational Church, 77 Westmuir St G31 5EW	2-3.30pm	Enter Ravel Row Side
Glasgow	Shawlands	Pollockshaws Methodist Church, 74 Shawholm Crescent G43 1LH	7.15-9.30pm	BEGINNERS 7.30-8.15PM
Greenock	Greenock	Crown Care Centre, 29 King Street, Greenock, PA15 1NL	7.15-9.30pm	

Hamilton	Hamilton	The Burnbank Centre, Hamilton, ML3 0NA	7.30- 9.30pm	HYBRID
Kelso	Kelso	The Parish of Kelso North and Edna, 42 Bowmont Street TD5 7JH	7.30- 9.30pm	Access Through Bowmont St
Kirkintilloch	Kirkintilloch	AR Centre, 29 Townhead G66 1NG	8.00- 9.30pm	
Rutherglen	Rutherglen	St Columbkille's Church Hall, 2 Kirkwood St G73 2SL	7.00- 9.00pm	
West Lothian	Livingston	St Andrews Church, 126 Victoria Street, Craigshill EH54 5BJ	7.30- 9.30pm	Hybrid
FRIDAY				
Coatbridge	Coatbridge	St Andrews School, Sports Community Centre ML5 5EA	7.30- 9.30pm	
Dundee	Dundee	St Andrews Parish Church Halls, 2 King St DD1 2JB	6.30- 8.30pm	JOINT STEPS
Edinburgh	Edinburgh	St Johns Baptist Church Hall, 37 St Ninians Road, Corstorphine EH12 8AL	6.30- 8.00pm	
Glasgow	Anderson	Community Central Halls, 304 Maryhill Road G20 7YE	7.30- 9.30pm	BEGINNERS 2 nd HALF
Glasgow	Bath Street	St Stephen's Church, 260 Bath St G2 4JP	7.30- 9.30pm	BEGINNERS 6.45 GAM ANON 7.30-9.30PM
Glasgow	Parkhead	Parkhead Congregational Church, 77 Westmuir St G31 5EW	9.45- 11.30pm	Enter Ravel Row BEGINNERS 9.30-10 AM
Irvine	Irvine	Fullarton Parish Church (Harbourside Room) Connexions Centre, Church St KA12 8PE	7.15- 9.20pm	BEGINNERS 6.30-7.05
Perth	Perth	Perth Methodist Church, Scott Street PH2 8JN	7.15-9pm	Use Side Entrance
SATURDAY				
Aberdeen	Aberdeen	Ruthrieston Community Centre, 532-536 Holborn St AB10 1LL	9.45- 11.45	
Edinburgh	Oxgangs	Colinton Mains Parish Church, 223 Oxgangs Road North EH13 9ED	10-12	
Glasgow	Dennistoun	Dennistoun New Parish Church, 9 Armadale St, G31 2UU	9-11	
Glasgow	Partick	Partick South Church, Dumbarton Road, G11 6AB	10-11.30	ZOOM MEETING
Hamilton	Hamilton	4 Union Street, Larkhall, ML9 1DR	10-11.30	
Kirkcaldy	Kirkcaldy	Pathhead Parish Church, 38 Harriet St KY1 2AB	10-12	HYBRID

Rutherglen	Rutherglen	Reuther Hall, Victoria Street G73 1DS	10-12	BEGINNERS 9-9.50AM GAM ANON Salvation Army Hall, King St, 10-12PM
Uddingston	Viewpark	Burnhead Parish Church, 92- 94 Laburnum Road, G71 5DB	10-12	BEGINNERS MEETING 9.15- 9.45
SUNDAY				
Edinburgh	Edinburgh	Leith St Andrews Church, 410- 412 Easter Road, Edinburgh EH6 8HT	7-9pm	HYBRID JOINT STEPS
Inverness	Inverness	Trinity Church, 5 Huntly Place IV3 8HA	1.30-3	
Rutherglen	Rutherglen	St Columbkille's Church Hall, 2 Kirkwood Street G73 2SL	7.15- 8.30pm	STEPS



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**

24 HOUR HELPLINE

0370 050 8881

www.gascotland.org

Contact the office Tel. 0141 647 4673

(10am-4pm)

