

## Pressure Relief December 2018 monthly report

I am glad to report that the new Pressure Relief Pamphlets will be ready in January 2019. I am reporting that around the country.

Mark from Chicago has been sending PR reports to me each month. They have 3 members as Chair people and split the duties. They are very excited about PR.

My home group is mailing out 60 letters to various Intergroup to introduce each other and work together to help as many people who come to us for help.

In my Home state {Conn} I am teaching and working thru Intergroup to have sponsors have as much knowledge about pressure relief as possible.

The following list is a few members I have been in touch with around the country and they are all excited about Pressure Relief. One day at a time try to reach and teach PR.

Joe C Quincy, Mass, Dave A Phoenix ,Marla Jones Penn, Kevin, Mike, Jim H Maine and New England ,Frank S - from NYC ,Phoenix very excited about PR, Chuck S from Texas,

Trying to encourage everyone not to give up or get discouraged as some people are not ready to accept help. There are company's out there offering consolidation loans etc. Not the GA way. And remind older members PR is not just about money. Rather after 2 years in recovery are they working on other addictions, like smoking, drinking over eating joining local fitness gyms to stay in shape!! Being a good sponsor by example. I have just finished 5 years of fitness and went from 270 pounds to 170 pounds thanks to our great program.

Please call me or e-mail me any time

John R Thanks