



# RECOVERY ROAD ONLINE FELLOWSHIP

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.





# **ONE JOURNEY**

**We travel together  
As one in fellowship,  
And we pave the road  
As we walk it  
For all who may follow.**

**No matter how far we have come,  
Or how far we know we have to go,**

**When we live  
In abstinence,  
In recovery,**

**The journey continues...**





# ***ANOTHER CHANCE***

**Fellow gambler, take my hand;  
I'm your friend, I understand.**

**I've known your guilt, your shame, remorse;  
I've borne the burden of your course.**

**I found a friend who offered ease;  
He suffered, too, with the disease.**

**Although he had no magic cure,  
He showed me how we could endure.**

**We talked together side by side;  
We spoke of things we had to hide.**

**We told of sleepless nights and debts,  
Of broken homes and lies and threats.**

**And so, my weary gambling friend,  
Please take this hand that I extend.**

**Take one more chance on something new,  
Another gambler helping you.**





## **WELCOME**

You are not alone. We too have suffered the consequences of gambling for too long and for too much money. Some of us played slot machines, some bet on sports, some played poker or casino games, some bought hundreds of lottery tickets, and some gambled online.

Whether our game of choice was bingo or day trading stock options, our inability to stop or control our gambling was the same. We could not stop. We tried. We swore that this time we would only gamble until we lost a certain amount of money or for some specific length of time. We pledged to ourselves that this time would be different. Yet time and time again we found ourselves losing more money and spending more time than we had planned – often times considerably more.

We came to Recovery Road Online for different reasons. Maybe a spouse has threatened to leave you, or a judge sentenced you to attend meetings. Perhaps on your last gambling spree you lost more than you ever had before, and it scared you. Maybe you had a moment of clear thinking and suddenly you knew that the problem (compulsive gambling) was out of control and you needed help. On the other hand, possibly you simply got worn down and became “sick and tired of being sick and tired”.





## WELCOME

Whatever the reason you came here, you are welcome. We truly do not care about anything that divide people outside of our rooms. The only requirement for membership is a desire to stop gambling. Even if you are not certain about whether you want to completely quit gambling, our meetings are open to anyone who even thinks they might have a gambling problem. There are also no dues or fees. As we like to say "Give Recovery Road a chance. If you do not like it, we will fully refund your misery!"

We hope you relate to some of the things you read in our fellowship and hear other members share at meetings. If there are things you question or disagree with, do not worry about it for we are not a cult. You are welcome to believe anything you want. Our program continues to be strengthened by the diversity of our members' opinions and points of view.

Sadly, some of us never find recovery from compulsive gambling and wind up broke, alone, miserable, incarcerated and/or survivors of attempts at taking our own life or even victims of suicide. However, many of us in our fellowship were not only able to quit gambling, but we found an amazing and wonderful life that we never could have imagined. One member is fond of saying that "Recovery Road gave me the life I never knew I wanted". We found through working the Steps of Recovery, the Promises can be yours.

# **THE PROMISES**

**As the door to the past life closes, the door to a new life opens.  
There was no faith or hope and now there is.**

**Money falls into its proper place.  
No longer are material objects the only aim and ambition.**

**A Higher Power and you walking side by side  
can work together each day so that you can  
become better than you have ever been.**

**No longer will you be lonely.  
No longer do you make the decisions.  
Life has a balance which it has lacked.  
In a crowd or by yourself, you are no longer alone.**

**You will see yourself more clearly.  
This insight will remain.  
Self-knowledge has no bounds.  
Your newfound serenity will enable you  
to calmly listen and learn.  
Your awareness will really accelerate.**

**What the program teaches comes true.**

**You continue to let go of the old ways and  
allow your Higher Power to guide you towards peace and serenity.**

**All fear will dissipate.  
You will be free to talk and move about as a normal person.  
You will be able to resume a beneficial role in society.  
Self-respect, so long absent, starts to return.**

**The ability to cope is perhaps  
the most valuable reward which you will receive.  
One no longer has to avoid a problem  
by ignoring or side-stepping the issue.  
One day at a time becomes a lifetime.**





# **THE PROMISES CAN BE YOURS DO ALL OF THESE THINGS**

## ***LIVE A DAY AT A TIME***

Our problems were created over our lifetime; therefore, we learn to solve them one day at a time.

## ***STAY IN TOUCH***

No one understands a compulsive gambler better than another compulsive gambler.

## ***MIRACLES HAPPEN***

### ***AT MEETINGS***

Patience...don't leave before the miracle happens to you.

## ***SPONSORSHIP***

This is your key to working  
The 12 Steps of Recovery  
The 12 Steps of Group Unity  
The Fast Track to The Promises.

## ***WORK WITH OTHERS***

RRO members keep their recovery when they give away freely what was given to them!

## ***JUST FOR TODAY***

Stay away from those who gamble, or in any way encourage you to gamble. Stay away from gambling establishments and online games.

**Breathe in Breathe Out Don't Make a Bet Today**



## 12 STEPS OF RECOVERY

1. We admitted we were powerless over gambling – that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God, *as we understood Him*.
4. Made a searching and fearless moral and financial inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.





## 12 STEPS OF RECOVERY

7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God, *as we understood Him*, praying only for knowledge of His will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to compulsive gamblers, and to practice these principles in all our affairs.



## 12 STEPS OF GROUP UNITY

1. Our Common welfare should come first; personal recovery depends upon Recovery Road Online unity.
2. For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for Recovery Road Online membership is a desire to stop gambling.
4. Each meeting group should be autonomous except in matters affecting other groups or Recovery Road Online as a whole.
5. Each group has but one primary purpose—to carry its message to the compulsive gambler who still suffers.
6. A Recovery Road Online group ought never endorse, finance, or lend the Recovery Road Online name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.





## 12 STEPS OF GROUP UNITY

7. Every Recovery Road Online group ought to be fully self-supporting, declining outside contributions.
8. Recovery Road Online should remain forever nonprofessional, but our service centers may employ special workers.
9. Recovery Road Online as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Recovery Road Online has no opinion on outside issues; hence the Recovery Road Online name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at all levels of public broadcast (e.g. podcasts, streaming, films, television, internet).
12. Anonymity is the spiritual foundation of all of our Steps of Group Unity, ever reminding us to place principles before personalities.



# **SYMPTOMS OF COMPULSIVE GAMBLING**

*Signs and symptoms of compulsive gambling  
(gambling disorder) include:*

- ***Being preoccupied with gambling, such as constantly planning how to get more gambling money***
- ***Needing to gamble with increasing amounts of money to get the same thrill***
- ***Trying to control, cut back or stop gambling, without success***
- ***Feeling restless or irritable when you try to cut down on gambling***
- ***Gambling to escape problems or relieve feelings of helplessness, guilt, anxiety or depression***





## **SYMPTOMS OF COMPULSIVE GAMBLING**

- ***Trying to get back lost money by gambling more (chasing losses)***
- ***Lying to family members or others to hide the extent of your gambling***
- ***Jeopardizing or losing important relationships, a job, or school or work opportunities because of gambling***
- ***Resorting to theft or fraud to get gambling money***
- ***Asking others to bail you out of financial trouble because you gambled money away***

**IF YOU FIND THAT YOU CAN RELATE TO EVEN JUST ONE OF THESE SYMPTOMS, YOU MAY HAVE A GAMBLING PROBLEM.**



## ONLINE MEETINGS USING ZOOM

### WHAT IS ZOOM?

ZOOM is a video, audio, and web app that allows compulsive gamblers to meet, connect, and participate in a meeting or fellowship club room right from your mobile, laptop, tablet or computer device. Gather and enjoy the fellowship of other compulsive gamblers, discuss recovery, and share experience, strength, and hope through attending meetings online using the ZOOM app.

### HOW MUCH WILL THIS COST?

ZOOM, also known as ZOOM Cloud Meetings, is both FREE and widely available by downloading directly from ZOOM.us, from the APP Store, or from Google Play.







# BIBLIOGRAPHY

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Recovery Road Online is a Recovery & Support Group for those with a compulsive gambling problem. You may apply to join our private Facebook Group at the following: <https://www.facebook.com/groups/1636657949798079/>. We also conduct 12 Step Meetings though the video conference app ZOOM. We are not affiliated with Gamblers Anonymous.



# JUST FOR TODAY I WILL NOT GAMBLE

**Just for today** I will try to live through this day only and not tackle my whole life problems at once. I can do something for 12 hours that would appall me if I felt that I had to keep it up for a lifetime.

**Just for today** I will be happy. This assumes to be true what Abraham Lincoln said, that: "most folks are as happy as they make up their minds to be."

**Just for today** I will adjust myself to what is and not try to adjust everything to my own desires. I will take each day as it comes and fit myself to it

**Just for today** I will try to strengthen my mind. I will study. I will learn something useful. I will not be a mental loafer. I will read something that requires effort, thought and concentration.

**Just for today** I will exercise my soul in three ways: I will do somebody a good turn, and not get found out; if anybody knows of it, it will not count; I will do at least two things I don't want to do - just for exercise; I will not show anyone that my feelings are hurt - they may be hurt but today I will not show it.

**Just for today** I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything, and not try to improve or regulate anybody but myself.

**Just for today** I will have a program. I may not follow it exactly, but I will have it. I will save myself from two pests - hurry and indecision.

**Just for today** I will have a quiet half-hour all by myself and relax. During this half-hour, sometime, I will try and get a better perspective of my life.

**Just for today** I will be unafraid. Especially I will not be afraid to enjoy what is beautiful and to believe that, as I give to the world, so the world will give to me.

# JUST FOR TODAY I WILL NOT GAMBLE