

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

WELCOME
TO
THE
FELLOWSHIP OF
GAMBLERS ANONYMOUS

A GUIDE TO STEP ONE

Welcome to:

Today is

Dear Friend,

This was probably your first meeting of Gamblers Anonymous and you may feel confused. The purpose of this letter is to explain to you that you are no longer alone. We, in the Fellowship of Gamblers Anonymous understand the feelings, emotions and problems relating to your life and can offer HOPE.

- HOPE that you can live a life without Gambling
- HOPE that relationships with family and friends can be rebuilt with your EFFORTS.

To achieve this, all we would ask of YOU is a little FAITH!

- FAITH, in your own ability to abstain from gambling, *One Day at a Time*.
- FAITH, that the Fellowship of Gamblers Anonymous can help you to achieve these aims, as it has helped many Compulsive Gamblers similar to yourself.

With this comes acceptance of the facts about the illness of Compulsive Gambling, and acceptance that you can gain the confidence to improve the quality of your life and others who may be affected by your gambling.

We too came to Gamblers Anonymous with the same problems as you, and found help and understanding, which we trust you have found today.

Yours in GA

Having attended your first meeting of Gamblers Anonymous and read some of our literature, you will be asking yourself, "Where do I go from here?". You will have noticed the friendly and relaxed atmosphere within the room, and the attitude of the people free from the tensions you may be feeling at this moment. This did not come about by chance.

It's not by chance that you have come to Gamblers Anonymous. It's not by chance that most members appear confident and happy. It's not by chance that they can help YOU. It's not by chance that most GA members **DO NOT GAMBLE**.

If it's not by chance - then **WHAT!**

It is through the 12 Step Recovery Programme, the first and most **important** being Step One:

**Admitted we were powerless over gambling,
that our lives had become unmanageable.**

The gambler is a person who turns into himself and the purpose of this Step is to help open the gamblers mind and surrender part of the burden, lifting the weight and worry of the problem by sharing it with the Fellowship or another human being.

Looking at Step One means looking at yourself the way your life has been, the way your life is, and identifying and believing that the root cause of your problems is gambling.

Believe it or not, accepting Step One will probably be the most positive step you will take in your life. You will feel the freedom from the compulsion to gamble, and have the freedom to enjoy the pleasures life has to offer without gambling.

Remember:

RELAX, TAKE IT EASY, ONE DAY AT A TIME