



**24 HOUR HELPLINE**  
0370 050 8881

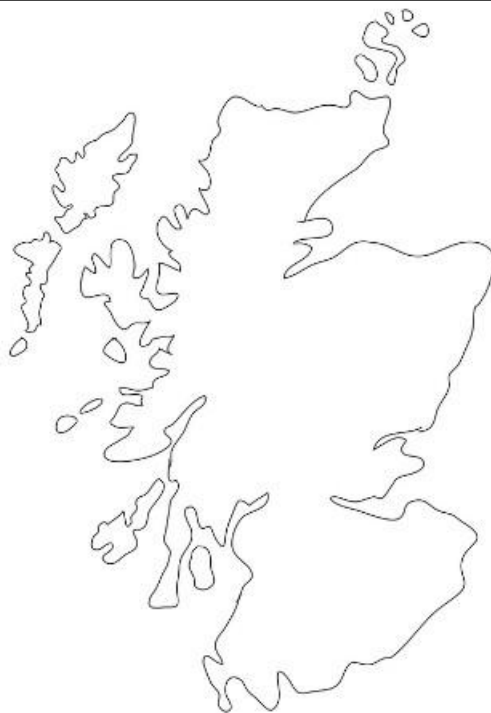


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username: member  
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# GA SCOTLAND



# SCOTTISH LIFE MAGAZINE

## **Note from the Editor**

Hello fellowship!

I hope you are all doing well. Apologies for this month's edition being a good bit later than id have like it to be, I will go into this in more detail in a moment.

This month there was a good response after an initial slow start, we got 12 articles from 11 different groups which is great to see.

I just want to make everybody aware; this will be my last magazine as Scottish Life Editor due to personal circumstances I have had to step down from this role. I want to take his opportunity to thank everybody for the help and support they have given me throughout this role. Everybody has been great and made it a pleasure to do.

Moving forward the fellowship are seeking someone to take over this role, I would highly recommend this role to anyone looking to give back to GA. It is very rewarding plus gives you the opportunity to get more involved in the fellowship.

If anyone is interested in this role, please speak to Karen in the office.

Thank you again for all your support, please continue to support the magazine the way you have been.

Remember anyone can contribute anytime 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](mailto:scottishlife@gascotland.org) or you can send it via What's App if that is easier for you.

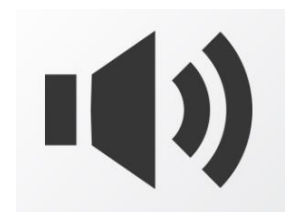
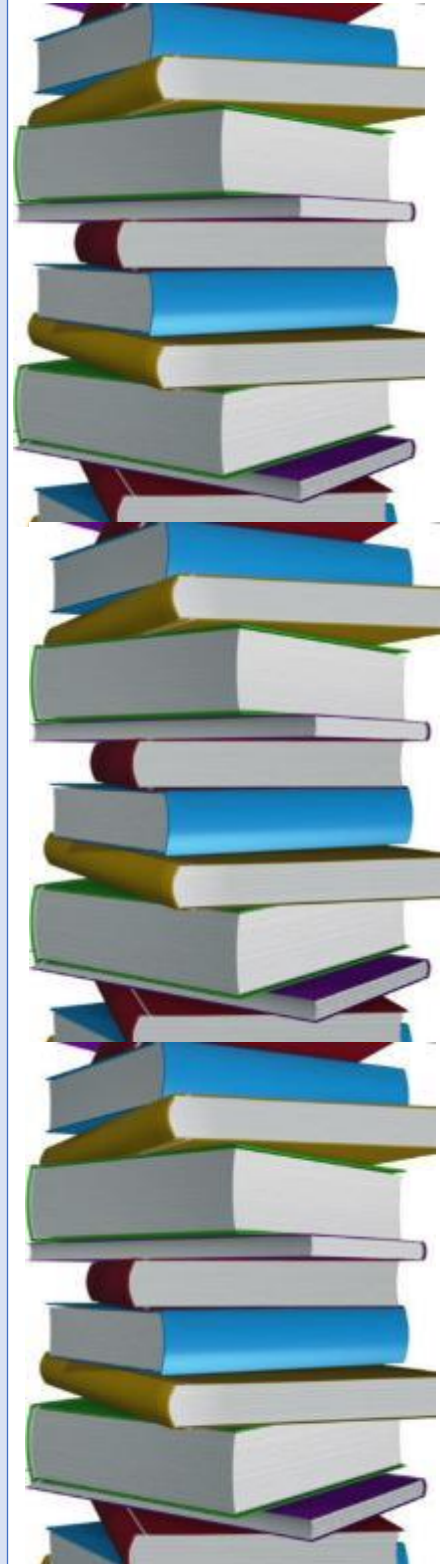
Stephen  
Scottish Life Editor/Motherwell Tuesday

*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.*

## 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

***Now available on the website @  
[gascotland.org](http://gascotland.org)***



Glasgow  
Big  
Monday

Perth  
Tuesday

Glasgow  
Daisy  
Street  
Wednesday

Aberdeen  
Tuesday

Paisley  
Tuesday

Ardrossan  
Tuesday

[www.gamanonscotland.org](http://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

## **Charles M Edinburgh Oxfangs Saturday (Scottish National Treasurer)**

When I came to GA in 1979, I was a shy person lacking in self-confidence and low esteem. It was easy to see how my life had become unmanageable, but I was not willing to accept I was powerless. Those early years were full of denial. I came here to stop gambling, so I took resentment to the rooms, still full of ego and self-will, the fear of letting go of what I thought was my friend. I continued to come but not always free of gambling. Ticking the box, hiding in meetings. I was not able to see that while my head was telling me I am getting better, sadly I could not see my marriage was falling apart. The damage financial but more importantly the emotional damage to loved ones, I was pushing everything away from myself.

Yet all I wanted out of life was in front of me. Gambling was my first love. Six years later I reached an all-time low in my life, this was different. Not so much about the money, I was tired, broken person. I was in self pain, and I knew had enough. With the help of some dear friends (John D) being instrumental in helping me. I found my higher power, acceptance of who I am. Being powerless and a need to change, this was my moment and a turning point. I slowly got back into the rooms getting involved, opening on myself, bringing honesty back into my life. Today GA is family to me and very much part of my ongoing recovery.

I can recall about three times since I came to GA, where my recovery took a leap forward. Last time was about 10 years ago. At that time, I was at a National in Glasgow, Edinburgh HMP had asked the office for support for an inmate. I knew then that this was something I would like to be involved in. So, I contacted them, and this is where my journey began, being part of the fellowship, carrying the message into the prison. We held our meetings in the links center, giving support, sharing our stories, reading from the literature, giving out hope, and with the desire we can change. At

one point there was about twelve members. Each time I came out I felt my recovery had been given a shot in the arm. They were helping me so much; I had a greater sense of peace within myself and life itself.

I found these visits so rewarding in my recovery and the thought that I may be helping a fellow member was so humbling.

In those days there were three prisoners when released, connected with our rooms. One member, a very good friend of mine, to see how he has turned his life around and where he is today, just fills me with warmth and that glow inside of me. that I was able to have the chance to be of help.

The last few years I have been assisting Simon PLO and the team, as an agent going into HMP giving support where we can. Once again two members are and will be getting involved in our meetings and while I am now taking a step back, purely a rebalance in my life at this time.

Any members thinking this is something I would like to get involved in, please contact Karen (Office). Hopefully, you will find it as rewarding as I did.

## **Colin – Dundee Monday**

It'll only be a few weeks; I'll go back to the live meetings. Everyone's used to the conference calls now I can't disrupt that. I can't do zoom calls in case my family come into the room. The persistence of a few members from my base kept GA in my head and eventually saw me return to the fellowship.

Whether COVID or my own illness, something tried to drag me away from the meetings. I hadn't gambled and I thought I was in a good place, but I didn't realise what I was missing until I finally made it back. The second I saw the familiar faces and heard their voices I felt calm, the nervousness of returning disappeared immediately. I was back.

While I missed the live meetings, zoom allowed me to listen differently. There was no background noise, no fidgeting and I took in everything in a new way. I heard parts of members stories I'd either forgotten or simply not heard before. It gave me a renewed appreciation for GA.

Then finally, we got back to live meetings. Yes, it was a bit like being back in primary school, all in neat little lines, but there was a warmth, a different feeling. Familiar faces smiled differently from on the screen, an elbow bump here and an awkward fist bump there lightened the mood. And there were new faces too. Ones that only ever floated on my screen before. We were back.

It's true that meetings make it, people make it. I enjoy meeting friends more than ever and glad that we managed, as a fellowship, to stay together.

I will be eternally grateful for those who welcomed me to GA, brought me back, and keep me there each week.

## **Jimmy S – Perth Friday**

I just wanted to share with you my thoughts on mental health (mine) gambling and life.

I know heavy right? Well, I suppose that is life. It can be heavy. It can be hard. It can kick you when you're down and sometimes (a lot of the time) you don't know if or how you'll ever get up.

That's where I was. When I look back over the years, I realise how my mental health was really suffering.

It's been nearly 20 years since I stopped gambling. Since I got so ashamed, I've done it again...the last time I had death by duvet, the last time I was sick of being sick...

I made a promise to myself that day. That that would never happen again. It hasn't and I hope it never does...

You see if you suffer from a problem, I now understand gambling is not the solution You think it is. "It helps me relax" "it helps me forget". Neither are true.

The realisation for me that gambling was such destructive force was that morning Sept 2002 and I'll never forget it. It was life changing.

Fast forward to the 2022 and I look back on how far I have come... is my mental health still there? yes, it is...

How do I deal with it I talk to people I feel comfortable with take my medication and regular Doctor visits...

I attend ga meetings on a regular basis, I talk on a one-to-one basis with members, that's how I deal with this gambling illness GA is my medicine...

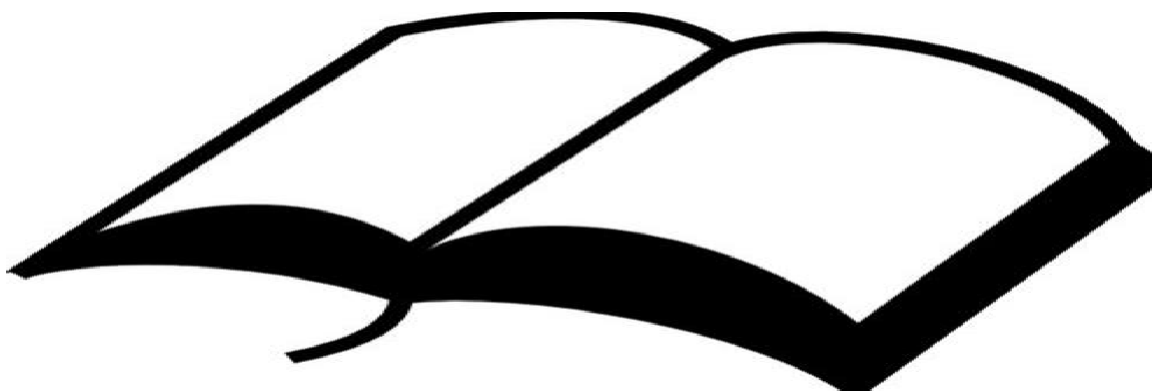
## September 5th Reflection for the Day

We're often told that compulsive gamblers are perfectionists, impatient about any shortcomings – especially our own. We tend to set impossible goals for ourselves, struggling fiercely to reach our unattainable ideas. Then of course – since no person could possibly meet the extremely high standards, we demand of ourselves – we find ourselves falling short. Discouragement and depression set in; we angrily punish ourselves for being less than superhuman. The next time around, rather than setting more realistic goals, we set them even higher. And we fall farther, then punish ourselves more severely.

*Isn't it about time I stopped setting unattainable goals for myself, as well as for those around me?*

### **Today I Pray**

May God temper my own image of myself as a super person. May I settle for less than perfection from myself, as well as from others. For only God is perfect, and I am limited by being human. Today I will Remember I am not God; I am only human.





- Please check your meeting information on the website regularly especially when changes are requested.
- Reminder: The next National Meeting is on Friday 30th of September in Whitburn.
- AGM is on Friday 28th October in Rutherglen at 7pm.

Regards,  
Karen

## **John S - Hamilton Tuesday**

I walked into Iona House when I was 20 years old, and this was my first meeting of Gamblers Anonymous. I am now 75 years old and have been in and out of GA on many occasions but never stayed more than a few months.

Gambling took me to dark places because I embarked into a life of crime. I was in and out of prison on many occasions. Being older you think back, how you could go from being a printer and your whole life ahead of you to a down and out sleeping under a bridge.

I will tell you why, I didn't listen to people who put out the hand of friendship and were my only hope of Recovery. I was told you need the desire to stop. Did I have to wait 55 years well I can honestly say yes. I get a wonderful feeling just getting ready to attend my 3 meetings every week. I will receive my 1st Year Pin on September 13th.

If my story can help anyone suffering from this terrible illness. You are never too late to address it.

My name is John, and I am a Compulsive Gambler.



## **Mark S- Blackburn Monday**

My name is Mark-S and I am a member of Blackburn Monday GA and I have been a member of Gamblers Anonymous for over 25 years.

The last few years in our fellowship has been very difficult for many people due to the pandemic and now the uncertainty that we have in our lives with the war in Ukraine and the cost of living reaching an all-time high.

Personally, my way of tackling this is to attend more meetings on a regular basis as this builds up my strength to deal with any problems that may come my way, contact on a daily basis is also very important but the live show is where my recovery started and will hopefully end once I'm dead and gone.

What I have seen over the last couple of years is members either leaving our fantastic fellowship or decreasing their meetings and that has led to meetings getting smaller and, in some cases, closing, this for me is very worrying as I was always told that meetings make it.

When I first arrived at Gamblers Anonymous, I was a non-runner with absolutely no hope or future, I didn't do things right in my first six months and ultimately paid the penalty by reporting gambling.

In order to maintain a good recovery and get into the middle of the bed with GA I was told that things need to change and if not, I was going to return to the life that I had prior to attending.

So these are the things I was told all those years ago - get to at least two meetings per week, take part in the meetings that you are attending, never miss your base meeting unless you are very ill or you are on holiday, put the hand out to the new member the way that the hand was put out to you, keep contact with members out with the rooms and put yourself to the back of the queue.

I firmly believe that if I can continue to do these things then I will be okay, if I decide that other things are now more important than GA or my base meeting, then that is where I believe that my problems will start and unfortunately, I am seeing that more and more especially in the last couple of years with new members but also with long term members who gave me that great advice all the years ago?

We still have meetings in the fellowship who are having zoom or conference call meetings either as a base or as an extra and that will ultimately harm our fellowship as members will use these meetings as their second meeting from their home and not travel as often as they used to and this is one of the reasons that meetings are either closing or lacking in numbers, there is no effort required at all to call into a meeting from your phone or computer but there certainly is to attend the live show.

Hopefully I can continue to attend my 3 meetings per week and keep up the level of recovery that I have at the moment as the benefits to myself and my family are quite incredible.

Yours in fellowship

Mark-S

## **Tony – Blackburn**

### Trust in GA

From a very young age, the flashing lights and buzz of the fruit machines were one that I was all too comfortable with. I really enjoyed the excitement without knowing it at the time that I really enjoyed the escape from reality too. Gambling continued through my school years, getting progressively worse without having a real impact on me or those closest to me .... yet! I believe I crossed the invisible line into compulsive gambling while I was at college; having got access to a substantial grant/student loan.

My gambling escalated in both time and money spent along with the impact on my behaviour. It's not surprise now that I never passed the course and had unearthed some unpleasant character defects in the process. I was agitated, resentful, jealous, negative and full of self-pity. All of which had never play much part (if any) of my life prior to compulsively gambling. The next number of years are ones that I am both embarrassed and still remain shocked by. Life was a daily struggle; I found it hard to deal with any of life's issues. I thought escaping to gambling was the only answer. The thought of dealing with personal, family or work 'issues' was completely overtaken by a need to play slots or roulette. I wanted to get as far away from reality as possible and found myself totally consumed by gambling. This approach can only lead to one thing and that's a breakdown. Letting all the small things build up, adding in the lies and financial stress is never going to be a long-term solution. After all these breakdowns I would promise myself and those closest to me that I would never do it again.

Once the initial pain, anguish and heartache had waivered then I'd join the vicious cycle again. I've got to be honest and say at the time I had no idea how much of an impact gambling was having on me and those around me. I just thought this was how my life would be. I did try, half-heartedly to get help through doctors, counsellors and even hypnotherapy. I believe I did

want to get help and stop living the way I was, however, my effort stretched as far as dumping my problems at a professional's door. I could tell so many stories about individual gambling disasters and how it made feel. There's honestly too many to recall. What I can say is that over my time compulsively gambling I genuinely hated the person looking back at me in the mirror. I remember thinking this is just how my life is going to be and trying to make peace with it. The lowest point in my life coming after a 5-day gambling/drinking binge. I hung up the phone to my mum with the words 'I don't want to be here anymore'. Thankfully my mum's worst nightmare wasn't to be real. The scariest part for me is that I got home after this point and got some support, but never even considered GA. I can't understand why I didn't look into GA. Potentially because I had built up a stigma, didn't want to address my issues or just making the effort. I'm not entirely sure.

I wish I had the foresight to have attended GA earlier. I eventually made it to GA, following someone else making the effort to research and find a meeting. I remember being upset, nervous and unsure of what to expect, however I did leave the meeting with hope and a sense of belonging. I attended GA and financially/overall my life improved to some degree. I could see other members who were actively involved in GA and on a programme progressing so much more.

GA had worked incredibly well for those who really wanted it and who put in diligent effort. I've got to say I wasn't one of those people. I turned to other destructive behaviour which continued to hurt those closest to me. GA hadn't failed me, but I had seriously failed GA and the basic principles I was asked to follow. This all changed when I was advised to follow a number of GA principles; get to a couple of meetings a week, be completely honest and get more involved in the fellowship. From being the person who fought against GA and what was asked of me, I was actually playing a proper part in my own recovery. It has been hard work and I wouldn't be completely honest if I didn't confess at being impatient and frustrated at times. I wanted to unravel a lifetime of destruction by doing the right thing over a short period.

From working the programme, I have so many positives in my life. A brilliant support network in GA, a great relationship with my family and the ability to be a decent human being. As I started to see what GA could offer me and those closest to me. I did find a lot less of an effort and started to enjoy recovery. I was much more of the person I wanted to be, started treating people the way they deserved and enjoyed spending time with GA members (socially and in a GA sense). I learned to talk about issues, whether big or small and found that a brilliant in reducing any stress and getting the support and advice from GA members. I've found that the help and support available in GA is something I've never experienced before and likely never will.

My message to anyone suffering from a gambling problem is simple. Get to a GA meeting as soon as you can! The support is there for anyone that wants it and no matter what position you find yourself in, there is a way out.

Thanks for reading.



## **Arlene – Broughty Ferry**

Gambling/Recovery

Greed

Anger

Money

Betrayal

Lies

Immoral

Nobody

Guilt

Reality

Emotions

Communication

Optimistic

Validation

Enjoyable

Reliable

You

I think these words sum up gambling and recovery for me



## **Raymond – Inverness Saturday**

I have been a member of this wonderful fellowship nearly 17 years. October 31st, I'll be 5 years gambling free! Did I ever think I would get this far? Not a chance. Gambling, lying, stealing and all that goes with gambling had made me an evil person. Gambling nearly destroyed my life, my wife, son and daughter and I only thought of myself, as long as I had money to bet with that was my priority.

My first 12 years in GA was a joke, just going to meetings to keep Marion – my wife off my back. Meeting after meeting, lie after lie I just about destroyed Inverness GA. October 31st 2017 will live with me forever, a member who is now a close family friend and my sponsor came to my house and told me under no certain terms I was going to die a lonely old man because of my gambling. Of course, I was saying yes, yes, yes not listening to the advice but thinking about gambling and I couldn't wait for the next day to come round so could go a gamble. I woke up the next day had money in my pocket, but something strange happened, I felt different! I didn't go to the bookies nor the next day, or the next day or the next day soon it became weeks, months. I started being honest, going to meetings, listening, speaking more, chairing meetings.

I went a year and got my first-year pin. I cried the whole meeting, but it was happy tears for a change. I can remember a member saying to me do you pray? I told him are you having a laugh, he said no get down on your hands and knees and pray every day, it works. To this day, nearly 5 years gambling free. I do it every morning, I had a lot of happy times being gambling free, my family especially Marion often says to me 'I'm so, so proud'. My son and daughter whom I who I stole off often, say they love having me.

Everything isn't perfect e.g., my mother is in a care home with dementia, but I am doing the right things now – being a husband, a dad and a son. If you do good things, good things will happen to you. Honesty, open

mindness and willingness are a big part of my life now, if it wasn't for my GA family, my family I would not be alive today.

I read one saying in a book – many meetings many changes, few meetings, few changes, no meetings no change. God bless and look over everyone in GA

I'm Raymond a compulsive gambler and I have no gambling to report



## **Sandy – Hamilton Saturday**

As I sit here thinking back on where my life has taken me these last 10 years, the 1 thing that keeps coming to mind is gratitude!

I attended my first GA meeting on Sat 15th September 2012 at Hamilton Saturday a broken guy, tears and snotters, had no idea why I had turned into the liar, the thief and the cheat that I had. Why, only 1 week before then I had been prepared to take my own life and leave my, then 9-year-old daughter without a dad!! Very quickly I learned I was suffering from an illness but if I attended meetings and listened to advice that was given to me then I could have a life beyond my wildest dreams..... fast forward nearly 10 years, and I have that life thanks to GA I have married my gorgeous wife, my soul mate who hopefully, a day at a time, will never have to witness me in the throes of gambling, I have a fantastic relationship with my daughter, and I have a fantastic life... not all goes smooth though, but today GA has taught me how to cope when things are a bit rough, but thankfully these days are few and far between!!

If I live until I am 200, I could never repay everything GA has done for my life, but for today I'll attend meetings, welcome newcomers, put out the hand of friendship and spread the word.

Without finding this wonderful fellowship I would not be here today typing this, that I am 100% sure of but I am here and loving every part of my life, that's why I'll always have gratitude to GA and all the wonderful people I've met during my journey and hopefully got a lot more to meet.

My name is Sandy, I'm a compulsive gambler and I don't have any gambling to report



## **7. Humbly asked God (of our understanding) to remove our shortcomings.**

*The act of giving away your shortcomings. This is not just defects of character but all your weaknesses. If you truly have accepted that humility, honesty and sharing are the basis of your recovery then this step will be taken in your stride.*

Once again, I am being advised that I can get help from that SOMETHING that is more than just me. The key word here is “humility”. In this step I am guided to look outwards and to practise compassion and tolerance, and to stop thinking only about myself. It is only through behaving responsibly and with honesty that I can expect my shortcomings to drift away. Doing nothing to help myself will result in nothing happening to me. LET my better nature and instincts work on me.

## **8. Made a list of all persons we had harmed and became willing to make amends to them all.**

*This should include those hurt by bad behaviour as well as those hurt financially. Don't leave anyone out!*

A frequently misunderstood step. Once again, I am helped by the authors of the step programme not to go too fast. This step asks only that I make a list and be READY to make amends. Making amends follows later. I made new lists frequently – even after the first one had been dealt with. New names keep appearing, and old ones (dealt with in step Nine) drop off. LIST everyone I've hurt.

## **Stuart – Ayr**

I worked two jobs as a result of having had taken an extra job on. This was my answer to solving the issue I had with gambling. I concocted a story that it was to let me buy half the house I owned with a previous partner. This would allow me to use the extra money to dog myself out of trouble so, my girlfriend wouldn't have to know.

As anyone in GA knows, this just adds more ammo and the 'plan' I had fell on its face. I added many more hours into my week. Neglected time with my girlfriend and I was physically and emotionally drained. All the while pretending to everyone that I was in control. I was beat. When I eventually surrendered and asked for help it was there for me in this fellowship. I'd totally lost track of who I had become.

I have often said, before GA I was surrounded by people, but I felt alone. From the very first meeting I felt something from the meetings. A real warm embrace and a friendly handshake. I listened, I spoke, I put time into it, and it made me believe in this place. I saw the difference it had made to people, and I saw the difference it was making to me. Also, importantly, I became aware of the difference it could make to other people who just hadn't made it through the doors yet.

I believe in the involvement in here. It's good to be part of something bigger than yourself. I took over as beginners co-ordinator and wanted to be a friendly face that understood what the newcomer felt like when they arrived - as we have been there. I chaired meetings for our newcomers throughout the year and really took an interest in the day-to-day wellbeing as I don't believe GA is a week-to-week thing.

It has been massively helpful for me, but in turn I believe that during my year in the role it helped some people too. That is a nice feeling - after years and years of having been a negative to people about me.

My name is Stuart, a compulsive gambler - with no gambling to report.

## **Ryan - Paisley**

“Just nippin out for a loaf” I lied.

My girlfriend was upstairs getting dressed. I had waited until she was. I shouted to her as I was almost at the front door giving her no opportunity to challenge me or otherwise interfere with my intentions.

“I think there’s some le...”

Too late, I was out the door and heading to the car. Minutes earlier I had taken the last six slices of bread and buried them at the bottom of the bin which was almost full.

The adrenalin was coursing through my veins. Heart beating faster. I took note of the time on my watch and considered that fifteen minutes was a reasonable return journey to Tesco for a loaf. Unfortunately, I had another stop to make.

I already had the £200 in my pocket and I couldn’t wait to hand it over the counter at William Hill.

I drove like an idiot, cursing every reasonable driver travelling safely along the road.

As I tried to park, my focus elsewhere, I hit the van parked in front. I jumped out my car, my bumper was damaged, the van had a scratch and tiny dent. I looked all around and saw no witnesses, so I moved on.

It was nearly kick off in the live midweek game I planned to watch as my girlfriend headed out to work. I hastily filled out the five £40 bets (more than 2.5, 12 or more corners etc etc). My palms were sweating.

“F\$%&ing hurry up”. The idiot at the counter was making polite conversation with the punter ahead of me in the queue. I’m going to lose my rag here.

I got the bets on, relief. Then I sprinted back round the corner to Tesco.

Back out the door, loaf in hand and rushing back to the car. Time check...15 minutes gone. The short journey home was just as reckless. I parked the car in a different spot so the bumper couldn’t be seen from the kitchen window.

On the doorstep, the handle in my hand. Deep breaths...calm down.... act normal.

Straight into the kitchen with the loaf. Eighteen minutes. My girlfriend was looking at me from the couch.

“What is she thinking”?

“I met a guy I used to play football with, says he’s just moved in a few streets away” ... she hadn’t asked but I felt compelled to lie anyway. Gambling had made me paranoid. I had to stay ahead of any interrogation that might be coming about the time I had taken.

I walked towards the couch terrified that my movement would cause the folded-up slippers in my socks to make a sound or to reveal themselves somehow.

I sat waiting for the game to start and my girlfriend to leave for work so I could enjoy my bubble, be alone inside my own head. Her presence was somehow going to adversely affect the outcome of my bets. I was sure of it.

This whole episode was only eighteen minutes long in a gambling life that spanned over fifteen years on and off. There were so many others like it and much worse. No manners, lies, total disregard for my safety and others, irresponsible, deceitful, cunning. It was completely exhausting. I was ill.

Today, I have more than eight years in recovery. Gambling free the whole time. I hate bad driving and when I tell my now wife, “I’m nipping out for a loaf”, it’s because my two daughters might want some toast for their breakfast.

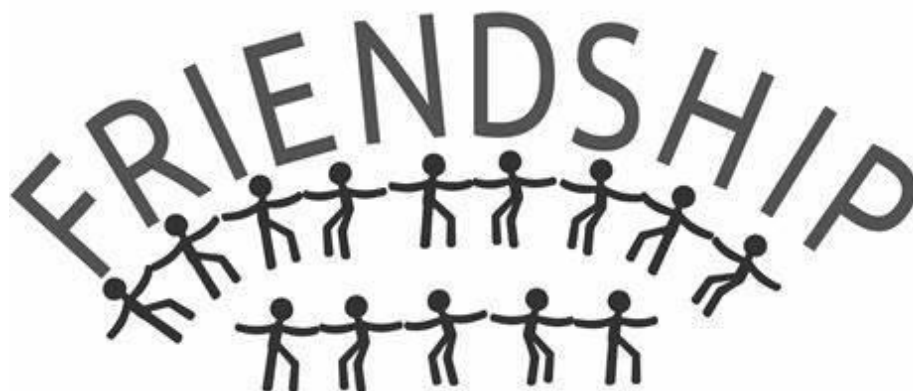
My name is Ryan. I am a compulsive gambler. Just for today, I will not gamble.

## **Thomas – Motherwell Tuesday**

Came to believe after being in and out of GA for the past 34 years, now 7 years free of gambling that finding GA has been a gift from God. Everything I have good in my life is connected to GA – family, job, stable life and most of all contentment. I have also become friends with wonderful people in recovery at GA and hard work from myself has given me the courage to apologise to the people I have hurt through being addicted to gambling and only recently accepted that I was a sick person. I also took the brilliant decision to go through the 12-step programme unloading everything I ran away from all my life, MYSELF.

I know I have to work hard on myself recently – daily, so that everyone who is close to me enjoy and share the message that can be arrested a day at a time.

Thank you



# **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) – Vacancy**

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 the office.

(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-Ordinator's 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 1<sup>st</sup> Year Pins and 90 Day Coins.**
- **Unity/Recovery & Protocol Banners**
- **Yearly Audit Fees.**
- **Start-up cost support to new meetings. Assistance to struggling meetings.**

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



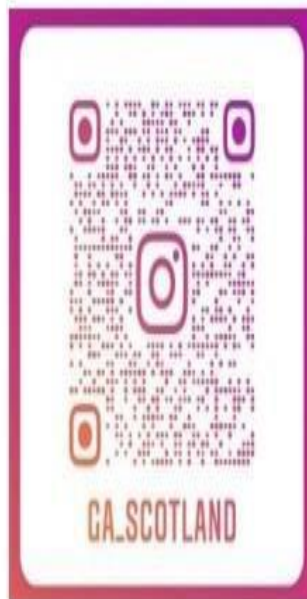
Instagram @ga\_scotland



Twitter @GamblersAnonym7



Facebook - Gamblers Anonymous Scotland



Want to 'travel'?

There are meetings all over the UK and Ireland!



**GA England**

[www.gamblersanonymous.org.uk](http://www.gamblersanonymous.org.uk)

**GA Ireland**

[www.gamblersanonymous.ie](http://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

## **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. Scott from East Kilbride took part in the interview and shared his experience of using these games and how it evolved into a destructive obsession, Scott also shared the power of GA recovery, the support he receives and the life he has today. This interview was recorded and will be available to website and for social media team use soon. I thank Scott for giving his time and service to the fellowship.

## **Bertha Park High School Perth**

Katrina from Bertha Park High School reached out about what GA Scotland could provide in terms of information and advice to S4 students on compulsive gambling, where it leads to, the devastation it causes and the support that GA Scotland provides. I talked to Katrina about what we have done with schools in the past and she was delighted when I offered to provide members to attend the school for a 50min share/Q&A.

She would like us to attend 2x sessions in September/October 2022 with firm dates and times to be provided at the start of term in August. This is likely to be repeated annually which is fantastic as it means each year the message is being given to young adults who are just starting their own journeys in life and to raise awareness and carry the message will be fantastic for GA Scotland. 2x individuals who volunteered to be part of the PRO sharing team have already offered their services!

### **DWP teams share**

Debbie McCrory of the DWP who we worked with last year was back in touch for another share. She is a big advocate of seeing past the label of addict and better understand the gambling illness and how the department can best support those who reach out. She felt the team had previously asked insensitive or impossible questions to those with gambling addictions and that our shares have been beneficial in being more supportive and respectful to those in need. Callum from Blackburn will take part in a share/ Q&A with DWP staff and various other departments in September.

### **Ardrossan workshop 2023**

Last but not least Alan from The Scottish Centre of Personal Safety would like GA to have a pop-up workshop when the new premises is obtained early 2023 in Ardrossan. This would require a couple of hours' time from willing volunteers in the area to provide leaflets and information on GA Support as well as sharing about their individual experiences on addiction and more importantly recovery, further details to come nearer the time.

Thanks to all our volunteers and the GA PRO team for their continued support.

### **David PRO/Broughty Ferry Monday**

<b>GA GROUP MEETING PLACE AND TIMES (SCOTLAND) as of 31/8/22</b>				
<b>CONFERENCE CALL WEDNESDAY 8-9PM &amp; SUNDAY 7-8PM</b>				
<b>EMAIL <a href="mailto:conference@gascotland.org">conference@gascotland.org</a></b>				
<b>AREA</b>	<b>GROUP</b>	<b>ADDRESS</b>	<b>START</b>	<b>ADDITIONAL MEETING INFORMATION</b>
<b>MONDAY</b>				
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	<b>GAM ANON TUESDAY</b> St Brides RC Church 9 Hunterston Road, West Kilbride, KA23 9EX 7-9pm
Carlisle	Carlisle	Church of Scotland, Chapel St CA1 1JA	7.15-9.00pm	
Clydebank	Clydebank	Radnor Parish Church Hall, Spencer Street G81 3AS	7.35-9.00pm	
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	Salvation Army Halls, 1 Houldsworth St Glasgow, G3 8DU	7.30-9.30pm	<b>GAM ANON 7.15-8.30PM</b>
Glasgow	Parkhead PM	Parkhead Congregational Church, 77 Westmuir St G31 5EW	7.00-9.00pm	<b>BEGINNERS 7.00-7.55PM</b>
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	<b>BEGINNERS 7-8.15PM</b>
Glasgow	Whiteinch	The Whiteinch Centre, 1 Northinch Street, G14 OUG	7.45-9.15pm	<b>OPEN STEPS MEETING (FAMILY &amp; FRIENDS OF GA MEMBERS)</b>
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	<b>OPEN NO COMMUNICATION</b>
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	

Tron	Tron	Tron Old Parish Church Hall, 51 Ayr Street, Tron, KA10 6EB	7.15-9.15pm	
West Lothian	Blackburn	Boghall Parish Church, Elizabeth Drive, Bathgate EH48 1JB	7.30-9.30pm	BEGINNERS 1 <sup>ST</sup> HALF LAST MONDAY MONTH STEPS
<b>TUESDAY</b>				
Coatbridge	Coatbridge	St Andrew's School, Sports Community Centre ML5 5EA	7.30-9.30pm	STEPS MEETING 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	7.15-8.45pm	
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	Garthamlock	Garthamlock & Craigend Church, 46 Porchester Street G33 5DB	7.15-9.15pm	BEGINNERS 7.15PM to 8.15PM
Glasgow	Partick	Partick South Parish Church, 259 Dumbarton Road, G11 6AB	7.00-8.00pm	STEPS MEETING OPENS 24/5/22
Hamilton	Hamilton	Whitehill Community Centre, Whitehill, Hamilton, ML3 0LH	7.15-9.15pm	HYBRID
Motherwell	Motherwell	Isa Money Community Centre, Muirhouse Road, ML1 2LT	7.00-9.30pm	
Paisley	Paisley	Ralston Community Centre, Allanton Avenue PA1 3BN	7.30-9.30pm	BEGINNERS GAM ANON 7.30-9.30PM (every 2 <sup>nd</sup> 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
Peterhead	Peterhead	The Peterhead Rescue Hall, 25 Princess St AB42 1QE		
Rutherglen	Rutherglen	Rutherglen URC Church, 69 Johnstone Drive G73 2QA	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	
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 -9.00pm	
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	7.15-9.30pm	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	Bargarran Community St, Centre, 8 Bargarran Road PA8 6BS	7.00-9.00pm	

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	2-3.45pm	Enter Ravel Row Side
Glasgow	Shawlands	Methodist Church, 74 Shawholm Crescent G43 1LH	7.15-9.30pm	BEGINNERS 6.30-7.10PM
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	
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
<b>FRIDAY</b>				
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
Glasgow	Anderson	Salvation Army Halls, 1 Houldsworth Street, G3 8DU	7.30-9.30pm	BEGINNERS 2 <sup>nd</sup> HALF 8.45-9.30PM
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 6.30-7.05PM
Perth	Perth	Perth Methodist Church, Scott Street PH2 8JN	7.15-9pm	Use Side Entrance
<b>SATURDAY</b>				
Aberdeen	Aberdeen	Ruthrieston Community Centre, 532-536 Holborn AB10 1LL	9.45- 11.45	

Glasgow	Dennistoun	Dennistoun New Parish Church, 9 Armadale St, G31 2UU	9-11	
Hamilton	Hamilton	Ferniegair Hall, 120 Carlisle Road ML3 7TX	10-12	
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 9.15-9.45AM
SUNDAY				
Edinburgh	Edinburgh	Leith St Andrews Church, 410-412 Easter Road, Edinburgh EH6 8HT	7-9pm	JOINT STEPS HYBRID
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

**Next Issue: December 22**



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



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

**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](http://www.gascotland.org)**

**Contact the office Tel. 0141 647 4673**

**(10am-4pm)**