

## February 2019 Pressure Relief Report

Hello everyone, fairly busy month around the country.  
Reminder to everyone, if we do Pressure Relief the Gamblers Anonymous way everyone wins and we all can help new members in recovery

I have been helping Intergroup in Maryland Bob, Michigan, Monti, and Jim in Oklahoma with information on how to conduct PR meetings. Some states are stronger than others and need Pressure relief workshops ASAP. We in Conn. I think are pretty Strong and have PR in almost every meeting.

Whenever I give a PR meeting I have another GA member to sit in and learn. I think it is important not to get discouraged, at times new members think they can do it themselves. I also like the saying after 2 years now what? Change addictions? Work on health (join a gym) work on relationships? All part of Pressure relief.

Please e-mail me at any  
time at [Jricci1939@aol.com](mailto:Jricci1939@aol.com)

If we all work together we can help many Compulsive Gamblers.

Pressure Relief Chair

Thank You

John R.