



# Hand in Hand



Publication of Recovering Couples Anonymous World Service Organization PO Box 11029, Oakland, CA 94611  
Phone: 510-663-2312

E-mail: [wso-rca@recovering-couples.org](mailto:wso-rca@recovering-couples.org)

**Volume XIV, Issue 3**

**WINTER 2005**

## **Upcoming RCA Events!!! Recovering Couples Anonymous - 2006 Convention/Conference LIVING IN LOVE Boston, Mass. Area August 4th- 6<sup>th</sup> Flyer enclosed!**

### **WSO Plans for Member's Approval of RCA Blue Book at RCACC 2006**

**Motion proposed November 30, passed.** Submission of comments, corrections, etc. and survey monkey entries concerning the 4th edition of Recovering Couples Anonymous, received by December 31, 2005, will be posted on the official RCA website for review by the fellowship.

**The deadline for final submissions is February 28, 2006.** The Literature committee is tasked to prepare a final draft for approval by May 31, 2006. Copies of the final draft will be made available to the groups between June 6, 2006 and July 6, 2006. How the final draft is to be made available is to be decided subsequent to the resolution of this motion. The groups will be requested to take a group conscience of approval or disapproval of the final draft and will be asked to request that couples from their group, attending the RCAC 2006 convention, vote their group's decision at the convention. The fellowship will be notified of this motion in a letter to the GCCs to be mailed this holiday season.

**The 4<sup>th</sup> Edition draft is now being offered for sale** and for review and editing by the Fellowship. You can order yours now from the WSO. The book is \$11, the electronic version is \$5, or get both for \$15

### **What's Up with the Board?**

#### **Summary of WSO Board Action Fall, 2005**

**Oct. 9, 2005. Treasury:** We continue to need to increase income to cover our expenses. Suggestion:

**Outreach Committee** will communicate WSO needs and needs of members. Groups will be asked to pass a basket for WSO at every meeting to build a prudent reserve and improve cash flow.

**Office Support** Executive Committee will send a letter to Oakland requesting help at the WSO.

**Literature** Mission Statement was reviewed. Trustees asked for hard copy of the 3 proposals we have for a Step Guide.

**RCACC 05:** Final figures are not in; Dennis will contact San Diego for a final accounting so we can see the breakdown.

**Nov. 11, 2005 Finance** Doug, Treasurer, addressed the disparity between information sent to different members regarding whether RCA is in the red or the black. Steve noted we generally tend to operate pretty close to the bone, and whether WSO is in the red or the black shifts often. Doug said that we have around \$3000 a month in expenses. Jean suggested that the executive committee send a letter to the groups asking for funds; her idea was accepted by acclamation.

**Literature:** Trustees received hard copies of Step Workbook and Affirmation cards; vote was postponed to next month. Literature committee members seeking funds for publishing were encouraged by WSB to continue their efforts.

**Outreach Committee:** The following motions were approved:

- 1) Outreach committee members to make phone calls using the WSB feedback questions to all known Group Contact Couples and RCA members in support of the LitCom effort in gathering feedback about the 4th edition draft of the blue book.
- 2) Outreach callers will take questions for a FAQ (Frequently Asked Questions) page as a supplement to the Feedback methods already undertaken by LitCom.
- 3) The Outreach Committee will ask questions in these calls to the Fellowship to help investigate ways to develop a Group Service Representative voting structure.

The motion to reprint the 2003 Blue Book was not seconded and thus did not come to a vote.

**Structure Committee** was delegated the following tasks:

- 1) Develop a plan for every group to vote at the conference.
- 2) Develop a Service Manual for incoming Board and Committee Members.
- 3) Assemble policy and procedures from past records into one document.

**Breach of Safety Guidelines and E-mail Agreement:** Trustees and Outreach Committee Members received an email which the Trustees agreed violated the Safety Guidelines and Email Agreement passed by WSB March 2005. It was resolved that the sender of the email apologize to the WSB and to the person whom the email addressed at the next meeting, and be informed that further infractions would result in a service moratorium. Passed, 8 for, 1 abstained.

**November 30, 2005 BB submissions deadline extended.** Submission of comments, corrections, etc. and survey monkey

entries concerning the 4th edition of Recovering Couples Anonymous, received by December 31, 2005, will be posted on the official RCA website for review by the fellowship. The deadline for final submissions is February 28, 2006. The Literature committee is tasked to prepare a final draft for approval by May 31, 2006. Copies of the final draft will be made available to the groups between June 6, 2006 and July 6, 2006. (How the final draft is to be made available is to be decided subsequent to the resolution of this motion.) The groups will be requested to take a group conscious of approval or disapproval of the final draft and will be asked to request that couples from their group, attending the RCAC 2006 convention, vote their group's decision at the convention. The fellowship will be notified of this motion in a letter to the GCCs to be mailed this holiday season. *Motion proposed 11-30-05 passed.*

**December 11, 2005 Literature:** Blue Book Companion Step Work Journal approved for publication, approved unanimously. Affirmations Cards approved for publication, approved unanimously. Office manager and Treasurer will set prices.

**Hand in Hand:** the approval and distribution process was simplified by acclamation: Articles submitted will be vetted out to contributors and Trustees. Edits received by the deadline will be integrated and issue will be posted on website for Trustees to review for 24 hours. If there are no further inputs, Editor will notify Office Manager and Webmistress to publish.

#### **WSO Expands Committees' Roles in RCA**

The following motions were approved unanimously by the WSB on 12-11-05 as Special Rules of Order:

- 1) Membership in RCA Service Committees shall be open to all members of the Fellowship in good standing. (*see Policies and Procedures; Committee member eligibility; 1. which states, " Those serving on Committees must be RCA members with 12 months of experience working the 12 Steps, either in another 12-step group or in RCA. "*)
- 2) Service Committees shall choose their Chair and Vice-chair from amongst their members. (*Provides wider leadership pool*)
- 3) Service Committees Chair and Vice-chair shall be elected during the fall quarter. (*Committees can meet and get to know each other before electing leaders*)
- 4) Service Committees Officers shall assume responsibilities in the winter quarter. (*Provides opportunity for smoother transition and orientation of leadership*)

#### **Breach of Safety Guidelines and E-mail Agreement:**

Trustees reviewed the apology (which was sent by e-mail). The consensus of the WSB (8 approved, 1 abstained) was that it is the responsibility of the Board to assure a safe communication environment, that trust cannot be built without it, and that the email that was sent did not address that fundamental concern. A letter detailing the WSB consensus will be drafted, vetted to Trustees, and once approved, will be sent by mail from WSO.

## **HELP WANTED:**

**Active RCA couples working the 12 steps in their Coupleship recovery –a genuine interest in helping others is a must!**

**Call Steve at 510-663-2312 to see how you can help other couples recover!**

## **Editor's Note**

**Hand in Hand is distributed to GCCs and email subscribers FREE four times a year. If your group wants a hard copy of the Hand in Hand mailed to you please add your \$15 subscription fee to your next literature order.**

**FREE! You can DOWNLOAD PAST ISSUES of Hand In Hand from [www.recovering-couples.org](http://www.recovering-couples.org), on the front page, click SUBSCRIBE NOW and click on the issue you want.**

**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!!

## **2005-6 Publications Submissions Deadlines**

Winter 2005 December 21, 2005  
Spring 2006 March 21, 2006  
Summer 2006 June 20, 2006  
Fall 2006 September 20, 2006

**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](mailto:wso-rca@recovering-couples.org)  
Website: [www.recovering-couples.org](http://www.recovering-couples.org)**

**NOTICE** The Group Contact Couple listing on the website is for the use of individuals to locate meetings. 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.

## **SERVICE OPPORTUNITIES**

**SPONSORSHIP:** We need help for new couples and new groups in areas with little RCA support  
**WRITERS, REPORTER(S) AND EDITORS:** Your talent is needed for Literature/Communication Committee to interview groups, to write couple stories, meeting ideas, and 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 a Trustee from the CONTACTS menu at [www.recovering-couples.org](http://www.recovering-couples.org).

## NEW LITERATURE

### Blue Book Companion STEP WORK JOURNAL

Cost: \$14.95

Benefit: Priceless

### GROUP PRE-ORDER SPECIALS

Order 10, Get One FREE!

Order 5,

Get Affirmations Cards FREE!



### RCA AFFIRMATION CARDS

80 powerful affirmations! \$7

Affirmations for Two \$12

Two sets of cards (different colors) so each partner can reflect on the affirmation during the day.

Comes with a "how to" article.

These affirmations are designed to enhance and support your relationship. Couples use them to

- ♥ Keep the focus on work and progress in recovery.
- ♥ End a "Meeting of Two" on a positive note.
- ♥ Counter "couplesname" by using these as an antidote
- ♥ Strengthen commitment to coupleship recovery.

### Affirmations Change Things!

The Affirmation Cards can also be used as a workshop focus, with each couple choosing a card, saying the affirmation to each other, journaling, saying them to each other again, and observing the changes. This activity could be followed by couple sharing.

**Pamphlets - from the 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

**RCACC tapes from the 2005 Convention available!**

**Call the office for details and descriptions.**

Order now from the WSO at 510-663-2312 or from the online bookstore at [www.recovering-couples.org](http://www.recovering-couples.org)

## HELP CARRY THE MESSAGE

Through our World Wide Website, dozens of people are connected to meetings, to sponsors, or to RCA literature every week!!! ...And each and every inquiry receives a personal answer from our webmistress, office manager, or a Trustee.

✓ A contribution of \$6.67 will pay for our WSO website for one day

✓ A contribution of \$50 will pay for our WSO website for one week.

**Ask your group to  
pass a second basket for WSO!**

You may specify where you want your donation to be used – for the Book Printing Fund or the World Service Organization.

Contributions to the Book Printing Fund are invested in an interest-bearing CD.



## Blue Book Revision

We are asking you to participate in the process of improving the work of revising the Blue Book. Let us know what you think!

### Blue Book Revision Feedback Questions:

1. Do the language and tone of the book feel welcoming to you, whatever your 12-Step affiliation may be?
2. Does the "Into Action" chapter focus on the right things? Is anything missing? Is anything confusing?
3. A lot of space was given to conflict resolution. Is that (or anything else) given too much emphasis?
4. Is there anything in this revised Blue Book you find offensive?
5. Is there anything that was changed that you didn't want us to change? If yes, should we change it back?
6. Has there been anything in your couple's recovery that is not mentioned somewhere in the Blue Book?
7. Has there been anything in your group's success that is not mentioned in the Blue Book?
8. Does the Blue Book give you a sense of the spirituality of the RCA program? If not, what kind of material would be helpful in transmitting that sense?
9. Do you think you could start a new RCA Group based on the information provided? If not, what would you need?
10. Do you have any suggestions for funding the new Blue Book?

The Trustees and Literature Committee want to have the next printed edition be the best it can be. We need all the help we can get on typos, grammar, and mechanics.

**Send your input in by January 30, 2005**

Paper: to World Service Organization at RCA WSO P.O.  
Box 11029, Oakland, CA 94611 or  
E-mail: [wso-rca@recovering-couples.org](mailto:wso-rca@recovering-couples.org) or  
[Litcom@recovering-couples.org](mailto:Litcom@recovering-couples.org) or Post it on the Survey  
Monkey link at  
<http://www.surveymonkey.com/s.asp?A=99417044E58144>

**TWO NEW BOARD COUPLES NEEDED NOW!!!**  
**See the details on Page 6, and then**

**Contact your Trusted Servants**  
**through our official website**  
**[www.recovering-couples.org](http://www.recovering-couples.org), on the**  
**website front page, click CONTACTS.**

## **Murphy's Mountain Retreat**

The 2005 RCA Murphy's Mountain Retreat in Northern California's Gold Country was an enriching gift of fellowship for all who attended. The meetings were hosted by Roberta and Ira in their lovely Mountain Home nestled among the pines near the Stanislaus National Forest.

Eighteen couples participated in the retreat from several different RCA groups including Murphy's, Jamestown, Sacramento, Los Altos, Oakland Candlelight, Oakland Early Birds, San Francisco, and Walnut Creek. The weekend workshops included one where we all got to examine how we saw ourselves as a couple.

Fellowship began with a potluck lunch. A local caterer provided the Saturday evening meal. Sunday breakfast was a healthy choice of juices, yoghurt and home-made granola. Lunch Sunday was a potluck of the three previous meals. (Can you tell which individual recovery program this Writer is in?!!)

The Retreat Committee thought of everything! RCA water bottles and baseball hats with the Retreat logo were provided to keep us all hydrated and protected from the sun.

Jim and Mary Jane L, members of the first expanded RCA World Service Board in 1991, were the featured speakers Saturday night. Active in RCA Saint Louis since 1990, Jim and Mary Jane helped host the 1994 Saint Louis RCA International Convention, and they chaired the 1992 Minneapolis convention from Missouri.

The Fellowship of Recovering Couples Anonymous is a direct outgrowth of the late 1980's "We Came To Believe" workshops in which recovering couples work all twelve of RCA's steps over two weekends. Jim and Mary Jane are trained facilitators who have offered these workshops all across the country; in 1995 and again in 1998 they brought "We Came To Believe" to our San Francisco Bay Area, helping several local RCA'ers take the Steps and "jump starting" many recoveries.

In 2006 we can look forward to another enriching weekend at the 3rd Annual Murphy's Retreat July 7-9. This year's Retreat Committee again welcomes attendees from outside our region: come to California and the Sierras, experience another great Retreat, arrive a week early or stay a week late and make a whole vacation of it. Watch the RCA website and the next Hand In Hand for details!

*Editor's note: This retreat report demonstrates the formula for a successful RCA event: Food, Fun, and Fellowship!*

## **Retreats: A Great Recovery Tool**

*by Kay H., in recovery with Ron*

Ron and I met at a 12-step retreat in Santa Cruz in 1991 and became a couple. In 1993, we started to attend RCA meetings. One of the first things that we did as a 12 step couple was to work on retreats in our primary program together. We found that we were a good team and that we enjoyed being on retreat committees. So it was a natural when we joined RCA to want to coordinate events.

The first event for us in RCA was "The Day in Spring" in Santa Cruz, where we attended meetings. It was a one-day retreat with speakers on various couple recovery topics, and fellowship. Santa Cruz is a seaside resort, making it a good choice for these one-day retreats. It attracted people from all over the bay area with the idea of making it into a get-away weekend.

These events are a chance to get a day, or several days, of concentrated program, to meet people from outside of your groups for fellowship, and to get a wider range of knowledge and ideas for working the steps and practicing the program. For me, seeing people in program come out in numbers helped me not feel so alone in my recovery, to see that there are other couples who need and want help for their relationship. It helped to know that I am certainly not alone in my inability, even with all my recovery and therapy, to have a functional and sober relationship. Today I tell people that we continue to come to program after thirteen years to enhance the relationship: to make it deeper and to keep the relationship growing. Planning and attending these events has helped us with this goal.

We were on two planning committees for "The Day in Spring", and also attended the RCA Convention when it was in San Francisco and enjoyed that immensely. After that, we attended our first RCA retreat at Green Gulch a Zen Center in Marin. It was an intimate setting, and, because it is a small space, they limited the number of couples. Some couples wanted a retreat with room for more couples, and proposed a retreat at the Asilomar Center in Monterey. Their willingness to organize it led to a second yearly retreat in our area with a larger number of couples. Ron and I made that retreat an extension of our honeymoon. It is now part of our marriage history, which makes it important to us as a couple. We loved the location (right on the beach and next door to Carmel by the sea) so much that Ron and I were on the next planning committee.

The Asilomar retreat is a three-day retreat and we have gone most years. During that time we have seen people in that format have big breakthroughs, we have seen couples find sponsors that they would not have otherwise contacted, we have had the privilege of loving couples through a weekend of fighting, and we have just attended and had fun. We have had years with no responsibilities and just let friends nurture us. Because of the three day format, there is work, fun, down time and couple alone time.

Game night is important to me because I need to have more fun. One of my favorite game nights was the year Ron and I were asked to provide some activity that we enjoyed and present it to the group. We love Shakespeare, and so we copied out love scenes from different Shakespeare plays and asked people to act them out for the group. Well, if you know anything about Shakespeare, they were overly dramatic and very funny, and of course my favorite

was when Tom played Juliet and Marilyn played Romeo. It was just a howling scream. We then played games afterwards, so there was something for everyone.

We were on the retreat committee last year and we had a great experience working through our own couple issues working with other couples on the committee. Some of these committees have been challenging, but that has helped us to use the twelve traditions and to learn how to function as an adult couple. We appreciate the opportunity for growth, but, more often than not, we help because that is one of our strengths as a couple and we get so much from it.

Retreats are growing in our area, to meet people's needs. For example, a couple moved to the Sierra's two years ago and decided to have a retreat in their home, which I have heard is wonderful experience.

If anyone is interested in starting a retreat in their area, Ron and I would be happy to give encouragement and practical help in creating this wonderful recovery tool. Call us: Kay H. and Ron S. (925) 363-5416 or email us: [yakten@comcast.net](mailto:yakten@comcast.net).

## REFLECTIONS ON TRADITIONS

### *First three in a series of reflections on The Twelve Traditions* **Our Common Welfare**

It's said in meetings that "The steps keep us from suicide. The Traditions keep us from homicide." The traditions that guide the interactions of group members can be applied to our coupleships to good advantage. Tradition One states: "Our common welfare should come first; couple recovery depends upon RCA unity." We can paraphrase that to read, "Our common welfare should come first; our coupleship recovery depends upon our coupleship unity."

In RCA, we believe that a coupleship has its own identity, that it is a "oneness." Through our Second and Seventh Step work, each couple is encouraged to find its own definition of what their Higher Power is, and of what their common welfare is. Whatever a couple defines that to be, when we are able to put the common good above our personal preference, when we are able to negotiate for a fair and equitable balance of give and take, we are contributing to the common welfare of our coupleship. The common welfare of a couple is achieved when both individuals are strong, and when the coupleship is strong. Here are some of the ways we do this:

- ✓ We provide opportunities to listen without judgment to each other, even when we may have differing opinions and viewpoints.
- ✓ We create a Safe Communication Contract and continue to observe its boundaries.
- ✓ We create coupleship written agreements, such as our Conflict Resolution Contract, and continue to observe the boundaries they specify.
- ✓ We have and use a plan for reaching out for help when our differences threaten the integrity of our coupleship and our family.

**Our commitment today**

Today we will look at the RCA program we have created, and ask, "Have we created a shared concept of our common welfare? What RCA tools are we using to achieve it?"

### **My commitment today**

Today I will look to my Higher Power for the wisdom to know when to give and when to take, when to offer and when to ask, when to bend and when to stand tall.

## One Ultimate Authority

**RCA Tradition Two: For our group purpose there is but one ultimate authority--a loving God as known in our group conscience. Our leaders are but trusted servants; they do not govern.** Tradition Two, paraphrased for couples: For our coupleship there is but one ultimate authority--a loving God as known in our coupleship conscience. We are each trusted to lead when appropriate, in a spirit of service; and we do not govern or dominate.

When we came to RCA, we had tried everything we knew to control the unmanageability of our partner and our relationship. Only through admitting our powerlessness and coming to believe that a power greater than ourselves could do for us as a couple what we had never been able to do for ourselves did we know peace. Knowing that this greater power was in charge helped us become free from our need to control our partner and our relationship, so that we could create a relationship on a new basis of trust and equality. One day at a time, the principles of communication, commitment and caring are honored in our home. We are each dedicated to serving and not controlling or directing. We provide equal opportunity to serve and be served. We keep the authority with our Higher Power. We are learning to strive for "power with", rather than "power over." As we see how this works in the coupleship, we begin to apply the principle of equality among all of us in our family, among friends, and in the workplace.

We create opportunity for all involved to help form a consensus. The shared conscience that results is what governs our course of action. Using the tools in Step Seven, we develop written agreements that specify how we

- ♥ Set clear limits and boundaries
- ♥ Agree upon consequences
- ♥ Share the workload
- ♥ Are autonomous as well as interdependent

### **Our commitment today**

Today we will re-commit our coupleship to the protection and care of our Higher Power. We will examine areas of friction and discontent, look at unsolvable issues, and turn them over, knowing that the answers will come if we continue to seek for them.

### **My commitment today**

Today I will look at the areas of friction where I am sure I am right. I will honestly face my fear of what might happen if I don't get "my way" and what I fear might happen if you get "your way". I will ask for the courage to surrender to "the third way", which is God's way.

## The Desire to Stay Together

Tradition Three states "The only requirement for RCA

membership is a desire to remain in a committed relationship.” We are couples committed to restoring healthy communication, caring, and greater intimacy to our relationships. We suffer from many addictions and co-addictions; some identified and some not, some treated and some not. We also come from many levels of brokenness. Many of us have been separated or near divorce, but some of us are new in our relationships and seek to build intimacy as we grow together as couples.

Ultimately, we feel it is important for both members of a couple to be involved in individual recovery for real progress to be made in the relationship. It is not, however, a requirement to get started in couple recovery. RCA is a safe place to begin that healing process and it offers support for continued individual work.

Any two or three couples gathered together for restoring the commitment, communication and caring to their relationship may call themselves an RCA group, provided that, as a group, they have no other affiliation.

For many reasons, most rooted in our old ideas from the past, or from ideals that cannot be met by folks beset with human foibles, we may want to “disqualify” those who don’t measure up. Or, we may disqualify ourselves because we don’t measure up. Tradition Three protects us from setting unreasonable and changeable standards for belonging in our fellowship. As an RCA couple, we seek to keep the RCA focus so that we create a safe space for all couples who desire to remain in a committed relationship.

#### **Our commitment today**

Today we will think about our “attitude”. Are we doing our part to make RCA a safe place for healing to occur? Are we seeking to exclude others by imposing additional rules about who belongs? Are we finding loopholes that excuse ourselves from belonging? Make a coupleship decision to re-commit to our belonging in the Fellowship and take an action to extend the welcome to others.

#### **My commitment today**

Today I will look honestly at my willingness to fully belong in RCA. If I find I am excluding myself, my partner, our coupleship, or others from belonging, I will pray for patience, tolerance, and love to guide my thoughts and actions.

## **Help us "carry the message"! Become a Board Couple Now!**

Maybe at no other time in the history of the WSO (World Service Organization) of RCA has there been such a sense of excitement and anticipation! This is definitely a time of change for our fellowship with hope of increased growth.

**We need couples to step up to Board service now!** Our challenge as a fellowship is to keep the momentum going and we need your help. We want to keep "carrying the message" and “be there” for those couples who feel desperate in their suffering. One very significant way you as a couple can help is to become members of the

WSO Board of Trustees.

**"How do we qualify?"** Bylaw 4.1.2 Any couple which is a member of a Member Group and which professes that they have been actively working the Twelve Steps of RCA for 12 Months shall be qualified to be nominated for the Board of Trustees.

**Effective Leadership.** The WSO of RCA has learned through experience that the following guidelines are necessary for effective leadership at the World Service Level. At least one year experience in the program, completion of 12 Steps with a sponsor couple, demonstrated leadership in service work at the local level, and the endorsement of your home group.

**“What are the Trustee’s Responsibilities?”** Trustees are asked to attend the August annual meeting, attend teleconferences throughout the year, correspond with each other throughout the year to further projects, familiarize themselves with RCA documents, Bylaws, and operating procedures, an possibly attend one other face-to face meeting.

**Please consider this your personal invitation!**

### **OFFICE MANAGER’S REPORT**

Happy New Year RCA-ers! 2006 is here and with it the winds of change. A new board of trustees came together after the San Diego convention. As it happens, two of the newly elected couples have found it necessary to resign from the board due to changing situations in their personal lives. This leaves us with the minimum board membership for doing business, with another couple due to retire from the board at the end of this month. At least one, and preferably three couples need to be replaced ASAP. Any couples interested in the rewards and responsibilities of World Service work, please contact me, or the board.

The WSO is moving forward with the 4<sup>th</sup> edition Draft Blue Book. The office has been selling on average 63 copies per month, and the feedback has been flooding in. From my chair the feedback has been overwhelmingly positive, and the suggestions for improvement have been constructive and based on good, solid recovery principles. Congratulations and kudos to the Literature Committee for their wonderful work, and to the Outreach Committee for their work in soliciting feedback from the fellowship.

More new literature is in the works, and should be available to the fellowship soon. The new “Into Action”, and “Sponsorship” brochures that debuted in San Diego are popular and have been selling briskly.

The WSO Office in Oakland, CA is at a crossroads as 2006 takes its first steps. As we struggle to create a budget for the new year, and a five year plan, the stark realities are that we cannot afford to maintain the office at the current costs. The rent is going up, and expenses are increasing. The treasurer, vice-chair and office manager are coordinating efforts to cut costs and look at viable alternatives to providing the fellowship with the services of the World Service office. Anyone interested in shaping the present and future of the World Service office, please contact me or the board and let your voice be heard. Those with experience in the management and administration of 12 step, non-profit organizations are particularly welcome to share their experience,

strength, and hope, and provide insight into creating a sound financial plan and working model. I can happily report that interest in RCA has not diminished. In 2005 new RCA groups were started in Oregon, California, Montana, Illinois, Michigan, Georgia, Florida, Hawaii, South Carolina, North Carolina, Massachusetts, Connecticut, and overseas in Budapest, Hungary. There has been interest expressed in forming a Midwest regional RCA inter group. RCA now has two registered telephone groups – Sunday evening and Tuesday evening. The RCA group that meets online through YahooGroups has grown to over 500 members in 2005.

The WSO office continues to get numerous requests for meetings from the USA and from overseas. There is a great need for outreach to these couples and help in starting RCA groups in their areas. Can you help? Contact this office or the board to join the Outreach Committee and help RCA grow worldwide.

Last, but not least, we enter 2006 with a nearly empty operating fund. Donations have dropped off the last couple of months, and this month is getting off to a very slow start. The WSO always operates on a very tight budget with a thin cushion. All it takes is a couple of months of low donations and we are in the red. Please remember RCA in your New Year giving. Encourage your group to make a monthly donation to the WSO. We are always looking for creative fundraising ideas. If you are gifted in this area, please contact this office or the board to help us raise the needed operating funds for the immediate future.

I will close with a call for volunteers. If you can contribute your time and talents in any way to RCA, please contact me, or the board and let's talk about how you can be of service in World Service. I have a generous offer from a local group to come into the office and help out for a couple of days. I encourage all the groups in the SF Bay Area to consider ways to volunteer and help the WSO office in Oakland. I am in particular need of an assistant office manager, and volunteer coordinator. Thank you all for your support, and may 2006 bring you many blessings.

Your trusted servant,  
 Steve – WSO Office RCA PO Box 11029  
 Oakland, CA 94611  
[Wso-rca@pacbell.net](mailto:Wso-rca@pacbell.net) (510)663-2312

### RCA Income and Expense Report for July,1,2005 through December 21,2005

<b>INCOME</b>	
Donations	\$15,287.04
Merchandise	\$6,859.73
Postage & Handling	\$1,154.31
Refund	<u>-\$13.20</u>
<b>TOTAL INCOME</b>	<b>\$23,287.88</b>

<b>EXPENSES</b>	
Consultant (Office Manager \$9,025, Web 1,183.26)	<b>\$10,208.26</b>
Insurance	\$1,240.85
Medallions	\$835.27
Office Supplies	\$443.56
Computer Software	\$64.85
Printing	\$3,144.30

Tape Duplicating	\$237.50
Postage (Rental \$68, postage 813.24)	<b>\$881.24</b>
PayPal Fees	\$97.20
Rent	\$3,202.02
Telephone/Fax/DSL	\$450.00
CPA/Tax Filing and Fees	\$25.00
QuickBooks Online	\$19.95
Re-imbusement	<u>\$100.00</u>
<b>TOTAL EXPENSES</b>	<b><u>\$20,950.00</u></b>
<b>NET INCOME</b>	<b>\$2,337.88</b>

### 7<sup>th</sup> Tradition Donations 7-1-05 – 12-23-05

GROUP	GSN	DONATION
<b>2005 RCACC San Diego</b>		<b>\$3,000.00</b>
<b>2005 RCACC Attendees</b>		<b>857.00</b>
<b>2005 RCACC Silent Auction</b>		<b>207.00</b>
<b>2005 Blue Book Fund</b>		<b>1,647.00</b>
<b>Murphy's Mountain Retreat, CA</b>		<b>737.62</b>
Ann Arbor, MI	62007	105.00
Birmingham, MI	62000	150.00
Braintree, MA	61010	74.25
Denver CO	46007	160.00
Des Moines, IA	55005	75.00
Jamestown, Ca	45015	220.00
Hamilton, CANADA	26005	100.00
K.I.S.S. Florida	49030	314.00
LA Sunday SHARE	45045	353.07
LA-El Segundo	45040	257.50
Los Altos, CA	45060	315.90
Minneapolis, Uptown	63010	75.00
Minn.-Lake Nokomis	63015	548.00
Morgantown, WV	88005	45.00
Missoula, MT	66005	250.00
Oakland Candlelight	45050	258.41
Phoenix Crossroads	43010	362.00
Rockville, MD	60015	142.00
Salt Lake City, UT	84010	63.60
San Diego, CA	45075	368.00
Seattle, WA Sunday	87010	200.00
Sherman Oaks, CA	45020	207.05
St. Louis, MO ARCH	65005	26.20
Tempe, AZ	43005	100.20
Tri-County, MI	62025	30.00
Tucson, AZ	43020	240.00
Tulsa, OK	76000	13.60
Miracle Mountain, PA	78030	25.00
Madison, WI	89005	10.05
Ithaca, NY	72017	10.00
Walnut Creek Earlybird	45104	19.26
Walnut Creek, CA – Fri	45105	315.45
<b>Individual Donations</b>		<b><u>3,192.88</u></b>
<b>TOTAL DONATIONS</b>		<b>\$15,075.04</b>

**If your group/donation is not listed,  
 please contact the office and let us know!**

**♥♥ Thank You to our Loyal Couples  
 who donate anonymously every month!!! ♥♥**

# Living In LOVE

## Recovering Couples Anonymous - 2006 Convention

Boston, Mass. Area August 4th-6th

For more hotel info.contact:

The Sheraton Braintree Hotel

37 Forbes Road Phone (781) 848-0600 E-mail " [sheraton\\_braintree@sheraton.com](mailto:sheraton_braintree@sheraton.com) "

Rate: \$ 99.00 per night (up to four per room)

Mention: **R.C.A.** for this special rate. Please note this rate is for **you** before July 1st.

- \* Easy 12 miles to Boston, at junction of Rte. I-93 and I-95 round trip
- \* Logan Express Shuttle \$20
- \* The Sheraton "Sweet Sleeper" and highspeed internet access
- \* Complimentary parking

### Hotel Reservations are Separate and your own Responsibility

For Additional information "what to do in Braintree (Boston)"

Log on to - "<http://www.boston.worldweb.com/>"

Program full of **LOVE - Caring, Communications & Commitment** will follow.

## Recovering Couples Anonymous - 2006 Convention

### Registration Form

Names: \_\_\_\_\_  
Address: \_\_\_\_\_  
Phone: \_\_\_\_\_ E-mail: \_\_\_\_\_  
Will assist with \_\_\_\_\_ Topics \_\_\_\_\_

*Sorry no refunds.*

COMPLETE AND MAIL THIS FORM TO: **RCA 2006 c/o The Petitti's**

**For info: contact Bob & Keren 103 Bradford Commons Lane**

**781-848-5922 Braintree, Ma 02184**

[rppetitti@aol.com](mailto:rppetitti@aol.com)

**Note:** Confirmation will be sent by e-mail. Receipts will be handed out at the door.

If you want a receipt earlier, please send a self addressed envelope with your payment.

VERY Early Bird Convention Registration Fees

\_\_\_\_\_ x \$ 39. per person (no meals) = \_\_\_\_\_. Payable to RCA 2006

(Jack Benny's Age)

There will be a Banquet w/ Growth, Dinner and Dance on Saturday and other meals when the meal package is finalized.

Look for more details on the RCA website