



Hand in Hand

Summer Issue 2011

Recovering couples Anonymous, P.O. Box 11029, Oakland, CA 94611
<http://www.recovering-couples.org>

phone: (510) 663-2312
<mailto:wso-rca@recovering-couples.org>

Inside This Issue

- 1 Chair Report
- 2 Get the Heat Back!
- 3 Treasurers Report
- 4 Insurance Article
- 4 A Couple Reaches Out
- 5 Southeast Retreat
- 5 Couples Prayer
- 6 Ocean of RCA
- 7 Will You Serve?
- 9 Delegate Couple Suggested Description
- 10 Poem



Board Members

Chair: Ruth irw Debbie

Vice-Chair: Jerry irw
Stephanie

Secretary: Matt irw Tami

Treasurer: Dave irw Kelly

Tyler irw Michele

2010-2011 Chair report

This has been an exciting year for RCA. The board has set three goals of transparent communication and growing the Fellowship. We have made steps in all three, and are very happy to report progress as well as the challenges. The board meeting has been held on the second Sunday of the month via phone and video conferencing. This has allowed us -- at no cost to the Fellowship -- to have members from around the world listen and participate in our regular meeting.

There was a face-to-face meeting in Cape Cod in April. Among other things, it was an open forum and discussion regarding one of the topics for the annual business meeting. It was well attended and helped to create the white paper regarding topic two for 2011.

We tried to establish a forum using a public service to connect members. Participation was sparse so it has had minimal impact. We have started regular Fellowship ENews mailing. These have had a great acceptance and have become a regular way to share news and updates between issues of the Hand-in-Hand newsletter.

We had a few surveys out on the Internet to get Fellowship feedback. The input regarding tools, experience, strength and hope and other topics was fairly regular and we hope this coming year we can gather and share more information.

There's a new website currently in development. It is being designed to reach newcomers and grow the fellowship, as well as to provide the virtual office space to replace the brick-and-mortar office. The hope and plan is to have a central repository for our history, policies, procedures, and for the committee's, board and service providers to use as a tool to serve our growing Fellowship to its fullest.

This has been an interesting year for committees. The literature committee has been working nearly nonstop to create the new fourth edition. The ad hoc publishing group is ready to get the first printing of the book out to the Fellowship later this year. The outreach committee was an important part to connect our groups with the voting process. It was a huge success. Our thanks go out to all the members who have worked to create the first RCA Fellowship approved book.

We have a few committees that have lost touch with the board. We will soon have the website able to communicate with and coordinate committees on a regular basis. Per

the directive of the 2010 convention we have made this a priority. It is our hope to recruit more members willing to serve and be a part of our wonderful committee as well as a part of the WSO board.

The newest committee up and running is a daily reader committee. They have designed a submission form and are ready to assemble the experience strength and hope to begin to create our next publication. We hope that all of our couples will offer their thoughts and ESH for this upcoming book.

The work of the 2011 convention committee created the Phoenix gathering we will enjoy the last weekend in July. We are very grateful for the service of the committee members and look forward to the fun and fellowship. Our 2012 convention will be in Memphis Tennessee, the 2013 convention will be in Cape Cod Massachusetts and there is a European convention in 2014 but no bid is out yet for a western US group in 2014.

The post of RCA list keeper has been established. The list keeper helps connects sponsors, speakers and group sponsors to those looking for experience strength and hope while keeping anonymity. We currently need couples willing to sponsor a couple or group. And remember -- where ever you are the steps - you have recovery to share!

The board has been studying the traditions as well as reviewing the concepts this year and this has helped us to work as a united and committed group to fulfill our mission statement. Despite the personal losses and family emergencies, all five couples serving this year have helped the World Service Organization show up in faithful service.

As we move into the new year of service and recovery I want to thank all of you who make this fellowship possible. Together, hand-in-hand, we reach out to each other and to suffering couples everywhere.

In Loving Service,
Ruth B. (irw Debbie V.)
The Trustees Chairperson

Get the Heat Back !!

The 2011 RCA convention in Phoenix, AZ will soon be upon us.

The convention will begin on Friday night with the Opening at 6:30pm. Our keynote speaker, **Patrick Carnes** will speak from 7pm-8:30pm. We are all looking forward to welcoming him to the convention and we are honored that he chose to speak free of charge to the RCA fellowship, even after loosing his wife this past winter to cancer. He will share his ESH on loosing a partner.

On Saturday there are several workshops planned. Some topics include: Healthy Sexuality, Contracts, Intimacy and Romance, Regaining Trust. There will be a Crisis Panel, Sponsorship panel, and more. We have 2 speaker couples planned, one on Saturday night after dinner and the other Sunday morning. The Convention will close Sunday at noon. We hope to see you there and if you have any questions about the convention or the Phoenix area you can contact us at rcacphoenix2011@yahoo.com

or call Barb & John at 480-423-1992.



RCA WSO Treasurer's Report Summary

July 2011 Board Meeting

(All figures current as of June 30, 2011)

Please note: For ease of understanding, Total Income includes all sources of income (7th Tradition, Individual Contributions, Convention Income, Shipping/Handling fees, sales of products, etc.) Total Expenses includes all payouts (Costs of Goods Sold, Professional and Consultant's Fees, Finance Charges, Insurance, Printing/Copying, Postage, Leasing, Rent, Storage, Telephone, etc.)

	<u>June 2011</u>	<u>May. 2011</u>	<u>June 2010</u>
Total Income	\$ 2,793.15	\$3,381.62	\$2,791.32
Total Expenses	\$5,638.11	\$2,862.24	\$2,987.70
Variance	-\$2,844.96	+\$519.38	-\$196.38
Current Assets	\$34,096.53		

Fiscal Year To Date Summary

July 1, 2010 to June 30, 2011

	<u>Budgeted</u>	<u>Actual</u>	<u>Variance</u>
Total Income	\$35,505.00	\$50,602.45	+\$15,097.45
Total Expenses	\$35,505.00	\$39,133.83	- <u>\$3,628.83</u>
			+\$11,468.62

Contributions are currently about 13% (\$2,218.51) less than anticipated.

Product sales are about 44% (\$6,139.30) more than anticipated.

Overall expenditures (including COGS) are about 10% (\$3,628.83) more than anticipated.

Dave R. irw Kelly R.

Treasurer

RCA WSO Board of Trustees

The WSO has recently received requests from some groups regarding insurance. Hopefully this article will clear up any confusion on the topic of insurance for your groups.

Many churches and meeting spaces require the groups that use them to provide liability insurance in the event that any members sustain injuries while on their premises. The insurance that RCA's WSO carries does NOT cover individual RCA groups or their members.

In recent communication with our insurance provider we discovered that at the time the policy was drawn up with a previous Board, one RCA group was named as being covered by the Board's policy. The current Board has instructed our insurance provider to remove that named group when our policy renews in July 2011.

This is being done for a few reasons. First of all is that the WSO of RCA has made it a goal to focus on and to follow the 12 Traditions of RCA as we do our service to the fellowship. Our Seventh Tradition states that every group should be fully self-supporting, declining outside contributions. Just as a group is responsible for their own rent, literature orders, coffee, etc., they should also be responsible for other expenses such as insurance. Another reason is fairness to all groups. If the WSO covers one group, it should cover all groups. This would be a logistical and financial nightmare requiring our policy to be altered countless times a year as new groups form and others disband. Whether a policy could be produced to cover groups internationally is something we haven't even looked into. Liability and premium increases to the Board's policy if members are injured are other reasons for this decision.

Fortunately, some meeting spaces may cover groups who meet in their facilities, or offer the option to buy into their group policy for a nominal amount. A few churches I am familiar with offer groups to buy into the diocese policy for around \$15.00 per year.

The Board hopes that everyone understands our position on this matter and that it doesn't present any undue hardship to any of our groups.

Yours in recovery and service,
Dave R.
Treasurer

Couple Reaches Out for a Sponsor Couple

Hi, we are Debbie and Chris and have been married since 2005. we were 45 and 46 when we married and neither of us had been married before. in '07' we adopted an amazingly special baby daughter who is the joy of our life.

We are both devoted parents and she has a good relationship with each of us. I am in recovery for alcoholism (Debbie) for 13 years and attend other programs CODA, Alanon etc. Although we love each other we have tremendous problems communicating esp. anger. We have gotten into patterns which we can't seem to extricate ourselves from. What hurts the most is how our stuff is affecting Samantha.

We are very flexible in terms of being able to Skype or do phone meetings and are very willing to 'do the work'. We have all the literature, it's just hard to start without helpwe have been in RCA since October and love the meetings, but need some help doing the step work, we are both very motivated.

Thanks so much! Debbie and Chris

Please contact Sponsors@recoveringcouples.org to connect with this RCA Couple or call 518-248-7220
Currently we have 8 couples awaiting Sponsors. Are you willing to help?

RCA's First Southeast Retreat

Thanks to our couple's Higher Power we drove eight hours to Cleveland, Tennessee for RCA's first Southeast retreat. It was a beautiful journey. We decided together who would drive and when and where we would stop. My partner likes to use cruise control and I do not. Even without GPS we didn't get lost.

The theme of this retreat was Step One, Two, and Three. The first day we all shared the things over which we were powerless, and had the option of placing them in a couple's God box. The next day, we attended one session on each of the first three steps, facilitated by a recovering couple. We completed questions and met with another couple to share our responses. I felt so much healing take place, as well as having the opportunity to connect with another couple. I am always comforted because so many couples share experiences similar to mine.

Saturday afternoon we attended a workshop where we completed our collages. This was the third time for us and it is always fascinating to see how our coupleship has evolved. My partner cut out the words and I cut out the pictures, and together we placed everything on the collage. The first time we did this we attended a silent retreat and made the collage our silent project. This time we interacted and it was fun. One of the sentences on our collage that I did not notice until hours later was, "Something good is bound to happen when you plant LOVE." I don't think either of us planned that. Later that evening we took part in drumming, led by another couple. How great it was to communicate through music and listening.

On Saturday evening our speaker couple shared their many years of experience, strength and hope in RCA, and I was inspired. Sunday we shared what we were going to take home with us as well as how we would participate in next year's Southeast retreat. Finally, we went hiking with another couple in the beautiful green mountains of Tennessee.

When I let go my (our couple's) Higher Power blesses me with many surprises. On the way home, we visited Abingdon, Virginia where we saw homes that were 400 years old and an "Ancient Oak Tree." Thank you to RCA, to all of the couples who attended, and to those who planned this, thank you for your service.

By the way: next year's retreat will be in spring, in Atlanta, GA.

Deborah irw Mark (Mark contributed to this article).

Couples Recovery Prayer S.E. RCA Retreat 2011

Dear HP, the one who intimately knows, loves and cherishes us both,
who is here with us at all times,

We revere and cherish our growing spiritual relationship with you.

May we be aware of your presence with us today.

May your will be done instead of ours, here in our 'coupleship', today --

Help us to let go of attempts to control each other,
other people, places and things.

Help us to let go of trying to be all knowing, all powerful.

Help us to trust that you will provide everything we need today

-- food, shelter, and a willingness to change.

Forgive us our frailties, and help us to learn how to forgive others theirs.

Help us to recognize our triggers
and respond to them in more healthy ways.

Help us to trust that you can, and will,
provide new pathways "out" of our addiction(s)
and deliver us from destructive choices.

Continue to teach us new choices -- ones that build peace, wholeheartedness and rich blessings each day.

Teach us to rely on your grace, unlimited forgiveness,
and powerful, willing ability to change us for the better,
giving us the gift of serenity.

BethF irw RushF

Ocean of RCA

My partner and I just returned home from the first Southeastern RCA Couples Spring Retreat. What a powerful weekend. The focus of our time was the first three steps. I immediately felt right at home, as we went around the opening circle and introduced ourselves by sharing something we were powerless over. The honesty in the room was gripping. As I prayed for God to help me say what I needed to say, I was amazed at how others' honest sharing led me to exactly the issue I needed to address for the weekend. I took the risk to share as I was led, and as I watched the heads around the room nod, I knew that my vulnerability was being tenderly held. Twelve couples shared their hearts and souls with each other throughout the weekend and contributed to my core healing.

My partner and I, thankfully, came into RCA at a high bottom, but RCA has still saved our relationship. In my family of origin, I learned that it is normal for couples to secretly or openly hate each other, fight physically and emotionally, talk about each other negatively, have temper tantrums or seethe inside when things don't go their way, put each other down and make fun of each other, blame the other for their own unhappiness ... You get the picture. As I sat in the marathon RCA retreat meetings, I nearly wept as I listened to couples share honestly with each other and the group, owning their own stuff, and affirming each other. It was truly healing medicine for my personal brokenness, and for our coupleship.

Michelle and I had been on the fringes of RCA since 2005, but about a year ago we began working the steps with a sponsor couple. We also began a face-to-face RCA group in our small community. RCA has given us tools to discover the kind of deep communication, caring and intimacy that I had always yearned for, but never knew how to achieve. I have hope and excitement as I watch our intimacy and commitment to one another grow. Our coupleship is healing in so many ways: I am less likely to take Michelle's behavior personally. (That can only help!) We talk about and work through conflict, rather than avoid it and nurse resentments. We are learning to tell each other what we need. Thank you, God, for RCA.

The retreat this past weekend was like diving into the ocean of RCA, and I am still soaking it in!

Julia IRW Michelle

The **Hand in Hand** is your newsletter! To have an article included, please send it to articles@recovering-couples.org



The next article deadline is

September 15, 2011

December 15, 2011

March 15, 2012

June 15, 2011

Please remember to use your **group number**, which can be found on the website, when you place orders for literature.

This same number will help us keep track of 7th tradition contributions.



Will You Serve?

World Service Organization Board of Trustees

The World Service Organization of Recovering Couples Anonymous is looking for couples who are willing to serve on the Board of Trustees.

The board of Trustees is a subordinate board, subordinate to the Fellowship. It is a 2 year commitment with an optional 3rd year of service.

Why we are Here

Mission Statement

The RCA WSO primary purpose is to carry the message of Recovering Couples Anonymous to all couples who still suffer. To ensure that changes within come only as a response to the needs and wants of all and not the few; being guided by the will of our Higher Power and using the principles established in the traditions.

Vision Statement

Our vision is a world where couples have the opportunity to find the spiritual tools and fellowship they need to create a safe, loving, committed relationship that flourishes.

Step 12. Having had a spiritual awakening as the result of these Steps, we tried to carry this message to other couples, and to practice these principles in all aspects of our lives, our relationship, and our families.



What you would be committing to:

Requirements:

At least one year actively working the 12 Steps of RCA and a desire to be of service.

Commitment:

- Willing to attend phone meetings up to once a month. (Usually on a Sunday afternoon.)
- Willing to attend a Face-to-Face meeting just before or after the Annual Convention
- Willing to attend one mid-year Face-to-Face meeting. (Usually at the location of the next annual convention)
- Willing to be a part of the organization as we grow into service of the fellowship.

Benefits:

- A chance to enhance your coupleship with service.
- A chance to work closely with other couples.
- An opportunity to make changes and contributions to an organization that has helped so many couples—including yours!

If you think that you may be interested, please contact our Vice Chair at vicechair@recovering-couples.org. They will be able to answer any questions you may have.

We look forward to seeing you at the annual convention. If you are not able to attend this year, but are still interested in service, please let us know. Attendance is not a requirement for nomination.

Yours In Service,
The WSO Board of Trustees

Elected Meeting Delegate Couple

A Suggested Service Position Description

Overview: The Delegate Couple represents its Member Group by attending the business meeting of the annual convention and voting for the Member Group on all matters considered at the convention.

Qualifications: Any couple who is a member of a Member Group and who professes that they have been actively working the Twelve Steps of RCA for 12 months shall be qualified to be nominated to serve as the Group's Delegate Couple. Working familiarity with the Twelve Traditions is strongly recommended.

A "member" of a Member Group is any couple who: considers this Member Group to be their primary/home group in RCA; has been a Group member for at least one year; and attends the Group recovery meetings and business meetings regularly/frequently. Prior service experience and responsibility within the Member Group are strongly recommended (group secretary couple, Treasurer, Group Contact Couple, etc).

Note: these qualifications are suggested only. Especially Member Groups which are less than a year old or which have very few regular member couples will modify these qualifications to fit their situation.

Nomination. Any qualified couple may volunteer or may be nominated by another Group couple.

Election shall be by plurality of the group member couples voting via written ballot.

Term of Service: One year, with the option -- if re-elected -- of serving another term as well.

Expense of Service: So that all eligible member couples can consider nomination for election irrespective of financial ability, the Member Group may specify a dollar amount to help defray some/all of the Convention expenses of travel, lodging and meals.

Other Duties:

1. The Delegate Couple regularly/frequently attends the member group's (monthly) business meetings.
2. The Delegate Couple becomes informed about all matters for consideration at the annual convention. In an adequate number of the Group's pre-convention business meetings and via announcements during the group's regular recovery meetings, the Delegate Couple seeks to inform group members of those upcoming convention matters, and on these matters the Delegate Couple encourages Group Members' participation in the group's development of its informed conscience.
3. In representing the group at the convention and at the direction of their Member Group, the Delegate Couple either votes the group's conscience or else votes its own coupleship conscience.
4. The Delegate Couple shall provide a written post-Convention report to their Member Group.
5. The Member Group's outgoing Delegate Couple shall make themselves available as service sponsors to the Member Group's incoming, newly elected Delegate Couple.

Mending Wall by [Robert Frost](#)

Something there is that doesn't love a wall,
 That sends the frozen-ground-swell under it,
 And spills the upper boulders in the sun;
 And makes gaps even two can pass abreast.
 The work of hunters is another thing:
 I have come after them and made repair
 Where they have left not one stone on a stone,
 But they would have the rabbit out of hiding,
 To please the yelping dogs. The gaps I mean,
 No one has seen them made or heard them made,
 But at spring mending-time we find them there.
 I let my neighbor know beyond the hill;
 And on a day we meet to walk the line
 And set the wall between us once again.
 We keep the wall between us as we go.
 To each the boulders that have fallen to each.
 And some are loaves and some so nearly balls
 We have to use a spell to make them balance:
 'Stay where you are until our backs are turned!'
 We wear our fingers rough with handling them.
 Oh, just another kind of outdoor game,
 One on a side. It comes to little more:
 There where it is we do not need the wall:
 He is all pine and I am apple orchard.
 My apple trees will never get across
 And eat the cones under his pines, I tell him.
 He only says, 'Good fences make good neighbors.'
 Spring is the mischief in me, and I wonder
 If I could put a notion in his head:
 'Why do they make good neighbors? Isn't it
 Where there are cows? But here there are no cows.
 Before I built a wall I'd ask to know

What I was walling in or walling out,
 And to whom I was like to give offense.
 Something there is that doesn't love a wall,
 That wants it down.' I could say 'Elves' to him,
 But it's not elves exactly, and I'd rather
 He said it for himself. I see him there
 Bringing a stone grasped firmly by the top
 In each hand, like an old-stone savage armed.
 He moves in darkness as it seems to me,
 Not of woods only and the shade of trees.
 He will not go behind his father's saying,
 And he likes having thought of it so well
 He says again, 'Good fences make good neighbors.'

SOME FINAL THOUGHTS

**The 2012 Convention
 will be in
 Memphis, TN**

Recovering Couples Anonymous
 P.O. Box 11029
 Oakland, CA 94611

Phone:
 (510) 663-2312

E-mail:
wso-rca@recovering-couples.org

Web Site
<http://www.recovering-couples.org>