



Hand in Hand

RCAC Special Ed, Sept 2007

Recovering Couples Anonymous <http://www.recovering-couples.org> <mailto:wso-rca@recovering-couples.org>

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Board Members

Newly Elected to the Board:

Jerry and Vicky, from Florida

Mel and Tony, from Hawaii

Allan and Kathy, from Minneapolis

Elected to the Board 2006:

Andy and Steve, from Hawaii

Bob and Keren, from Boston

Jade and Gladys, from Oregon

Kate and Dan, from Maryland

Randy and Gerrie, from Winnipeg

Wayne and Linda, from New York

Aug 3rd Business Meeting At the St. Louis Convention

32 RCA groups were represented at the RCAC / Business Meeting in St. Louis, or about 30% representation; progress, not perfection. This was the very first time the delegate couple voting structure was implemented. WE made progress. The 32 groups had many opportunities to address the Board and express their ideas, thoughts, and wishes. This dialogue really helps the World Service Board find its direction.

The Blue Book (1996) informs us that purpose of the RCA WSB is to serve the member groups of RCA, guided by the 12 steps and 12 traditions...trustees are the caretakers and expeditors of world services...the group conscience decrees the terms upon which its leaders shall serve.

Please see 2 on page

A View of the 2007 Convention Submitted By Mary L

The first weekend in August 140 individuals gathered at the Renaissance Hotel in Saint Louis, Missouri, for the Annual RCA Convention. Friday evening we kicked off the convention by lighting the perpetual candle, and hearing speakers Bob and Betsy. The breakout sessions began, in which we had deep discussions. The evening ended with the Serenity Café where we enjoyed each other's company. The internal sparks of continued recovery burned during the weekend, and lingered for some as they returned home.

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*“Committee Service
Workers”*

Gerrie as Chair
Kate as Vice-Chair
Steve S. as Treasurer
Andrea as Co-treasurer
Bob as Secretary
Jade as Egalitarian
Gladys as Timekeeper

Thanks

*to
those
RCA members
serving
on the
Outreach
Committee!*

*The email and/or phone
the 100 plus RCA groups!
“We are trying to keep the
RCA groups informed”*

*Please go to
the RCA website and
check that your group
contact information is
correct.*

*If it is incorrect,
you can fix it!*

Business Meeting continued

Synopsis of 3 August Annual Business Meeting in St. Louis (minutes to be posted on the website when approved by the Board)

Topic 1- No Successive Terms: Bylaw amendment passed by required 75% majority and in effect (Delegates: 16 for, 7 against; By-mail: 8 for, 0 against; Total: 24 for, 7 against (77.4% for)). Amended version deleting 2-term limit to be sent to all Groups for by-mail voting.

Topic 2- Independent Ethics Committee: Bylaw amendment failed to get required 75% majority (Delegates: 13 for, 10 against; By-mail: 6 for, 2 against; Total: 19 for, 12 against (61.3% for)). Amended version to be sent to all Groups for by-mail voting. Amendments deleted 2-term limit and modified qualification requirements. Amendment to increase size from three members to seven members failed to receive the required majority vote.

Topic 3 - Custody of Funds Switched from Treasurer to Office Manager: Bylaw amendment passed by required 75% majority and in effect (Delegates: 19 for, 1 against; By-mail: 7 for, 0 against; Total: 26 for, 1 against (96.3% for)).

Topic 4 - Board of Trustee’s Lack of Authority to Enact Special Rules of Order: Bylaw amendment passed by required 75% majority and in effect (Delegates: 18 for, 2 against; By-mail: 6 for, 1 against; Total: 24 for, 3 against (88.9% for)).

Topic 5 - Care with respect to WSO Contractual Commitments: Bylaw amendment passed by required 75% majority and in effect (Delegates: 21 for, 0 against; By-mail: 7 for, 0 against; Total: 28 for, 0 against (100.0% for)).

Topic 6 - Special Rule of Order Requiring Two-Third Majority for Fellowship Approval of Literature: Special rule of order enacted by required two-thirds majority and in effect (Delegates: 19 for, 3 against; By-mail: 6 for, 2 against; Total: 25 for, 5 against (83.3% for)).

Please see 3 on page

What happened to the resentments in the cornmeal?

At the 2007 RCAC closing ceremony in St. Louis Glen and Diane invited all the couples to sit in a circle. Then they sent around a bowl of cornmeal, and each of us took a bit of cornmeal between our fingers and rubbed it together to absorb our resentments. Then we dumped our resentments in another container for Glen to take away. When he got home to Florida he poured the cornmeal with the negativity into Tampa Bay, where it went off to the Creator. The ashes of the God Box were sent off to the Creator as well. Thanks, Glenn and Diane, for the closing ritual!

Business Meeting continued

Topic 7 - Fellowship Approval of the Plan for Completing the Fourth Edition of the RCA Blue Book: Amended and passed as an urgent matter (passed by required majority vote (only 1 vote against)). As amended the plan extended comment period through September 5, 2007 and added requirement to contract with a professional editor after the Literature Committee has completed its update.

New Business: Item 1: Fellowship established an Ad Hoc Committee to Raise Funds for the Fourth Edition including funds for professional editor and for possible special 20th anniversary edition (passed by substantial majority). Item 2: Proposal to permit Structure Committee to used only by-mail voting for future by-law amendments: failed to get required majority vote (12 for, 13 against).

Treasurer's Report

At the business meeting the RCA Treasurer gave a report that showed RCA's income, expenses, and net gain or loss for the past 6 fiscal years. Last fiscal year (06-07) sales of books and merchandise were higher than ever before by at least \$5000, but our net income from these sales was lower due to the extra costs of copying the 4th edition Blue Book draft. When the RCA fellowship approves the Blue Book and we get it printed, merchandise costs will go way down and the net income available for WSO from book sales will improve.

Expenses for running the WSO have been remarkably consistent over the past 6 years, but we had two unexpected and unbudgeted items in the last fiscal year. First, was the Parliamentarian bill from last year's RCAC, and second were back-payments on California sales taxes, so the WSO showed a \$2493 loss for the year just ended. There are about 119 groups on record, and half of these gave to WSO this year

for the highest level of group donations in RCA history! We are poised to grow!

Please go to the RCA website to see the detailed tables of income and expenses.

A View of the 2007 Convention continued

The convention committee took a leap of faith, and decided at the beginning of our convention journey to present and discuss some heavy topics this year. The RCA membership suggested these topics on their registration forms, and at previous conventions. Intimacy and Healthy Sexuality were the two topics we kept hearing from many couples. We felt these were issues many couples in RCA were struggling with and discussing in local meetings. Mary Jane and I looked over the topics and suggestions given by local members in Saint Louis and by couples registering over the course of the year. And slowly, over time, we developed the program for the convention. We felt that the topics presented in the breakout sessions were what the attendees wanted to discuss. Mary Jane and I jokingly said, "We better start with intimacy and work into healthy sexuality after lunch."

Our two outside professional speakers were very good. We felt it would be good to have professionals come and talk on these two topics, with an alternate RCA meeting at the same time. This gave attendees a choice of breakout sessions, either with outside professionals or RCA members. Most of the attendees went to the professional sessions. One of the professional talks is recorded, however Helen Friedman, the other professional, wanted attendees to feel comfortable about asking questions and discussing the topic, and she felt recording could be a hindrance.

Scott and I led a breakout session titled,

A View of the 2007 Convention continued

“Communicating Our Sexual Needs: Life is Not Like the Movies,

It Just Doesn't Magically Happen.” I was amazed and pleasantly surprised at the honest and deep discussions we had.

Sexual orientation, race, or age did not matter. Many couples were facing similar difficulties, and the fact that other couples were working on improving their sexual communication, and learning how to ask to have their needs met seemed to help all of us. Both men and women were very open about their feelings and were dealing with similar issues. Several of the men got together after the breakout session to continue talking about issues they were dealing with. This only goes to show that as human beings we deal with similar feelings and needs. I know I got a lot out of the breakout sessions, and even after several weeks Scott and I are still discussing some of the topics.

Several attendees told me the Tuesday phone RCA meeting has been heavily attended. Couples who were at the convention got together on the phone meeting to say hello to each other. Many said it would be nice to be able to put a face to the voices they were talking to on the phone.

The conventions seem to energize Scott's and my continued recovery. There seems to be a spark that gets ignited within us at the conventions, and we carry the internal flame back home.

Several couples that had attended the convention for the first time, and had never been to an RCA meeting, attended our Thursday meeting right after the convention. It was great to see them again.

For those of you who were unable to attend the convention, you can purchase CDs of it with an online order form from Mark

Peterson, with Network Communication. Mark e-mailed, “Your members or groups can place their orders online at this address: <http://www.networkcommunicationsaudio.com/rca2007>.” For many years Scott and I have listen to past convention talks when we are on long drives, or even doing errands together. This allows us the privacy to listen and talk together without interruptions from the phone, kids, grandkids, dog, and other distractions. We also play the talks at our regular RCA meetings. It is like taking our convention experiences back to our local group, and our group has purchased some of the convention sets. Currently, a set of the CDs is \$117.00 plus tax and shipping.

We would like to thank all of the members who attended the convention, and all of the individuals who agreed to speak, and helped out in other ways. The food was good, the hotel was very accommodating, and the discussions were very good. We want to give a special thanks to Diane and Glenn for their talk on Saturday night, and all of their work for the closing ceremony. They sent us pictures of our baggage/garbage being burned and tossed into the sea. If anyone wants to see the pictures, e-mail me at: mmlemmons@charter.net and I will forward them to you.

I am sure the convention in California next year will again spark continued recovery for all of us. Scott and I wait with much interest to see what the theme will be, and to again see RCA members from other areas that have become our long distance friends over the years. Where else but RCA meetings and events can you openly talk about the struggles you have with your sex life, improving communication with your partner, your addictions and the impact they have on your relationship, and what you are working on to improve your coupleship?

Perspective On Our Business Meeting

Submitted by Mary L

For the first in its history, the RCACC had a business meeting with delegates on Friday, August 3rd from 9 AM to 5 PM. Most of the members of the Board of Trustees, and some of the members of the structure committee arrived on Wednesday, and met all day Thursday to finalize how the meeting would be conducted. On Friday, the agenda and motions were presented on a large screen with Power Point.

I felt the meeting was very orderly, and professionally conducted. The board did a good job of organizing the materials, and attendees and Board members were respectful of each other during the meeting. For everyone to meet for eight hours and remain respectful says a lot for the progress of the organization as a whole, and the individuals who attended.

I was disappointed that more absentee ballots were not submitted to the P.O. Box provided by the WSO Office. This was set up so that all RCA groups could vote on the motions at the annual business meeting, regardless of whether or not someone from their group attended the business meeting. It is very easy for us to meet in our individual RCA groups week after week and ignore the political component of the fellowship, especially if we have nothing to complain about, or we disapprove of our trustees on the WSO Board. I know I have been guilty of this myself. In the past only RCA members who attended the Annual Convention were able to vote on motions placed before the Annual Business Meeting. Changes to our by-laws, voted in last year at Boston, now make it possible for all RCA groups to have a voice in the policies, by-laws, and other decisions that affect RCA as a whole. Each group throughout the world has one vote, not just the individuals who can attend the business meeting. If we do not cast our group's

opinions by voting we cannot, in good conscience, complain afterwards.

Intimacy and Healthy Sexuality in St. Louis

After the RCACC Convention many of us went home with new insights and practical action tools for building intimacy in our relationship. One session, called "Life's Challenges: Impact of Finance and Work on Intimacy," brought these comments from an RCA conventioneer:

"Thanks to Deb and Mark for sharing their experience, strength and hope about money and intimacy. The fact that one member of the partnership earns more money does not mean that partner has more power. I may make less money than my partner, but I am still an equal in this relationship. It is important that both of us notice what we each contribute in different ways to the relationship.

Contributions of time, effort, willingness to be vulnerable, emotional availability, etc. are just as important as monetary contributions, and all need to be valued by both partners. Personally, I am someone who has had to struggle with feeling 'not good enough'. Thanks to RCA I do feel good enough a whole lot more than I used to. My daily affirmation: I am an equal in our partnership.. The partner who makes the most money is not the only factor in this equation. The intimacy in our relationship has shifted because I get this!"

Mark and Jim led a wide-ranging discussion of sponsorship, "Sharing Experience, Strength, and Hope," with many practical tips. And from the talks of two guest speakers, many RCAers said they felt their appreciation and understanding were confirmed and heightened regarding the core principles of coupleship recovery offered in the RCA program.

Intimacy and Healthy Sexuality in St. Louis continued

Other engaging sessions included: recovery from sexual anorexia; panels on various steps throughout the weekend; healthy communication leading to healthy sexuality; intimacy and truth as gifts from our higher power; the impact of medical issues and aging on sexuality; communicating our sexual needs; and "Step Up To Intimacy," the energetic, enthusiastic and cheerful (!) keynote address by Diane and Glenn A. As the RCA Fellowship nears its 20th anniversary in 2008, these and other topics lend greater depth to the message which RCA seeks to transmit of recovering couples committed to greater intimacy in our relationships.

Dates to Remember

October 15, 2007 Fall Hand in Hand articles due or sooner. Send articles to Elise davidandelise@earthlink.net or Kate kdmoran@gmail.com

Sept. 30th, 2007 World Service Board meeting at 6:30 EST. It is always an open conference call meeting. Contact Kate kdmoran@gmail.com for the phone-into-the-Board-meeting phone number.

October 31, 2007 Fall Hand in Hand goes out to fellowship. If others in your RCA group want it, they can connect with Steve A the WSO manager wso-rca@pacbell.net and be added to the email list

August 1-3, 2008 RCACC in San Francisco THE RENEWAL FESTIVAL "Embrace the Golden Gate, Embrace Recovery" Early Bird Discounted Registration: Only \$39.00 per person, available until May 1, 2008

Hand In Hand Article Due Dates

Jan. 15, 2008 for Winter

April 15, 2008 for Spring

June 15, 2008 for Summer

THE RENEWAL FESTIVAL
Embrace the Golden Gate, Embrace Recovery
August 1, 2, 3, 2008
DOUBLETREE HOTEL SAN FRANCISCO AIRPORT

835 Airport Blvd., San Francisco, CA 94010-9949

Phone: 1-650-344-5500 Fax: 1-650-340-8851 On-line or phone reservations:

<https://secure.hilton.com/en/dt/res/index.jhtml>

CONVENTION REGISTRATION:

Registration for the conference and/or meals does **not** include hotel rooms. Please contact the hotel directly to reserve a room. **All registration information is strictly confidential.**

PLEASE PRINT:

Name: _____
 Address: _____ City _____ State: ____ Zip: _____
 Phone: _____ Email: _____
 How long in RCA? _____

Do you want you email(s) & phone(s) on attendee list? ____ Yes ____ No

CONVENTION REGISTRATION FEES:

Early Bird Discounted Registration: Only \$39.00 per person, available until May 1, 2008

	Before June 1	On or after June 1
Registration only:	_____ \$45	_____ \$60
Meal Package:	_____ \$100	_____ \$120
Sat. Banquet only:	_____ \$50	_____ \$65

Banquet Meal: Beef ____ Chicken ____ Fish ____ Vegetarian ____

Special Meal Considerations: OA, gluten free, salt free. Please send email

Fri. WSO RCA Lunch _____ \$18.00 _____ \$20.00

If you are only sending in your registration at this time, do you plan on purchasing the Meal Package or Banquet meal at a later time? __ Yes ____ No

SORRY NO REFUNDS!!

SERVICE:

I/We are interested in providing service _____

As a leader Couple Topic we are interested in a break out meeting titled _____

PLEASE RETURN THIS PORTION WITH YOUR CHECK OR MONEY ORDER

MAILING INFORMATION FOR REGISTRATION: Registration confirmation will be e-mailed.

Program packets will be available at the registration table at time of check in.

For additional information, contact Darcy at 650 966 1776 or email darcy@alteredcouture.com

Please mail your check or money order in US funds made payable to: **RCA 2008** c/o Darcy Fowkes, 52 Woods Lane, Los Altos, CA 94023

Hotel Reservation Info:

1. On-line or phone reservations <https://secure.hilton.com/en/dt/res/index.jhtml>
2. To receive the discounted rate when registering, you must mention **RCA 2008**. The San Francisco Doubletree is Smoke-Free.
3. The special convention rate is \$129.00 per night per room.
4. Special convention rate not guaranteed after July 18th, so please make reservations early.
5. Make any special needs room arrangements directly with the hotel.

Final Thoughts

The 2008 RCACC will be in San Francisco.

In 2009 RCACC will be in the East. The 2010 RCACC will be in the mid continent. Maybe your RCA group wants to bid on 2009 or 2010!

Do you want to be a sponsor couple to a struggling RCA group and phone into their meeting and serve as speaker couple? Email Betsy betsyf2720@earthlink.net or preferably phone (925) 274-1186

Recovering Couples Anonymous

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Oakland, CA 94611

Phone:
(510) 663-2312

E-mail:
wso-rca@pacbell.net

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

7th Tradition

A special thanks to the 26 RCA groups for their third quarter donations for Fiscal Year 2007 (04/01/07 through 06/30/07).

A total of \$4163.66 in generous support was sent to RCA World Service Organization.

You will find quarterly financial reports for RCA WSO on the RCA webpage

Here is the list of those 26 RCA groups and their 7th Tradition donations

Group	Donations
43005 Ahwatukee, AZ Circle of Love	\$45.00
45015 Jamestown, CA Joint Venture	\$175.00
45020 Sherman Oaks, CA	\$100.00
45040 LA, CA Saturday Date Nite	\$75.00
45043 LA, CA Monthly Step	\$72.00
45045 Culver City, CA Sunday Night Clare	\$152.85
45050 Oakland Sunday Evening Candlelight	\$157.01
45052 Oakland Earlybirds	\$200.00
45060 Los Altos, CA	\$346.50
45062 Davis, CA	\$350.00
45105 Walnut Creek, CA	\$500.00
52008 Idaho Falls, Id SOS	\$91.00
55005 Des Moines, Iowa	\$141.55
62000 Birmingham, MI	\$100.00
61020 Norwell, MA	\$100.00
62025 Saginaw, MI	\$30.00
63007 Owatonna, MN	\$25.00
70005 Marlton, NJ	\$43.00
72010 Riverhead, NY	\$75.00
00000 Salem, OR	\$5.18
78025 Pittsburgh, PA	\$5.00
83060 Austin, TX Riverbend	\$39.00
83020 Ft. Worth, TX	\$100.00
84010 Salt Lake City, Ut	\$25.00
86007 Richmond, VA	\$50.00
88005 Morgantown, W.VA.	\$15.00
Other Donations	
00500 Santa Cruz Day in Spring	\$600.00
Individual Donations	\$545.57