



Hand in Hand



Publication of Recovering Couples Anonymous World Service Organization PO Box 11029, Oakland, CA

Volume XIV, Issue 3

June 2005

Upcoming RCA Events

RCA Convention/Conference August 12, 13, 14, 2005 San Diego Contact Sue & Mike 619-668-6931

Murphys Mountain High" Overnight Retreat July 9 and 10, 2005 Questions? Contact: Linda J. Email us at: gablin@sbcglobal.net
Green Gulch San Fran Zen Center Friday, Sept. 30-Sunday, Oct. 2, 2005, Contact Rose or Viva: (510) 243-0754; ivaire@yahoo.com
Stepping Together RCA, Gaithersburg, MD RCA Picnic, 11am Sun May 29th, (301) 371-9934 For info See <http://rcamembers.com>

Interview with Paul & Sami

from the San Diego Convention Committee

Anyone who has worked on a retreat or convention committee knows it's a lot of work! Taking on such a task requires maximum commitment and a strong community...and that's what we have in San Diego RCA. What's the root of the passion that makes this commitment possible? Here's the input from Paul, D., Convention Committee spokesman:

"The disease runs rampant through the lives of these couples, especially where there is an SA issue, where there is much secrecy. When they come into our meetings, each couple has broken hearts. They come in absolutely devastated - completely separated even if they're living in same house. Even if they don't say so, all their body language reveals the depth of their separateness. They come to RCA after the disease has finished shattering their dreams.

Recovery is here. RCA is the last step before divorce. In San Diego, we have an incredible bunch of people, with a long tradition of working the program - and it shows. After attending several meetings, it begins to change; first there's eye contact, then they may touch hands together. They get hope. They're coming together again.

If they can grab onto even one thing, they get hope in the renewal of their relationship. I see it over and over again. Hitting bottom is hard. Once a lie is disclosed, all the lies come tumbling out. This is so painful. But there is a good part in it. You can get to a rock bottom foundation. Now you can honestly define what your relationship looks like to you. Before you can look at how to get where you want to be, you must understand where you are.

Personal recovery means sterilizing the entire environment, and cleaning your thinker. It's a re-fabrication of every fiber of life. The brokenness we come in with then becomes a good thing.

In couple recovery, they let go of the old FOO (Family Of Origin). They grew up in it - they know it doesn't work! Then they can architect a new relationship - create a relationship that

works. The goal is to develop a "how to blueprint" to put boundaries in place. We do that with agreements."

The tool that Paul and Sami think has made the biggest difference in couples they have watched recover is the fair fighting contract, or conflict resolution agreement. That's why one room will be devoted entirely to couples creating or updating their fair fighting contracts all day on Saturday at the 2005 RCA Conference/Convention.

Saturday there will be parallel programs as well. Breakout groups are planned for such topics as: Division of Labor, Clutter, Date Night, Expectation and Entitlement vs.

Acceptance and Serenity, Raising Children in Recovery, Step Children, "Not-so-empty Nesters", Parenting as a Team, Tools of Recovery, Meetings of Two, Blame Attack Defend=BAD Relationships. There will be breakout session on sexuality; some possible titles are Love or Lust, Sex is Not Intimacy, Many Faces of Infidelity and Intimacy is Not Just Sex.

Please let the San Diego committee know right away if you can lead one of these breakout groups!!!

Asked what advice they would give to groups that are not growing as robustly as they would like, Paul and Sami said: "Remember recovery is here! We are doing God's work. God wants you to be happy. God has all the tools. All you have to do is ask."

To the person who is inspired to carry this message, they say, "Never dismiss the oral tradition of the 12 Steps, the power of sitting in a circle and telling your experience. It is based on ancient human wisdom as a way to learn from the triumphs and heartache of others. And make a decision - we're going to stay here an hour and a half for the newcomer couple - whether they come or not!"

You'll hear more from Sami and Paul at the convention, as they are one of 3 speaker couples that will share their stories with us. A second speaker couple will be Ken and Aurora, a sassy, inspiring, and charismatic pair from South Central LA. And the third couple? We'll let you know when we know. An updated and more detailed schedule of events will be posted on the website www.recovering-couples.org about a month before the convention. **Plan now to attend the International Convention August 12, 13, 14 in San Diego.**

REGISTER NOW!!!

For the RCA Annual
Convention/Conference
San Diego CA



Contact Mike or Sue (619) 668-6931

or email: suesheffield@cox.net

RCACC August 12, 13, 14, 2005

FREE KEEPSAKE TOTE BAG

With The Miracle Will Happen Logo

For the 1st 25 registrations



The San Diego groups have a dynamite theme and a great convention planning team. This convention can truly demonstrate to you as a couple and to us as a Fellowship that the miracle will happen. Be sure you're there for it!

Editor's Note

Hand in Hand is published four times a year. It can be mailed to you printed in full color for a subscription fee of \$12, or downloaded at no fee from our website www.recovering-couples.org.

And you can **DOWNLOAD PAST ISSUES of Hand In Hand**, too. Click **SUBSCRIBE NOW** for options.

Disclaimer Articles in the Hand in Hand are the Experience, Strength and Hope of the individuals and groups who submitted them. Take what you like & leave the rest. We welcome notices of upcoming events and your stories or reflections on your coupleship recovery. Once an item has been submitted to RCA, it can be used in RCA publications, i.e., books, pamphlets, and Hand In Hand. Submissions may be edited due to spatial considerations, or publishing may be delayed. Please sign your submission exactly the way you want it printed!!

2005 Publications Submissions Deadlines

Fall Sept. 8, 2005

Please send your submissions to

RCA WSO Hand in Hand

P.O. Box 11029 ♥ Oakland, CA 94611♥

Phone: 510-663-2312

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

Website: www.recovering-couples.org

NOTICE The Group Contact Couple listing on the website is for the use of individuals to locate meetings. **BIRT** Any individual using it for any other purpose should be dissuaded from doing so in a letter clarifying the policy; Steve will send a letter, at the direction of the Board.

NEW LITERATURE

With text from the new Blue Book chapter "Into Action"

Into Action Titles: Still Only 50¢ Per Brochure!

Stepping Together, Caring Communication. Couple Contracts, Conflict Resolution, Restoring Joy and Intimacy, and We Practice These Principles

The Power of Sponsorship Titles: 50¢ Per Brochure!

What Is Couple Sponsorship, Overcoming Barriers, Choosing a Sponsor Couple, Working With Others

Outreach Kit \$5 *

Media and Public Information Guide

* Please Specify CD or Floppy Disk

Who Runs RCA?

We do! And who is this "we"? It's the "We" that is the first word in almost every RCA Step. One small but very important time segment of the RCA International Convention is set aside for the General Service Conference. During these 8 hours, the Fellowship hears the report of what the Board and Committees have completed, votes on work that has been in progress, and brings concerns, brainstorm solutions, and elects new Trustees, and forms service committees to continue with the work of the Fellowship. The GOAL of the conference this year is to promote service and continuity within our leadership. RCA needs committee members and Board members to do the work of RCA and help serve the needs of the fellowship...this is your invitation to step up to help with the work. The Friday Conference Forum will begin with an Ice Breaker: meet your Board of Trustees, check out which RCA groups are represented, and get to know each other. The Trustees will share with fellowship what the surveys Visions 2000 and 2004-5 have indicated. The Board action has been focused on input that the membership wants more vital and active meetings...that the word about RCA gets out to the public...that the membership wants a workbook.

Following the Ice Breaker, any RCA fellowship group can read or share what they have brought from their area; this is the opportunity to put your ideas out so the Board can acknowledge this positive or negative feedback, and, hopefully, some solutions will come out in the next 3 days.

This year, the detailed committee reports will be sent out a month earlier to all GCCs. The printed version of the committee reports will be handed out at San Diego conference when conferees pick up registration packages and can be viewed in the RCA conference annual report package. This way, the time allotted for Committee reports can be shortened, and more time can be used to gather feedback and input from the assembly.

TELL US MORE. The remainder of the time at the Conference Forum will be spent on brainstorming in small groups. What do the RCA groups want? The Board has some sense of it from the surveys ...are we on the right track? Tell us more...your Board wants to hear from the fellowship.

WHO RUNS RCA? (Continued from page 2)

The surveys say "more vibrant and lively meetings"

...brainstorm how?

The surveys say "get the word out to the public about RCA"

...brainstorm how?...couples to do PSA?...bulletin board?

The surveys say "we need a workbook"...

The WSO needs more \$ from the RCA groups to support the Office, the website, and literature publication. Ideas?

There will be a Board member at each table to record information on chart paper, and record a list of projects/jobs that RCA WSB needs to address. Then 1 or 2 members in each group will share the results of their group's brainstorming. From 3:30 to 4:10, 8 groups share their ideas (5 min for each group). We hope that the 8 groups will come up with RCA jobs that the fellowship needs done... and this will be the basis of Board and committee work for the following years.

We hope for input on:

fundraising for books	literature...workbook
convention support	organizing a conference
office help in Oakland	sponsorship
regional conference calls...state/provincial buddies...	
bulletin board...	"Yahoo board"...
outreach...	Public Service Couples

writers/reporters/editor for Hand in Hand...regional focus
COMMITTEE SIGN-UP The Friday Forum will end with an opportunity to sign up for an RCA job...lots of jobs, no doubt, will come out of this brainstorming... now we need members to sign up to do a job! Members can sign up right away ... or think about it overnight, and find out more about the job Saturday when the members of your committee meet.

SATURDAY BUSINESS MEETING - You'll meet your committee and elect a chairperson, then review what the job of this committee is, what its priorities are...and plan the first conference call date. A Board member will be at each committee meeting to help. Then our tech wizard, Trustee Ed B, will present the technological innovations of the last few years and demonstrate the RCA Members' Bulletin Board - showing us HOW the work of RCA is being done and explaining the potential for the future. Throughout the weekend there will be opportunities for input to the Board and Committees to guide them in the work for the following year(s).

SUNDAY ELECTIONS We will elect new Trustees and firm up Committee priorities, assignments, and membership. The new Board of Trustees will have its first meeting on Sunday afternoon. This is an open meeting, and RCA all members are welcome to attend.

Think about what you want for RCA, and bring your dreams to the Conference August 12-14, 2005...we look forward to seeing you there! *Notes from Conference Planning and Convention Support Meetings chaired by Jane W & Gerrie P.*

The Pain and Suffering of Couples in Recovery...Who Cares?

Katherine S. RCA WSB Chair

They had tried it all - individual counseling, religion, individual therapy, marriage counseling, weekend workshops, and regular attendance at a couples 12-Step meeting for

codependency. Their interaction was so adversarial that every social activity ended in bitterness and blame.

Can this marriage be saved? Most reasonable persons would say "no," yet this relationship has become a coupleship through working the program of RCA. Today they say, "RCA is the only thing that has brought us any joy."

Folks, there are thousands of couples in 12 step recovery who are separating or suffering in their marriages, and most of them have never even heard of the miracle of RCA!

We can help these couples by sharing with them an alternative to separation and divorce! The two main ways new couples come to RCA are through the recommendation of friends, and through finding our official website. The WSO is the primary way the RCA message is carried worldwide, as our website is maintained by our Office Manager, Steve, and our Webmaster, Josie. Our World Service Office expenses are met through individual and group donations. These services are supported by your individual and group contributions. A contribution of \$67 will support the cost of maintaining our World Service Office for one day, and a contribution of \$15 will cover the cost of maintaining it for one hour. A contribution of \$200 will pay for our RCA official website for one month, and a contribution of \$50 will pay for our RCA official website for one week. Your donation makes a difference!

SERVICE OPPORTUNITIES

SPONSORSHIP: We need help for new couples and new groups in areas with little RCA support
REPORTER(S) to interview groups, to write couple stories, meeting ideas, and other articles for Hand In Hand.

AMBASSADORS: Couples to carry the message to communities where the RCA presence is missing, or needs support.

Contact Steve or any Trustee.

A Departing Board Member Speaks Out

I found that my tenure on the Board was time very well spent. I learned more about negotiating with my bride and being supportive of her - even when I didn't agree with her - than I might have by just doing the Steps together.

I comprehended my own human frailties when dealing with others who have a different spin on matters.

I recognized that adhering to my Sponsor's admonition to "take the action and stay out of the results" is very appropriate for life in general and certainly while serving on the RCA Board. I utilized the insights I had received from reading "Men Are from Mars, Women Are from Venus" - they became useful tools for carrying out the business at hand.

To the best of my ability, Don Miguel Ruiz's "The Four Agreements" were the basis for my behavior: "(1) Be impeccable with your word; (2) Don't take anything personally; (3) Don't make assumptions; and (4) Always do your best" which is all anyone can ask of a Board member. I firmly believe that we all must keep in mind that our goal is "progress not perfection" and that "life is what happens while we're making other plans". (Continued on Page 4)

Departing Board Member (Continued from page 3)
I hope that others who come after me will find Board work to be rewarding and fulfilling. We must endure, for RCA is indeed “the last house on the block” for human relations!
John S. irw Katherine

Fun in Santa Cruz

To All, This is Fred in recovery with Eva. Our home group is the Sunday Night SHARE meeting. This past weekend we had a chance to attend the Santa Cruz Day in Spring. We found out that this is an annual event that has been going on for quite a few years. The experience was tremendous. We met a lot of couples and learned so much from the great sharing at the break-out sessions. There was also a lot of caring, sharing and meeting new people during the breaks and at lunch. It is so good to spend time with other couples, new friends, who have the same struggles and successes as us. We saw a lot of recovery and know the whole thing was worth the drive from Los Angeles to Santa Cruz, the memories will last a long time. We recalled that the RCA groups in the Los Angeles area had a One Day retreat some time ago, that too was great. We talked about how good it would be to have another and make it an annual event. RCA in the Los Angeles area has a lot of meetings and couples need to connect with others they have not met. The Santa Cruz group drew couples, from areas up north, as far away as Sacramento. We should follow that example and do something to get all the area groups to have an annual get together. These, of course, are just the thoughts of one couple. We will return to the Santa Cruz Day in Spring next year and will try to take others with us. We will also do what we can to put action behind these words about having an annual One Day retreat here in the Los Angeles area soon. We hope others will do the same. We thank the RCA Santa Cruz meeting and all those who were there and shared in the experience.
Much Love to All, Fred & Eva

RCA convention April 2-3rd 2005 Marielund-Sweden

RCA Sweden's 8th convention was held in beautiful surroundings 25 kilometres outside Stockholm. The venue, run by a Catholic foundation, was just perfect for the 17 couples attending. Spring arrived with temperatures up to 15 C so we were able to thaw out in more ways than one! We kicked off at 11.30 with information, a short presentation and sharing on how we had found RCA. There were two new-comer couples, a great way to start the weekend. Lunch was served at 1 o'clock and we had some of time to get to know the new-comers and meet new and old friends. The next meeting, at 2 o'clock was “What's the best thing about RCA?” We dealt up the meeting into two groups so all would have an opportunity to share, the perfect topic for new members. More coffee and time for recreation and then one last meeting for the day: “Intimacy/sexuality/spirituality”, a topic on which we could surely have shared about for *many* hours. This was followed by a guided meditation in the chapel where quite a few members fell asleep! Dinner was at 7 o'clock with home-made food and good company. After coffee it was time for song and games. It's so healing laughing together, we laughed till we cried! We started Sunday with RCA Sweden's Annual Business meeting. A translation committee was formed and also an

administrative committee to look over Guidelines. Our economy is looking good and we voted to send 2000 kronor to WSO. A discussion arose as to whether Sweden was ready for a World Convention in 2007, and we decided it was well worth looking into, so we are going to scout for venues and look at the possibilities.

The last meeting for the weekend was “Working the 12 steps”, always a rewarding to topic to hear and share about. It was an emotional meeting; we were all moved by the atmosphere of love and gratitude that had permeated the weekend. A delicious lunch and coffee on the veranda, in the Spring sunshine, was the perfect ending to a wonderful weekend of recovery. We're looking forward to, hopefully, seeing some foreign visitors next year!

With love in service, Jill and Ulf - proud RCA members.

WSO OFFICE MANAGER'S REPORT

The following report reflects the time period from 12- 24-04 through 5 12-05, or nearly 5 months of the fiscal year.

HOURS The Office Manager logged 587 hours doing WSO Office related work. These hours were spent primarily on the following –Phone/Voice Mail; E-mail; Literature Orders/Post Office; Office-Records & Business; Accounting & Financial; Maintaining the web site; Monthly reports; Merchandise order form revision; Updating meeting directory; In-house printing and duplicating; Maintaining inventory and supplies. A good chunk of time went to preparing for and attending the face to face Board meeting in February held in Phoenix, AZ. The Webmaster/E-mail Consultant logged 122 hours Her time is spent primarily maintaining www.recovering-couple.org, the RCA web site – plus her duties as e-mail consultant, answering all e-mail that comes to the web site.

CONTACTS The office handled approximately 2200 phone calls and approximately 3000 e-mails, including the e-mail handled through the web site by our web master. The web site continues to be a source of new contacts and inquiries. PayPal continues to be a popular way of ordering literature over the internet, even with the minimum \$40.00 order requirement.

MEETING UPDATES Several long standing meetings became inactive – New Jersey; Madison, WI; San Rafael, CA; Indianapolis, IN; as well as a relatively new meeting in Okaloosa County, FLA that folded due to the inability to find a meeting location (some local churches did not feel it was appropriate for RCA to meet there), and another new meeting that decided to merge with an existing meeting.

New meetings have sprung up in the Ft Lauderdale area of FLA (Hollywood, FLA), Tulsa, OK; Idaho Falls, and Sun Valley, ID; Norcross, GA; Cornelius (Lake Norman), N.C.; Walnut Creek, CA; Ann Arbor MI; Brookline, MA. RCA continues to grow in Hawaii, and a new meeting or two may be in the works there.

RCA has taken a big step and now has a new meeting in Budapest, Hungary. RCA now has meetings in Ireland, Scotland, Sweden, Germany, and Hungary. We have received inquiries about starting meetings in Israel, Australia, England, and India. Any members interested in working with RCA overseas, please contact the Board and join the Outreach committee. Annliz and Per, in Sweden have volunteered to help, and I'm sure they would like to have more help.

A revised International and USA Meeting Directory will be available at this years convention in San Diego.

LITERATURE/TAPE ORDERS The Office received and processed 124 literature orders The sales of items from the orders amounted to \$6,071.05, and included 366 RCA Blue Books; 25 Reflections; 2 Booklets; 329 Brochures; 203 Medallions; 11 Meeting Starter Packets; 1 tape; 5 new Newsletter subscriptions.

New literature will be available at the convention in San Diego, as well as a revised Literature Order Form. PayPal will be updated as well, for those of you who prefer to use that service to order literature on line.

DONATIONS RCA WSO received \$9,369.09 from 72 donations . Thanks to all the groups who faithfully support the World Service Office. Your regular donations make this work possible. Thanks also to the individuals who donate to celebrate their RCA anniversaries. It is wonderful to hear from you and to receive your support. . This includes \$500 from the Santa Cruz “Day in RCA”, \$180 from the Asilomar Retreat, and \$1,700 from the Winnipeg convention committee. Thank you very much! Due to a computer meltdown last October, and a subsequent upgrading of the WSO Office QuickBook software, I have a back log of donation thank you letters to send out. If you have sent in a donation, and not received your usual letter of appreciation from this office, please be patient – it’s coming! I recently got an offer for some help in clearing up the backlog, so I can see the light at the end of the tunnel!

HAND IN HAND The Hand in Hand has been posted on the web site. We are moving in the direction of sending as many copies out by e-mail as we can, and encouraging members to download it from the web site. The Hand in Hand is getting back on a regular publication schedule after a couple of rough years. A big “Thank You” to all who have worked hard to keep this valuable RCA recovery tool going, and available to the fellowship and everyone by means of the web site. The last issue, in March of 2005 went out to approximately 700 subscribers.

VOLUNTEERS Thanks to Carl S. and Steve R. for coming by and spending hours “tuning up” the office computer, teaching me some new ways to save data, and assessing the needs of the WSO Office. I appreciate that a lot! Also a big Thank You to Katherine and John for taking time on their recent visit to the SF Bay area to come by the office and help me take an inventory. What a blessing!

CONCLUSION 7th tradition donations and merchandise sales were just barely above the same period last year. Expenses were up \$1255 over last years period due mostly to a slight increase in consultant hours billed, as well as seasonal professional fees. Overall we are running approximately \$1,852 over last years expenses.

This years’ annual convention will be in San Diego, CA. The convention is a major fund raiser for the World Service Office. Please plan to attend, and send in your registration as soon as possible. It will be wonderful to have representatives from RCA groups across North America and Europe. Don’t miss it! Visit our web site www.recovering-couples.org for the latest information and registration forms, or contact me and I will send the forms out to you. RCA Sweden had a successful convention recently, and is encouraging those who can to come visit their 2006 convention. Wouldn’t that be fun! Keep

in touch. My e-mail here at the office is wso-rca@pacbell.net. Members of the RCA Board of Trustees can be contacted through the website, or by e-mailing me. You can also send letters addressed to the board to RCA, PO Box 11029, Oakland, CA 94611. Thank you all for your service, and support. Be sure and contact me if you are in the SF Bay area, and I will be glad to show you the office and visit with you. Your trusted servant, Steve Adams, WSO Office Manager, Oakland, CA

7th TRADITION DONATIONS 12- 24,-04 to 5-12-05

GROUP:	
Birmingham,MI-62000	25.00
Budapest,Hungary-14000	17.40
Bloomington, IA – 54015	25.00
Braintree, MA - 61010	100.00
Denver,CO-46007	40.00
Hilo,HI-Wet and Wild-51010	50.00
Jamestown, Ca – 45015	270.00
Fargo/Moorhead-63012	53.00
Grand Haven, MI – 62015	200.00
LA Sunday SHARE – 45045	70.52
LA-El Segundo – 45040	175.00
Los Altos,CA-45060	794.41
Marlton, NJ – 70005	75.00
Minneapolis, MN-Uptown-63010	100.00
Minn.,Minn.-Lake Nokomis-63015	39.00
Morgantown, Wva-88005	15.00
Missoula, MT – 66005	100.00
N.Ca. Asilomar Retreat-45000	180.00
New Orleans,La-58005	500.00
Norwell,MA-61020	150.00
Oakland,CA Candlelight-45050	464.10
Oakland,CA Earlybirds-45052	780.00
Okaloosa County, FL – 49015	41.00
Pahoa,HI-Puna RCA-51005	20.00
Phoenix, AZ – 43010	68.00
So. Pittsburgh, PA – 78026	15.00
Rockford, IL – 53010	25.00
Rockville, MD – 60015	179.40
Salt Lake City, UT – 84010	60.00
San Antonio,TX-83035	129.68
S.Cruz Day in Spring – 00500	500.00
Seattle,WA Sunday-87010	150.00
Sherman Oaks,CA-45020	180.00
St.Louis,MO ARCH-65005	430.00
Syracuse,NY-72015	50.00
Torrance,CA-45103	49.58
Traverse City,MI-62030	5.00
Tri-County,MI-62025	45.00
Tucson, AZ – 43020	100.00
Tulsa,OK-76000	20.00
Wernersville,PA-78030	50.00
Winnipeg2004RCACC	1,700.00
Anonymous-9902	22.00
Individual Donations	<u>1,206.00</u>
TOTAL 12/24/04 – 05/12/05	\$9,369.09

THANK YOU!

RCA PROFIT & LOSS

12/24/04 through 05/12/05

INCOME

Donations	\$9,369.09
Merchandise	\$6,071.05
Postage & Handling	\$1,073.79
TOTAL INCOME	\$16,513.93

EXPENSES

Consultant	
Web Master/ e-mail	\$1,212.13
WSO Office	\$8,800.00
Total Consultant	\$10,012.13
RCACC Seed Money	\$480.00
Insurance	\$1,067.25
Medallions	\$592.36
Office Supplies	\$264.60
PayPal Fees	\$95.75
Printing	\$380.91
Postage	
Box rent	\$68.00
Postage	\$575.47
Total Postage	\$643.47
Rent	\$2,668.35
Telephone/Fax/DSL	\$240.44
Professional Fees	
CPA/Tax Filing	\$200.00
Legal – CT Corp	\$290.00
Total Professional Fees	\$490.00
Taxes and License	\$10.00
Reimbursement	
Board meeting room rent	<u>\$100.00</u>
TOTAL INCOME	\$16,513.93
TOTAL EXPENSES	<u>\$17,045.26</u>
NET INCOME	-\$531.33

To keep our Fellowship informed about World Service we have the RCA Members Bulletin Board -Details about RCA activity can be viewed on the bulletin board

<http://rcamembers.b4ai.com>

The Email Communication Agreement, the Five Year Literature Committee Vision and the Five Year Intergroup Outreach Growth Plan are posted under "What's New at WSO"

Travel Agreements

On The Road Contract

1. Both partners are responsible for getting "travel-trip" necessities ready the night before: maps, directions, charged cell-phones make a checklist & check it off
 2. Know exactly where you are going & E.T.A, e.g; how long will it take to get there & the address & phone # of contact person
 3. Leave on time or even a little early in case of unexpected road condition, traffic or weather. This will cut down on the stress of rushing around & nipping at each other's Achilles heel.
 4. Driver is responsible for "trip-check" E.g.; gas, water, and tire check
 5. When going to step-studies, both partners are responsible for getting Step-Study materials, e.g.; books, pens, paper, material last worked on.
 6. Both partners must refrain from "finger-pointing" "button-pushing" "case-building" blaming while in the car. Refer to "RCA Safety Guidelines"
 7. If conditions permit, stop & ask for direction [if lost]
 8. Passenger is an active participant in helping the driver find the way, but does not have the full responsibility of the adventure
- Mutually Agreed Mr.....Mz.....
Sponsor approved.....Date.....

In the Air Agreement

1. Each partner is responsible for packing personal checklist of clothing and toiletries.
2. Each partner is responsible for having picture ID and ticketing information **readily available in their lanyards**, fully-charged cell phone, reading material, and contact information.
3. Driver is responsible for having map(s) to and from airport with time estimates.
4. Passenger agrees to make helping with navigation a first priority, e.g., have map available and folded onto the right section so turns are anticipated and planned for.
5. Both agree to be at airport at or before the time recommended by the airline.
6. Passenger agrees to be in the car at the time specified by the driver, with everything that is going along already in the car.
7. In the event that something goes wrong, the Safety Guidelines are to be followed during the discussion of alternative plans.
8. Each partner is responsible for acquiring and having available acceptable food – meals and snacks.

What's Up With The Board?

Top Priorities:

- ✓ Establishing clearer boundaries for the duties and responsibilities of Trustees and Committees.
- ✓ Planning for the 2005 RCACC
- ✓ Providing Continuity of Service

Last Quarter Activity:

- ✓ Adoption of an Email Safe Communication Agreement for RCA service work.
- ✓ Approval of long-term goals for RCA, based on input from the Visions Survey 2000 & 2004/5:
- ✓ Five Year Literature Committee Vision
- ✓ Five Year Intergroup Outreach Growth Plan

Want the details?

Check out WSB Committee Reports, Meeting Agendas. and Resolutions Passed – they can be viewed on the RCA WSB Forum

<http://rcawsb.b4ai.com>