



# Hand in Hand

Spring Issue 2009

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## Update on the 2009 Reorganization of the World Service Organization

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To keep the fellowship informed and to provide transparency, the RCA Board is reporting to you on the recent WSO transition and reorganization. Our report summarizes our reasons for the recent decision to close the office in Oakland.

In January 2008, the Office Manager advised the Board of his intention to move on. Since then, we have been working hard to restructure the ways in which the fellowship is served. In the last quarter of 2008, the Board and two members of the Office Overview Committee worked on hiring new personnel to handle the functions of the World Service Office. Some legal questions and concerns became apparent. After much deliberation, the difficult decision was made to suspend paid office operations. **The World Service Office continues to function, and services are being provided, just in a different way.**

WSO functions are now performed by four independent contractors. Two of these contractors have been in place and working hard for the fellowship since early 2008. They are:

- FantazWebs in South Carolina, which provides our website services and has been keeping our website up-to-date and accurate, while at the same time making improvements and additions.
- Compleat Small Business Services in Oakland provides our financial services at a professional level, resulting in more complete financial record keeping.
- Twelve-Step Merchandise in Walnut Creek, California, our Merchandise Services Contractor, fills literature orders promptly, manages the inventory, and processes 7<sup>th</sup> Tradition contributions to the WSO. This service is provided by Bob F., a long time member of RCA.
- Joyful Communications in Braintree, Massachusetts, is our Communications Contractor. Bob P. processes emails addressed to [wso-rca@recovering-couples.org](mailto:wso-rca@recovering-couples.org), and answers phone calls that come into our ATT toll free number, 877-663-2317. The number in the Braintree area is 781-848-5922. [Continued on page 2](#)

### Board Members

Chair- Mark W. (IRW James K.)

Vice-chair- Vicky T. (IRW Jerry T.)

Secretary- Gladys C.(IRW Jane S.)

Treasurer- David H. (IRW Kathleen H.)

Randy W IRW Gerrie P.

Dan O. IRW Kate M.

Allan S. IRW Kathy S.

Mark R. IRW Vicki R.

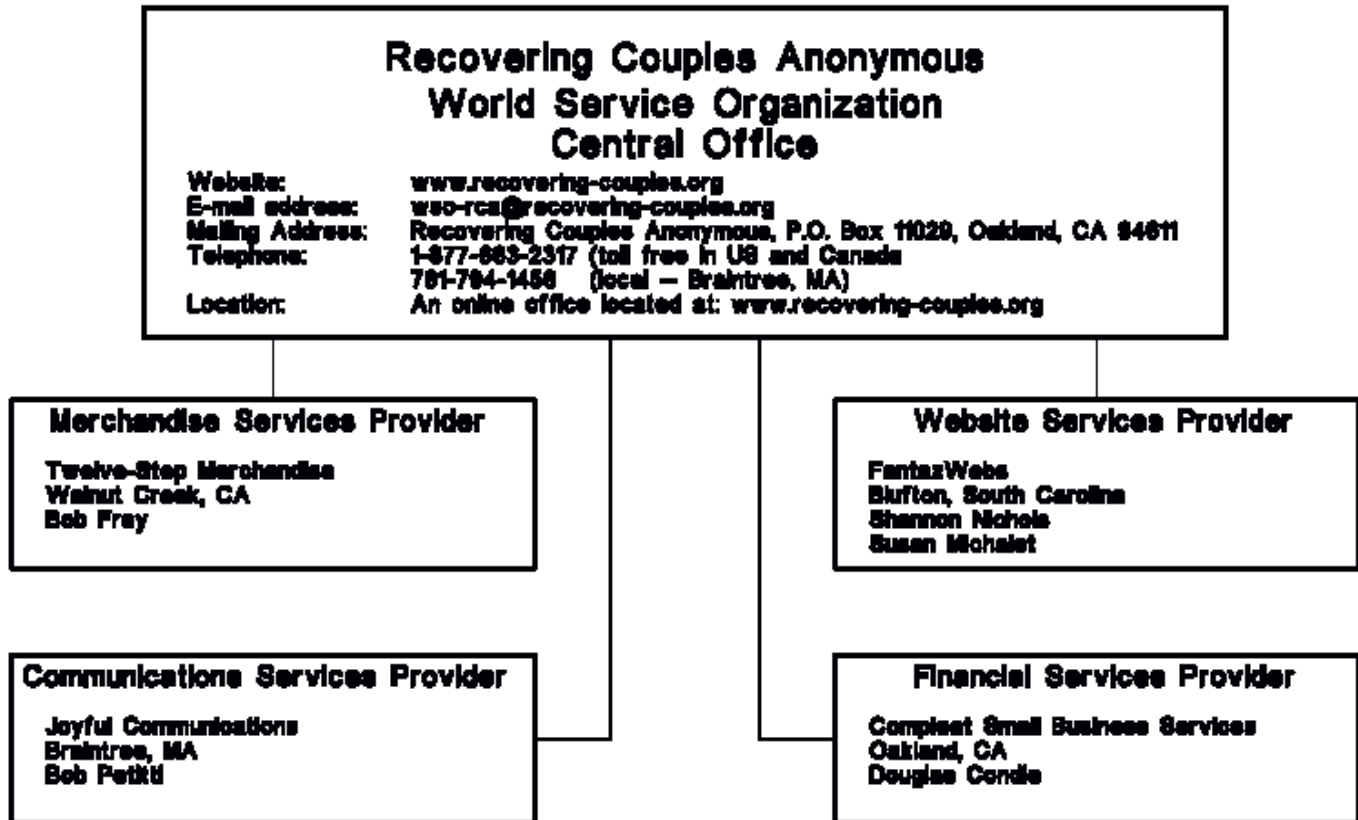
Alternates:

Julaine IRW Steve

Continued from page 1 - Reorganization of WSO

The 510 number in Oakland was disconnected at the end of February, 2009.

## RCA-WSO Central Office: as of March 1, 2009



The cost to operate the World Service Organization with four independent contractors amounts to about \$26,500 annually. In contrast, maintaining an office in downtown Oakland, with one employee providing the merchandise and communication services, and independent contractors providing financial and website services, totaled in excess of \$36,000 annually. The members of this Board think the annual savings of approximately \$9,500 will be better spent on what the fellowship has asked for and needs, such as:

- Revised 4th edition of the Blue Book

- Additional, new literature
- Updated pamphlets
- Revitalization... so RCA can grow, and groups can be supported.

We hope that this description of the World Service Office reorganization is helpful and informative. It is the Board of Trustee's goal to meet the needs of the fellowship in a cost-effective and efficient manner.

### Did you know????

- RCA is now 21 years old?
- From 1988 – 2001 there were 434 RCA groups started
- 99 groups started between 2001 and 2007
- Presently, there are about 130 groups active
- There are approximately 700 couples worldwide
- There are 3 active phone meetings each week, numbers are on the website
- The RCA website reaches more suffering couples each day
- The RCA website is largely supported by 7<sup>th</sup> Tradition donations
- We elect new members to the WSO Board at each convention
- The WSO bylaws can be found on the website
- Anyone with 12 months experience working the 12 steps may serve on a WSO committee
- Committee meetings are held by phone conference, no need to travel!

### A Little Peace

Reprinted from the Dec 2003 Hand-in-Hand

Last year when I was standing amongst other would-be holiday decorators in a fabric store obsessing over the correct color of ribbons to buy, I made the remark, "I've been here three times! I'll never finish!" and a woman next to me wisely said, "Hey, didn't you hear? You're not supposed to finish."

And all at once the stress fell away from my body and I beamed with renewed energy because its true, it's OK not to finish...in fact, its perfectly imperfect not to finish, not to be cured, or done growing or all together or to make mistakes. Halleluiah!

I really like the idea that I'm doing enough (grin) and maybe it'll stick with me if I keep doing all I can do and letting go of the rest. –Submitted by Jane in recovery with Ed

Would you be interested in sharing your experience, strength, and hope? Would you share your story? Do you have an idea for a story you would like to see written? Send your ideas or article to [articles@recovering-couples.org](mailto:articles@recovering-couples.org). The next issue deadline is July 15, 2009 for an August newsletter.

### Canadian RCA Group Celebrates Its Third Anniversary!

In a retreat we attended a few years ago a counselor from Detroit suggested that several couples from London, Ontario, should look into Recovering Couples Anonymous, which although popular in the US, is relatively unknown in Canada. After that retreat, and a trip to the RCA website, "Stepping Together," London, Ontario's first RCA group, held its first meeting January 31st, 2006. Although starting off with a bang, with sometimes as many as 12 couples, the meeting dwindled to 3 or 4 regular couples. At the end of the first 2 years, the group wondered whether it would survive. Then a forced change of venue brought an influx of new couples and created what now is a thriving group of 10 to 15 couples.

The London, Ontario, Stepping Together group just celebrated its 3rd Anniversary by inviting a guest couple from Detroit to speak. We met Ray & Michelle at the World Conference and Convention in San Francisco last summer, where almost 80 couples gathered to share their experience, strength, hope, and pain. In response to our invitation, Ray and Michelle drove through a snowstorm to share their story with almost 50 people who attended our anniversary meeting, travelling from Windsor, Chatham, and the surrounding area. Detroit is almost 3 hours from London (border crossing included), making Ray and Michelle's visit and their inspiring story even more special.

Steve irw Julaine

**OUR LATEST TOOL—****NINETY MEETINGS FOR TWO IN  
NINETY DAYS**

About four months ago, in January of 2009, David and I began to experience distance and irritability in our relationship. We were surprised because we had been working hard for six years in RCA and were enjoying some peace and harmony. A crisis in our relationship occurred when too many outside demands, both work and extensive volunteer time interrupted our home life. David was deeply immersed in challenges and I felt left out and held at a distance.

The irritability escalated into full blown arguments after two months. Back door threats and old patterns of miscommunication re-entered our dialogues. Both of us were scared. We called a sponsor couple but they couldn't meet with us for 24 hours. We were in too much pain to wait that long.

The two of us remembered the example of another couple in our Friday night RCA meetings. A couple we admired had discovered that ninety meetings in ninety days worked well for them—either a general RCA meeting or a meeting for two at home. We began daily meetings that day, motivated by fear and pain. We kept on going and today we are on our 60<sup>th</sup> meeting for two, one day at a time. Here is our interpretation of a Meeting for Two: We say the Serenity Prayer, we read the Safety Guidelines and then we begin sharing alternately, uninterrupted for four minutes at a time, until we are finished with the topic. The person with the burning desire goes first.

Amazingly, we have found that meetings for two cut through our family of origin patterns. David, who used to bolt at any sign of a controversy, remains rooted to the chair (even when he hears things from Kathleen he doesn't like). Kathleen quietly watches her watch so that she doesn't interrupt David (when she hears things she doesn't like or when she wants to elaborate on a point).

Today, David says: "I really want a meeting for two daily because it is healing and cuts through the bullshit. I like the format because I get a chance to explore my inner self and complete my thoughts. I feel heard."

Today, Kathleen says: "I feel safer in the meeting for two dealing with risky subjects because I know I will be heard. I see by this daily process that we are delving

into issues that have been stuffed under the rug for years. I just ask if I can have my four minutes when I see myself getting irritated or I want to share important discoveries of the day."

It doesn't feel like a chore or discipline to either of us anymore. It feels like freedom; freedom from doubt and suspicion, freedom from built up tension, freedom from old unhealthy patterns. We intend to keep this pattern of freedom working indefinitely in our lives.

Kathleen IRW David

**A Vision for Two**

**For many couples, RCA is the "Missing Link" in their personal and couple recoveries. Through working our program together, we have found that:**

- 1. We no longer need to hide or medicate our feelings through addictive or compulsive behavior.**
- 2. We can express our feelings.**
- 3. We ask for what we need, both individually and a couple.**
- 4. Being together brings us joy and happiness.**
- 5. Being sexual enhances our relationship and increases our opportunity for further intimacies.**
- 6. We learn to express our true feelings about larger issues.**
- 7. We learn to resolve conflict.**
- 8. We learn to deal with conflict and to fight fairly.**
- 9. We learn to accept our individual responsibility.**
- 10. We recognize and break the patterns of dysfunction from our families-of-origin.**
- 11. We accept our limitations as parents.**
- 12. We are proud of ourselves as a couple.**

**1, 2, 3, You and Me**

Approximately 20 couples participated in the first Northeast retreat, held near Albany, NY the weekend of March 27, 28, & 29, 2009. Titled 1,2,3, You & Me, it provided the backdrop for couples new to RCA and experienced couples alike to begin working the steps in a safe and loving setting. Look for more about this in the next Hand in Hand.

### Sharing what I have found

My life changes so much each day. I am constantly faced with thoughts and challenges. This is not new, but my reactions are. I find that I react less and less, and take action instead.

My recovery journey takes me into the rooms of RCA. There, my coupleship flourishes, making wonderful progress in spite of my imperfections. I learn new tools, and re-evaluate some old ones. I accept my past, my own behaviors, and who my partner is. I can see the path behind me, and the glimmer of a path in front of me. But my focus is really on where my feet are planted today. RCA helps me to learn to walk in my own space, and not step on my partner's feet along the way.

I am excited to share my life changes with other couples. I am not the type to jump and shout. I love to share in quiet ways. One of my favorite songs in the 70's was "SHOUT" by the Isley Brothers, and while my husband's style has been the shout part, my style is more of the whisper part. I find we balance each other out to make great music!

One of the newest ways we share what we have received as a couple is to serve RCA. We were elected as WSO Board alternates at the August 2008 Convention. We had seen a few Board meetings, and met some wonderful couples on the Board, and we spent the next few months observing what the Board does. What we saw was a few people doing an awful lot of work to keep RCA Outreach alive and vital. This included the "office" and the website.

Recently we were asked to step up as voting board members. I had never put a lot of thought into how things happened. In the beginning of our recovery, I found the RCA website. It never occurred to me to wonder about how the website got there. Who kept it current? Who managed the business of RCA? Who paid the bills? Who answered the phones? Who responded to email and literature orders? How did the literature get there? How did we get new literature? Who kept track of new groups? Who put the convention together and decided where it would be held? How was it paid for it? How was anything paid for? We are a non-profit, volunteer organization, with no dues or fees.

Now I know the answers. One answer was a challenge to me to step up and participate. I started by

joining a committee. It only took a little of my time. I was rewarded by feeling that I made a small contribution to reaching those couples still suffering that have yet to find us, and to serving those who already have!

I found a wonderful new set of tools to help me find Serenity in my Coupleship. I am finding the courage to share them...in my own small, quiet way. I would love to share what I have found with you! I hope you will consider coming to the convention in October, and joining a WSO committee, or even the WSO Board. I would SHOUT for joy in welcome!

Vicki R. in loving recovery with Mark R.

*Please join us in the 2009 RCA*

## ***Green Gulch Retreat***

### ***The Tools of Recovery***

*(at some of these we balked)*

***September 25-27***

***\$440 per couple***

*Deposit of \$110 due now—Final \$ due September 1*

Send check to hold place on waiting list

Liz Whetstone, 234 Pine Ave

Felton, CA, 95018

**Call 831-335-7610**

**or email [rcasantacruz@baymoon.com](mailto:rcasantacruz@baymoon.com)**

**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 donations**



## Riding the Wave of Recovery

2009 RCA Convention, Ft. Lauderdale, FL

### Waves of Recovery at the Florida Convention & Conference

The 19<sup>th</sup> Annual RCA Convention, “*Riding the Wave of Recovery*,” *learning to play and fun together* on October 16, 17 and 18, 2009 in Ft. Lauderdale, Florida, has a lot to offer RCA couples. If you’ve been to an RCA convention, you know what an amazing, joyful and healing experience it is. If you haven’t experienced a convention, you owe it to yourself and your relationship to join other like-minded couples on this fantastic adventure. Once you’ve been to a RCA convention, you’ll want to return again and again, guaranteed.

There is nowhere else on Earth where you can find the couple fellowship and bonding you’ll experience at “*Riding the Wave of Recovery*.” If you’ve struggled to find a sponsor couple, you’ll be sure to find one that has what you want here. You’ll meet easily approachable couples that have 15 or more years of recovery.

Wonderful breakout sessions covering a wide array of topics relevant to couple recovery are being planned. The Convention Committee is now accepting topic ideas for the 14 breakouts and volunteer couples to lead them. If you have topic suggestions or would be open to leading a session, please e-mail [FloridaConventionProgram@recovering-couples.org](mailto:FloridaConventionProgram@recovering-couples.org). A few preliminary topic ideas already suggested are:

- 1 Couple Financial Recovery
- 1 Collaging Our Coupleship
- 1 Starting, Growing and Sustaining a Healthy RCA Group
- 1 Coupleship Meditations
- 1 Conflict Resolutions

Banquet Keynote Speakers, who you won’t want to miss, are founding members of RCA from California. They will give you insight into how RCA developed from two groups in separate parts of the country, the meaning of their service to RCA and how their relationship healed and grew with the fellowship.

The Convention Committee has developed some super commemoratives that you can buy prior to the convention. In fact, we absolutely NEED your orders pre-convention. There are logo T-shirts for only \$16.00, beautiful polo shirts for \$24.00, beach towels (you’re going to need one of these for the swimming pool) for \$20.00 and convention buttons for \$1.50. Please support the convention by purchasing these commemoratives now whether you plan to attend the convention or not. Just go to RCA Web site at [www.recovering-couples.org](http://www.recovering-couples.org) and download your order form today.

You’ll want to get your convention registration in soon because it will save you money. While you’re at the RCA Web site downloading your Commemorative Order Form, download your Convention Registration Form, too.

You can also use the link to the Sheraton Fort Lauderdale Airport Hotel’s RCA Web site at [www.starwoodmeeting.com/Book/RCA2009](http://www.starwoodmeeting.com/Book/RCA2009) to reserve your room. There are only 30 rooms left at convention rates. You can get the same great price three days before and three days after the convention so you can explore and enjoy the Ft. Lauderdale area.

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While you're taking a look at the hotel's RCA convention site, be sure to check out the fantastic meal package that is available – you can download it right to your desktop.

Also, now is a great time to book a flight. Airfares have never been better.

Wondering what to do after the convention? How about a post-convention cruise with other RCA couples? Leaving Sunday afternoon, the cruise continues the convention theme of "*Riding the Wave of Recovery*" to a fun journey, "*Riding the High Seas of Recovery*."

If you have questions about the convention, you may e-mail them to [FloridaConvention@recovering-couples.org](mailto:FloridaConvention@recovering-couples.org). Or, call (954) 432-8167.

See y'all in October, y'hear.



## Riding the Wave of Recovery

2009 RCA Convention, Ft. Lauderdale, FL

### Learning to Play and Have Fun Together

The convention is just months away. Along with all the fellowship and fantastic topics in the breakout sessions, this is an opportunity to support our World Service Organization in a fun way. The proceeds from the silent auction are all sent to help run the RCA-WSO office and keep the webpage up to date, not to mention produce our informative literature. RCA grows each year, reaching new couples who are suffering.

Please consider sending an item to be auctioned off on Saturday. We have had some great items in the past, including a hand made RCA quilt, "Get Away" values, bar-b-que items, great recovery books, and three legged stools.

What new items can you think of? Can your group send something in? What about your coupleship? Can't think of anything? A gift certificate to a national chain would be appreciated.

Contact Mark & Vicki at [SilentAuction@recovering-couples.org](mailto:SilentAuction@recovering-couples.org) with your donations and ideas. *Please put silent auction in the subject line.*

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<b>Seventh Tradition Contributions</b>	
<b>RCA Groups and Individuals</b>	
<b>January, February, and March 2009</b>	
Birmingham, Michigan	\$350.00
Fort Worth, Texas	\$150.00
Hollywood, Florida	\$40.00
Idaho Falls, Idaho Monday	\$70.00
Individual (9)	\$2,655.00
Jamestown (Sonora), California	\$208.14
Koeln (Cologne), Germany	\$63.00
Los Altos, California	\$300.00
Los Angeles, California S.H.A.R.E.	\$9.41
Metuchen, New Jersey	\$12.00
Minneapolis (Friday), Minnesota	\$100.00
Oakland, California	\$245.50
Orlando, Florida	\$141.00
Other RCA Groups (1)	\$20.00
Philadelphia, Pennsylvania	\$150.00
Phoenix, Arizona Crossroads	\$600.00
Salem, Oregon	\$130.00
San Diego (Saturday), California	\$200.00
Santa Cruz, California	\$150.00
St. Peters, Missouri	\$170.00
Tucson (Wednesday), Arizona	\$150.00
<b>TOTAL</b>	<b>\$5,914.05</b>

### SOME FINAL THOUGHTS

The 2009 RCAC will be in Ft. Lauderdale, Florida.

The 2010 RCAC will be near Niagara Falls.

Maybe your RCA group wants to bid on 2011 or 2012!

### Speaker Couples Network

**RCA Groups:** Would you like to have a guest speaker couple phone into your meeting and share their stories with your group members?  
**RCA Couples:** Would you be willing to phone into a group meeting anywhere and share your experience, strength and hope as a Guest Speaker Couple?

**Email:** [harmony\\_couple@yahoo.com](mailto:harmony_couple@yahoo.com) or Call Jerry and Vicky at 954-432-8167

### **Notice of new committee:**

A new committee is forming to look into the idea of a daily reader for RCA. If you are interested in being an active part of this committee, please send your request here.....

[RCA-daily-reader@recovering-couples.org](mailto:RCA-daily-reader@recovering-couples.org)

### **Request for translators**

The WSO Board has a pressing need for translating RCA literature into other languages. We would like to reach out to couples in other countries that might benefit from what we have found. We have requests for Spanish and German translations, to name just two. We are looking for RCA service volunteers who can write fluently in other languages. If this is you, and you can help perform this important service, please contact the WSO Board.

Send an e-mail with your contact information, and your language specialty, to the website at [literature-committee@recovering-couples.org](mailto:literature-committee@recovering-couples.org) and someone will get back to you.

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**The Outreach Committee** is looking for RCA members willing to help with calls to connect with the fellowship. We especially need someone to help with outreach in the East.

Please send email: [wso-rca@recovering-couples.org](mailto:wso-rca@recovering-couples.org) if you would like to help.



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

**Phone:**  
 (510) 663-2312

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

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