

**24 HOUR HELPLINE**  
0370 050 8881



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



**MEMBERS AREA**  
username: member  
password: 125step5

# GA SCOTLAND

30



# SCOTTISH LIFE MAGAZINE

## **Note from the Editor**

Hello fellowship!

I hope you are all doing well. Apologies for this month's edition being slightly later than id have liked it to be.

As mentioned previously I have got involved, albeit slightly, with the Social Media team for GA Scotland. Any article which is sent to me I ask the question if it can be shared with the social media team to use on their platforms. However, what we are looking for now is to have stories added to the website as well so if you can let me know when sending in an article if you are happy for your story to be used on the website then that would be great.

I have to say a massive thank you to everyone who has contributed to the magazine this month. I had 10 articles sent to me from 8 different groups which was good to see.

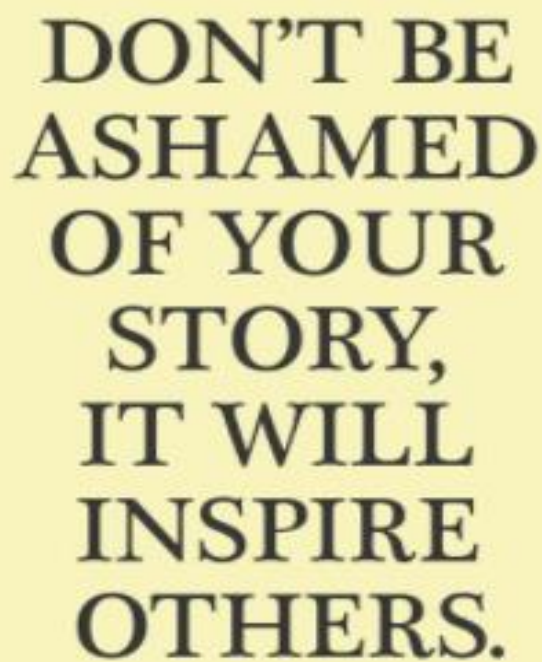
There is also something slightly different in the magazine this month as one of the members who has sent in a story also has sent in a small article which her daughter wrote which was something different so hopefully you enjoy this.

The next edition will be out in August and the deadline for this will be 26<sup>th</sup> August and I will look to have the magazine out a short time after this.

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



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](http://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](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

## 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](mailto: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.

## Laura – Motherwell Tuesday

### 1 year in recovery

14/02/21 was the day I had my last bet. Slots were my demon. Online, bingo, bookies and amusement arcades. I played them whenever or wherever I could. Thankfully it is not like that today. I feel like my life has done a complete 360 degrees turn and I have started my “normal life”

I tried to stay off a bet by myself but by the time 28/02/21 came around I was desperate to get back out there. My brother contacted GA for me on that day and I can honestly say besides my daughter being born it was defo the best thing that has ever happened to me.

I joined GA during the pandemic so my first 5/6 meetings were done through a conference call. I did however manage to meet up with the guy who I had spoken to through live chat so that I was less nervous in my first live meeting.

I straight away did everything that was asked of me and grasped it with both hands praying to God that this was “my time” I put blockers on my phone, gambling sites, my bank card and lastly self-excluded from all gambling establishments that I used to frequent. I also held over my finances

My life has changed so much, and I would urge anyone that feels the need help to get to GA immediately and do what is asked of them from the very start. I have went from the daughter whose parents were scared to check a txt message to say “ I have done it again” or a phone call to say you’re lassie is dead to the person who my parents actually want to spend time with as before all my chat was about money and all my actions had a motive. I can go visit them now and have an honest carefree chat/visit with them. I also go see them now for all the right reasons instead of using a visit or a favour as a way of taking money from them.

I lost many friends due to my lying, cheating, self-centred attitude and the constant let down or refusal to do anything and as I was too embarrassed to tell them exactly what was going on the just took it as me being boring and unreliable so that caused them to stop inviting me to things and rightly so. However, thanks to GA it's not like that today, I make plans and stick to them, I need routine and structure and I always have money to participate in things. I am slowly but surely building relations back up with my friends and now that they know the real reasons for the way I acted the support me and check in now and again.

As I write this I am travelling home on a plane from Benidorm with my family and also believe it or not the guy who I met through live chat. We became the bestest of friends really quickly and just seemed to click. I have finally found someone who truly understands me. A holiday is something I have been unable to do for many years due to constant debt and spending the money I did have on any sort of slots I could. Again, this holiday is thanks to GA. My 13-year-old lassie is sitting on this flight absolutely buzzing and that's rewarding enough for me. She finally can have the finer things in life because her mum attends GA.

As a kind of summary of my year in GA:

- My family are 100% in my life and supportive.
- Not only am I rebuilding friendships I have also met the bestest friend in the whole world in GA
- I still have limited and controlled access to my finances still but as a result of this I always have money in the bank.
- I have worked hard and cleared my debt
- I feel like I have a massive family in GA

This has been my year and here's hoping for many more.

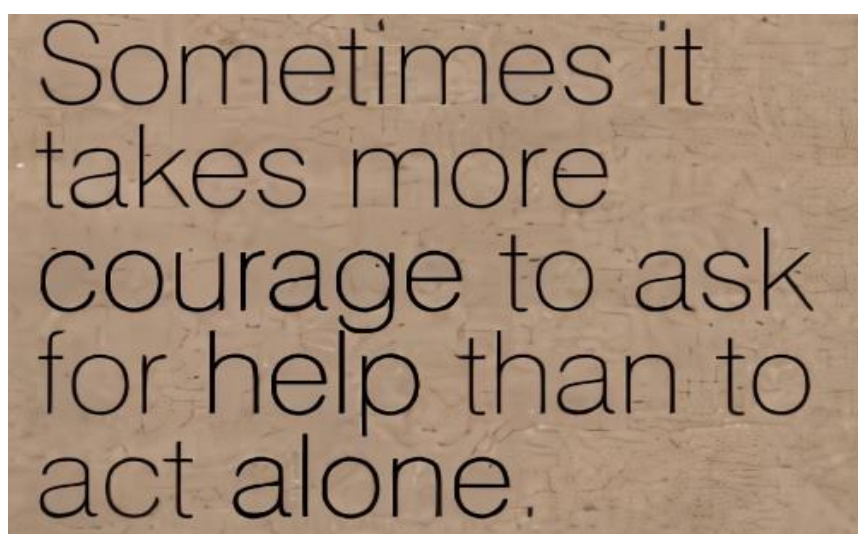
***Here is an article which was sent in by Laura's 13-year-old daughter giving her story on her mum's recovery.***

I didn't exactly know what was wrong to start with, but I had noticed my mum wasn't herself. I didn't know at this point it was gambling but I knew it was something she wasn't very happy about.

I didn't notice at the time but looking back between now and then I start to realise that we didn't have as much money to go buy things with or go out for dinner with and I realise now that money wasn't the best like it is now.

I'm so proud of my mum and how far she has come, she was never at her happiest, she always looked a bit sad and unhappy, and I started to wonder what was wrong and started to feel bad because I didn't know what was wrong.

This recent year we have done so much and has made me realise that we have always got money now, we are doing a lot more this year and my mum is a lot happier. She met Stephen through GA on a zoom meeting and ever since then they have been inseparable, he even came on holiday with us, we all get along so well and a big thanks goes from me to Stephen, thank you so much for giving me my happy mum back.



Sometimes it takes more courage to ask for help than to act alone.

## **Alan – Perth Friday**

### **EGO IS MY ENEMY**

Long before I was a compulsive gambler my ego ruled my life. I thought I was smarter than everyone else and I would look down on everyone including my family.

When the gambling came into my life and started to cause chaos my ego got bigger and bigger and when I looked in the mirror, I saw a different reflection from everyone else. By the time I was in my mid 20's I had totally changed into a controlling man who was incredibly selfish and believed his own hype. Everyone else was a fool thought the guy standing in the bookies in holey shoes gambling stolen money.

Unfortunately, my ego followed me into GA. All these wonderful selfless people were putting their hands out to help me, but I already knew better. After 6 months I had it cracked and started to '2 step' members. I was dishing out advice and not experience and I was back to feeling in control and superior to everyone else. The same man was looking back at me in the mirror the only difference was he was gambling free.

This pattern continued for nearly 5 years until my head went pop and my brain was frazzled. This also coincided with my wife asking me to leave the family home and my business failing.

GA was there to pick me up again and dust me down. The same members said the same things but this time I listened and was prepared to act. Now my eyes were opened I was terrified of losing my young family and missing out on them growing up.

I upped my meetings and contact and finally got involved in this fellowship. When I listened to a therapy, I started to pick out the similarities not the differences and finally realised we are all the same. I started to practice the program like it says in the book and it started to filter out into every aspect of my life.

Things got better quickly at home, and I became a full on dad and have been there to see my GA babies grow up into teenagers and thrive from living in a happy settled home. My wife is an amazing woman who backs me every step of the way and understands that Ga comes first in my life. I'm so grateful for the life and time together that we have today.

Thanks to 'Eddie the birdman' for manning the helpline in 2001 when I needed help initially and thanks to everyone I've met since.



## **Craig B – Rutherglen Saturday**

Hello, my name is Craig B and I have been attending Rutherglen Saturday morning a day at a time since the beginning of July 2016

It was the last Saturday in June when I returned from a family holiday that I knew I had to return to GA my life was upside down and I was on the verge of losing my family. This was not only because I was gambling my head off but also because the person I became.

I first came to GA as a raw 17-year-old boy and if I am honest, I had no intention of stopping gambling as I thought at the time, I would grow out of it this of course this was not the case and as time went on I my gambling gradually got worse. I thought because I have been fortunate to hold down jobs since leaving school all be it several different ones that I wasn't that bad, I justified this because I wasn't stealing from shops or my employees, but the truth was, I was stealing from was the people who are most precious to me My Family.

When I was younger I was fascinated by the bright lights of fruit machines however the older I got I became more addicted to the bookmaker side of gambling where I would bet on anything and everything as quickly as I could, I used to kid myself on that it was the social side of gambling that I enjoyed however the first time I stole off my family proved that this was not the case. I was brought up by my dad who brought a young family of 4 up by himself so things from a very young age were hard however we never wanted for anything we were always well fed and clothed as we got older my dad got himself a good job and occasionally would go for a beer and a gamble and that's where I think I had my first thought of gambling as I seen my dad continue to do well for himself that I thought that maybe I could do same it never became a problem for my dad but from playing fruits machines at a young age I knew then that there was only one path that I was going down, not only did it feel like I became a compulsive gambler overnight but I was becoming a compulsive liar as well.

As time went on in life I met my now wife (Maureen) 27 years ago and as I stated earlier on she had finally had enough I begged her for one last chance and with the support from my dad and my siblings Maureen gave me that one last chance even though she had repeatedly gave me chance after chance and I was reminded that I didn't stick to GA previously that was roughly about 18 year ago when I attended and when I managed to stay off a bet for about 20 months however I knew then that I was still kidding myself on staying off a bet then was more of an ego thing for me to prove that I could do it that was until I told Maureen one day that I didn't need GA in my life anymore and I could do it myself at the time I suppose Maureen didn't really know any better but to agree with me ,and going back to my ego I managed for the next 16 weeks or so not having a bet but like any compulsive gambler it's only a matter of time before we go back.

Moving forward since that Saturday it has almost been the best 6 years of my life where I have gained respect back from my wife kids, family and friends and I have even managed to get married to Maureen where my fellow GA friends were in attendance.

I now know that I owe so my life to GA for what it has done to help me and my family and will be forever grateful

My name is Craig B and have no gambling to report



## July 15<sup>th</sup> Reflection for the Day

Faced with almost certain destruction by our addiction to gambling, we eventually had no choice but to become open-minded on spiritual matters. In that sense, the multitude of ways we used to bet and wager were potent persuaders; they finally whipped us into a state of reasonableness, We came to learn that when we stubbornly close the doors on our minds, we're locking out far more than we're locking in.

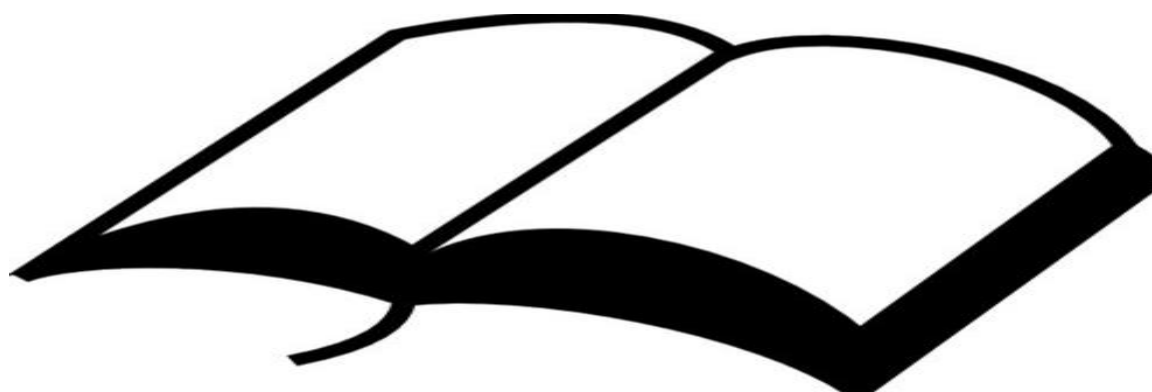
*Do I patiently reject new ideas? Or do I patiently strive to change my old way of living?*

## Today I Pray

May I keep an open mind, especially on spiritual matters, remembering that "spiritual" is a bigger word than "religious" (I was born of the spirit, but I was taught religion) May I remember that a locked mind is a symptom of my addiction, and an open mind is essential to my recovery

## Today I will Remember

If I lock out more than I lock in, what am I protecting?





**Karen  
Rutherglen  
Thursday & Office  
Coordinator**

- Please remember the next National Meeting is on Friday the 29th of July in St Columbkille's Halls, Rutherglen 7pm.
- Any groups looking to submit a motion or resolution at the October AGM must forward this into myself by Friday the 26th of August at the latest - [info@gascotland.org](mailto:info@gascotland.org)
- Reminder: please check your meeting information is correct on the website, any changes required please advise me as soon as possible.

Regards,  
Karen

## **Jim - Perth Friday**

Hi, hopefully if you're reading this you are either new to the whole Gamblers Anonymous world or just looking for some insight on how to stop this whirlwind of the life you have found yourself in, then again maybe you just need to fill a bit of time, either way I hope I can offer some help.

When I was in the throes of my addiction and my life was spinning out of control everything was running at a hundred miles an hour, then I found the GA rooms for the second time, first time I only come along because I got caught and dragged through the door but unfortunately I was only there to get family and whatever friends I had left off my back so it didn't work because I wasn't ready to listen.

So here I was back after destroying what little support from family and friends I had left and desperately looking for help , and GA was still there helping those ready to listen so I did, start that is I stopped gambling and life began to get a little better, day by day as I stayed off a bet my life began to improve but my head although a little clearer was still running on overdrive, you see for as long as I can remember I always wanted everything now or even sooner if I could get it, I wasn't willing to wait for things always looking for the quick fix and not wanting to work for anything.

So I had to learn to slow down and be patient, something even today I struggle with, I was told if I stopped looking for things to happen and concentrated on my recovery those around me would come to see I was getting better and start to come back into my life but I had to be patient and stop trying to make things happen and wait till they were ready to listen and that meant giving them time, time to accept I would be there when asked and listen to them when they had something to say and to give them their place, because for so long I didn't .

That was when I realised this place was about so much more than stopping gambling, it was also about teaching me to be a better person the kind others would want to be around and not the one I had become, someone who used people and only wanted them around when he could get something out of them to fund his addiction, so I became teachable, I learned to listen and slowly by doing what those who come before me had done to change their life's for the better my own life began to improve, slowly the people I had pushed away with my behaviour started coming back into my life, in the last couple of years so much has happened in my life as we all struggled with COVID my sister recovered from cancer as did my sister in-law, I had a triple heart bypass and three more grandchildren to add to the three I already had, my youngest daughter had her first as I was having my surgery a brilliant photo to wake to and really helped me through it, as did all my GA family who gave me the strength to get through and the beauty of all this is I was truly there for all of it not just around but there, present, part of it all because I had slowed down enough to enjoy it, money didn't give me that, time did.

GA is the most accepting, understanding and all-inclusive bunch of people I have ever come across so do yourself a favour and slow down long enough to hear what will give you all you want in life because it could be gone tomorrow so make every second of today count.

My name's Jim a compulsive gambler slowly recovering.



## **Pete E - Blackburn Monday**

Recently, I have had a lot of time to think and reflect on where I am today. Without the help, support and love from GA and my family I would not be here today. The gratitude I have for GA cannot be stated and I cannot put into words what it means to me.

I can, however, show this in the way I can be with my family and friends today. I can put time into being the “normal” father, brother, son, uncle and even friend that I used to be.

I can show to my children how to be a normal person and have a normal life, be there for their normal and abnormal issues. Live in a normal house with a normal way of life. These were all pipedreams in a world that was destroyed around me the illness and the way I was.

I didn't get this overnight but one day at a time, coming up for 2 years I am starting to see the benefits and the relationship flourish as members told me when I first walked through the doors.

I didn't believe those members then but I certainly do now and that's why I try to give back to GA what I was given, like being on the Live Chat as someone volunteered to be there for me. I can volunteer to be there for someone else.

GA works and again, I have no words that will show my gratitude, but thankful this place existed.



## **Kirsty – Broughty Ferry Tuesday**

Do you ever gamble to escape worry or trouble?

Before I came into GA, I certainly did this. I couldn't deal with my emotions. The only way I knew how was to gamble. I remember finding out that my grandma was coming to the end of her life, and instead of buying flights to go and see her, I gambled everything I had. My partner Sandie saw me hurting and bought those plane tickets so that I could see my grandma before she passed, and so that she was able to meet Sandie - the woman who will soon be my wife.

Last week was a week of worry and trouble. Sandie was trying to help a foster teen who is facing his own challenges on a daily basis, whilst I was away with work. I was worried about her, worried about this young lad, and feeling helpless not being at home. But today it's different. Instead of gambling, I went to an away meeting. I put my hand up, I spoke, I cried, I was supported by members of GA who I had never met before. Today I know it's not all about me, and in that situation, all I could do was to try and get myself into a position where I was the best version of me, so I could be there for Sandie when I arrived home.

The worry and trouble faded. Sandie and I had a weekend filled with family, love, and with some calmness until our 5-year-old twin nieces put us to work!

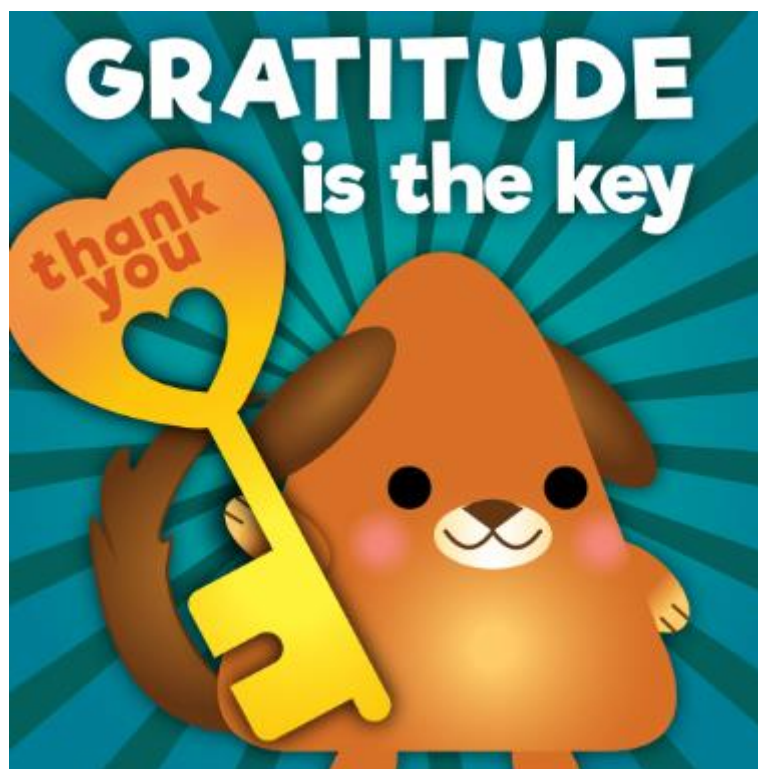
The worry and trouble faded some more. I returned to my base meeting, thankful and grateful for the support I received from my base members, and from members further afield.

Just for today, the worry and trouble has faded further. Probably helped knowing we have a week's holiday to look forward to!

But ultimately, I couldn't deal with worry and trouble before I found this incredible fellowship. Now I can, with the toolbox GA gives me in literature, and with the wonderful GA friendship surrounding me every day.

Ain't this place amazing.

My name is Kirsty, I'm a compulsive gambler, with no gambling to report.



## Carol – Dennistoun Tuesday

Stop and think how to act  
Stop the gambling that's a fact  
It's for the best to give it up  
Let's all drink from the same cup

I have got stronger every day  
I am doing it the GA way  
Now I have a life to live  
It's all about what I can give

Hope and peace of mind at last  
Now gambling is in the past  
We are here for a better life  
No more living on the edge of a knife

Happy family all around  
Got my feet on the ground  
That's the life I want for you  
I want to see you happy too



## **5. Admitted to ourselves and to another human being the exact nature of our wrongs.**

*The first look at this Step is as frightening and impossible as Step Four, but once you learn that you do not have to admit ALL wrongs ALL AT ONCE, taking this Step became manageable. Don't try to avoid this Step on the grounds that you cannot find anyone to confide in. If you are having difficulty, ask to speak to someone in your group or your sponsor. Or choose a trusted friend, someone you respect, or a professional. Try to avoid a member of your family or spouse.*

The very first time I chose a friend, but I did not have the courage to admit everything. But then I had not written everything down while doing my inventory. However, as I gradually did more of my inventory, I became more willing to share more. The release I felt each time I “got it off my chest” was wonderful. The old saying, “a problem shared is a problem halved”, was certainly true for me.<sup>10</sup> It was also important that I did not choose anyone who would be hurt by me unloading my guilt. Recovery is a slow process and part of my recovery is the acceptance that I will not recover overnight. I had always wanted the results of everything I did to be visible instantly, and now I was learning that even recovery itself would be slow.

**SHARE my innermost weaknesses with another.**

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

## **6. Were entirely ready to have these defects of character removed.**

*Now it is time to review what you have learned about yourself and ensure that you are prepared to change. If you have been tackling your inventory and sharing as you go, then you should be ready to give away at least some of your worst character defects.*

This is not an active Step; it is, however, an important moment of decision. If you don't think you are ready to move on, then do not hesitate to go back and redo part of your inventory and share your thoughts. Recovery has no time limit. Take your recovery one day at a time. I had made a start on my personal inventory and shared the wrongs with someone else, but, what was I expected to DO in order to carry out this Step?

When I looked forward at the next few Steps, I could see that I was going to be led gently towards putting right the wrongs I had done. This Step, therefore, is a "time-out" to reflect on my admissions and to ensure I am ready to change. It is the opportunity to remind myself that only by giving away my defects, can I distance myself from that next bet.

**BE READY to improve myself**

*\*\*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.

The last 2 months have been very busy and positive for the PLO Team, having reached out to the fellowship for additional agents I am pleased to say 3 new members have been added to the group with one member having experienced their first prison visit.

The only negative is the fact that having made contact with SPS headquarters and after what was a very constructive meeting there has been no further communication which is frustrating, but we are powerless over this.

Once again can I ask you to please go back to your groups and ask for anyone who can assist the PLO Team to contact either myself or Karen at the office. 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 1<sup>st</sup> 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



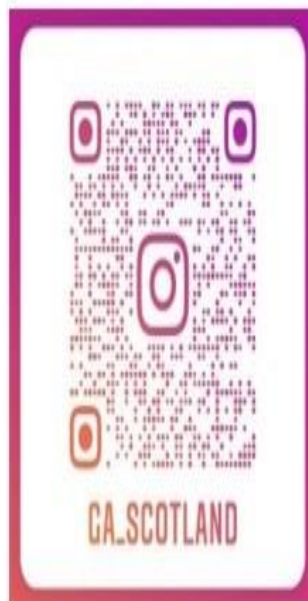
Instagram @ga\_scotland



Twitter @GamblersAnonym7



Facebook - Gamblers Anonymous Scotland



Want to 'travel'?

There are meetings all over the UK and Ireland!



**GA England**

[www.gamblersanonymous.org.uk](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. I spoke with the student and a GA member made himself available to conduct the interview, but it is yet to materialise. I will update at next national if this was completed.

## **St Luke's High School Barrhead**

Sara from ST Luke's 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 Sara 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 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. Anyone in the Glasgow area or beyond that would like to participate please reach out.

## **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**

## **Jon – Aberdeen Wednesday**

Gambling solved all my problems, that I believed was true,  
Until I arrived at GA and learnt something new.  
Gambling was causing me problems, not the other way around,  
I attended regular meetings and soon a new life was  
found.

The twelve steps of recovery are a lifetime plan,  
Which if worked correctly, can build a better man.  
With each new therapy, lessons of recovery I do hear,  
No longer do I suffer from resentment, guilt or fear.  
My anger became manageable, now my ego is too,  
Follow the twelve steps correctly, it will be the same for you.

Now I am honest, more understanding than not,  
My sanity is restored, I seldom lose the plot.  
This is a lifetimes program, that gets me through the day,  
It always stops my self-pity, from getting in the way.

I am comfortable with myself, I never was before,  
I can deal with my life, now that it doesn't feel so raw  
Our fellowship is amazing, the members are so caring,  
I adore the honesty, that comes with each person's sharing.  
For my gambling habit, I know there is no cure,  
I cannot recover on my own, of that I'm so sure.

Now that I have GA, I know I'm not alone,  
If I have an issue, a friend is always at the phone  
I appreciate the room has given me back my life,  
Gambling has given me nothing, other than great strife.



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](mailto:n.glass1@yahoo.co.uk) to make any payments stating full name and group - £50 pp non refundable deposit.

**GA / GAMANON SCOTTISH CONVENTION**  
**FRIDAY 23RD TO SUNDAY 25TH SEPTEMBER 2022**

**AGENDA**

Friday 23rd September

**2000 - 2130**

OPENING CEREMONY (consisting of two speakers : 1 GA / 1 GamAnon)

**2135 - 2300**

After the opening ceremony there will be a GA meeting  
There will be karaoke and entertainment from Taxi Jim and John (some people may remember from the 50th Scottish Convention in the Erskine Bridge Hotel)

Saturday 24th September

**0930 – 1100** (three separate meetings)

GA Meeting

GamAnon Meeting

Joint GA / GamAnon Meeting

**1100 - 1130**

TEA / COFFEE BREAK

**1130 – 1300** (three separate meetings)

GA Meeting

GamAnon Meeting

Joint GA / GamAnon Meeting

**1300 - 1400**

LUNCH

**1400 – 1500** (three separate meetings)

GA Meeting

GamAnon Meeting

Joint GA / GamAnon Meeting

**1500 – 1530**

TEA / COFFEE BREAK

**1530 – 1700** (three separate meetings)

GA Meeting

GamAnon Meeting

Joint GA / GamAnon Meeting

**2000 – 0100**

DINNER DANCE

Sunday 25th September

**1000 - 1100** (three separate meetings)

GA Meeting

GamAnon Meeting

Joint GA / GamAnon Meeting

**1100 - 1130**

TEA / COFFEE BREAK

**1130 – 1300** (three separate meetings)

GA Meeting

GamAnon Meeting

Joint GA / GamAnon Meeting

**1300 - 1400**

LUNCH

**1400 – 1500**

CLOSING CEREMONY

Costs

£10 - Daily cost to attend meetings only

£25 – Daily cost to attend meetings and lunch

£35 – Cost to attend dinner dance on Saturday 24th September

Accommodation – see flyer

ALL WELCOME - IF YOU HAVE NOT BEEN TO A CONVENTION BEFORE YOU WILL LOVE IT AS WE HAVE REPRESENTATION COMING FROM AUSTRALIA, HUNGARY, SWEDEN, IRELAND, NORTH AND SOUTH ENGLAND AND SCOTLAND

## **Simon – Dumbarton Tuesday**

One evening recently when spending time with friends, one of them asked me what I get from going to GA Meetings and whether I still need to keep going. To give my answer fully, I had to say something similar to a therapy which provoked a bit of open discussion. I think it is important to share both my answer, or at least enough of it that I can fit into a short article, and their comments as non-compulsive gamblers.

My gambling was a secret. Nobody, not one single person, knew that I was gambling. I was never in a gambling establishment of any sort; it was all online. So, when I was eventually 'caught out', my whole life was turned upside down. Or should I say my family's life was turned upside down. Because they didn't know about the gambling; the financial difficulties; the emotional turmoil, and now they had to deal with the fallout of something they had no knowledge of. It was awful.

It was then decided collectively that I needed help, and so after some research on the internet I sought therapy and attended my first GA Meeting. It was a revelation. There were people in the meeting who shared similar stories to mine, and some of them were hard hitting and I no longer felt alone in my situation/addiction/illness. I was now somewhere I could speak openly about my compulsive gambling and the issues going on in my life. I returned every week I could, and things slowly got a little better until there was a period where I couldn't attend meetings for an extended period of time. The problem was, I had been going to meetings for almost a year but, I had been going for my wife and my family to stop gambling which had worked. And there was another problem. I didn't see myself as 'one of them'; I was different from the rest of the people in the room. So, I didn't come back, I didn't need it anymore, I wasn't gambling.

As you can guess, the familiar story, I gambled again. So, the turmoil started again. My wife and I separated, and I was completely broken. So, I returned to GA. For me!

I experienced similar feelings when I attended the meetings this time, but there was a subtle difference. I was now beginning to understand that it wasn't the gambling that was the problem, it was the personality traits and character defects which affected my thoughts that led me to gambling that were the problem. And so, I started to make little changes here and there, trying to work on some character flaws. My recovery had started! I'm now almost 3 years gambling free, and my life has made a remarkable turnaround. I am back in the family home, my wife and I have rekindled our relationship, and, thanks to her, our finances are stable. My relationship with all of our family members has improved beyond my wildest expectations and things are going well at work.

So why do I still go to GA meetings? Because without GA, I would not have had the introspection to look at myself and make the changes that are giving me the rich life I now get to lead. And now that I have that, I get the opportunity to help others get some of the same.

Being in a place where I can speak openly about my journey if someone asks me about it is liberating, and the reaction of my friends and wife when they listened to me speak was one of amazement and tears. They were grateful for me for sharing my story. They also said that no one is perfect and so many people could benefit from having the insight that I've had, which I could only have got from attending GA.

My name is Simon, I am a compulsive gambler, I have no gambling to report.



## **Tam - Blackburn Monday**

I am 52 years old now so I will give a brief rundown of my gambling life in 3 parts, up until I was 17, 17 to 33 and 33 to currently.

### **Up to 17**

Gambling was always in my life, and I remember taking my mum's bets to the independent along at the end of the scheme and waiting outside asking guys to put my mum's bets on. Although I can't remember my first bets, but I gambled from an early age, probably around 8 or 9 and I gambled primarily on cards and what we called pitch and toss, looking back though, I gambled on anything and there always had to be a stake involved in any activity I took part in. I worked from an early age too, delivering the milk or working in the market and even back then, every job I had involved me skimming money from the people I worked for. School was of no interest to me, and my attendance was virtually non-existent by 4 year, and I left school with no qualifications. Around that time, I was starting to get an interest in horses and on a Saturday, my mates mum would let us pick 4 horses and put the bet on for us and we would watch the racing on the TV. I managed to get a youth opportunity scheme and started working as a mechanic earning very little money.

### **17 to 33**

It was around this time that I was allowed in the bookies as my brother also gambled so I would go in with him, there were no TVs, and the commentary came through a speaker that everyone would look up to and I would visualise the races through the commentary. Smoking was still allowed in the betting shops at that time, and I just felt at that point that this is what I had been striving for, I would then proceed to spend large chunks of time in that shop and others in the area, I would spend every penny of my earnings, including my poor mothers dig money on numerous occasions. Gambling changed through this period for me, live coverage and evening and Sunday racing were all introduced so gambling became even more accessible for me. During this period, I also met Fiona, she knew I gambled but had no idea of the extent of my gambling.

After we had been together a while, I moved to Edinburgh, and she remained in Dumfries to complete her nurse training. I was studying at college and was continuing to gamble, my student loan went, and my bursary was gambled away, I managed to get a weekend job working in a betting shop, for me that was my dream job. My studies were being impacted by my working in the bookies and also by my gambling, so I eventually gave up my studies to pursue a career working in the betting industry. By this point, I was consumed with gambling, bills not getting paid, risk behaviour and accessing money lending shops. Fiona announced to me that she was pregnant, and she gave birth to my son, David in October 2000, I at that point I thought my gambling career would be over and I promised myself that I was done with gambling, that promise lasted until I got up the next morning and used Fiona's bank card to gamble. My gambling was spiralling out of control and Fiona had threatened to leave with David, I didn't care and there was an element of me wanting her to go so I could gamble with no consequence. My mental wellbeing was being affected, my relationship with Fiona was majorly affected, Fiona's health and wellbeing was impacted, and David was only 2 and I didn't spend any time with him during those first 2 years and we were about to lose the house due the mortgage not being paid for over 2 years. I suppose it was at that point after over 20 years of gambling that I made the decision to try and stop gambling. We managed to keep the house by the skin of our teeth.

### **33 to present**

I can't remember my last bet, but it was sometime between Christmas and attended my first GA meeting on the 6th of January 2003, it was a cold winter night in Edinburgh. I felt I was in the right place and although I was riddled with ego, I left that night with a glimmer hope. I was told that night to get along to another meeting as soon as I could as that would help. I wanted to get to another meeting and stand up and say, "My name is Tam and I have no gambling to report", partly because I didn't want to gamble and partly due to my ego.

My life has changed so much since I joined GA, shortly after starting GA I chose to have a career change and moved jobs a number of times and I am now in the job I love. Fiona and I had another child in November 2006 and Katy came along, Katy and I have had some fantastic memories attending concerts and theme parks and she is 16 in November, one minute I can be the coolest dad and the next the most embarrassing dad. David is now almost 22 and he left to go back packing in India in July 2019 for 6 weeks and decided he wanted to stay longer there before moving to Australia in November 2019, so he hasn't been home for 3 years, but he is happy, and we speak every week. I have changed as a person during my time through the doors. I have learned from those that have walked before me and from examples both good and bad, the fellowship has taught me to be a good dad, a good partner, a good son to my poor mother who had 13 years of me non gambling before she passed away and a good employee. I try today to be the best version of myself that I can be. I believe the way I do that is to not make life about me, the further back I am in the line the better it is for me. I try and practice gratitude for my family and the fellowship and I try to do step 12 and carry the message when I can. I try not to stare back but I am mindful of where I was prior to GA and where I will go back too should I chose to leave the fellowship. Financially the damage now would be massive but emotionally the damage would be irreparable. I am very grateful for all the support and friendships that we have formed over the years and a special thanks to Blackburn Monday, my base meeting.

My name is Tam and I have no gambling to report.



<a href="#">GA GROUP MEETING PLACE AND TIMES (SCOTLAND) as of 11TH JULY 2022</a> CONFERENCE CALL WEDNESDAY 8-9PM & SUNDAY 7-8PM EMAIL <a href="mailto:conference@gascotland.org">conference@gascotland.org</a>				
AREA	GROUP	ADDRESS	START	ADDITIONAL MEETING INFORMATION
<b>MONDAY</b>				
Airdrie	Airdrie	18/7 TO 22/8 Gartlea Community Centre, Hillfoot Road, ML6 9PB Beechbank Community Centre, Wester Mavisbank Ave ML6 OHE	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	Salvation Army Halls, 1 Houldsworth St Glasgow, G3 8DU	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	7.00-9.00pm	BEGINNERS 7.00-7.55PM
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	From 5/7 Elgin Parish Church	6.30-	

		to end Aug 22 The University of Highlands & Islands, Moray Street, Elgin IV30 1JJ	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, 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
TUESDAY				
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, Craigmart 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
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	7.15-9.00pm	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	New meeting place 7/6/22

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	7.15-9.15pm	
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 Centre, 8 Bargarran Road PA8 6BS	7.00-9.00pm	New meeting place 9/6/22
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	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
<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
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 <sup>nd</sup> 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
<b>SATURDAY</b>				
Aberdeen	Aberdeen	Ruthrieston Community Centre, 532-536 Holborn St AB10 1LL	9.45-11.45	
Glasgow	Dennistoun	Dennistoun New Parish Church, 9 Armadale St, G31 2UU	9-11	
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	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: August 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!**



**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)**