



Hand in Hand

Newsletter Date
Spring Issue 2007

Recovering couples Anonymous, P.O. Box 11029, Oakland, CA 94611
<http://www.recovering-couples.org> phone: (510) 663-2312
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Letter from the Chair

By Dan IRW Kate, Chair RCA WSO Board, 2006-2007

The 2007 convention in St. Louis is fast approaching: the convention opens with the annual RCA WSO business meeting on Friday, August 3, 2007. This will be the first year of the new delegate structure and delegate voting in accordance with the bylaw changes adopted by the Fellowship last August in Boston. Much work remains to be done to get all of the details into place for our first delegate-based business meeting on Friday and our first delegate-based elections on Sunday morning of the convention. The Board of Trustees will need and greatly appreciate the patience, tolerance, cooperation, support, and prayers of all of the RCA member groups as we work together through all the details of this new process, a process intended to give all member groups a greater voice in determining the scope of the services provided to, and in the name of, the RCA fellowship by the World Service Organization. Of course, we must never forget to place our ultimate reliance in our Higher Power and to remember to let nothing come in the way of our own continued recovery as individuals and as couples.

There are a number of matters that each member group may wish to consider in the coming days and weeks leading up to the convention:

Please see *Letter from the Chair* on page 2

Delegate Couple Voting

The time has come for each RCA member group to begin the process of selecting a delegate couple to represent your group at the RCA 2007 Convention in St. Louis. At the 2006 convention in Boston, the fellowship voted to implement delegate voting to begin at the RCA 2007 convention.

The major objective of the change to delegate voting was to get broader representation from the fellowship in all matters voted on at the annual convention. As stated in the amended bylaws the purpose is "[t]o ensure that the services provided by the W.S.O. are guided by the collective group conscience of the entire membership." Prior to the 2007 convention, all voting was by those RCA members present at the convention. Many RCA members felt that the bylaws should be changed to try to include the views of those member groups that were unable to have a member couple in attendance at the convention.

Please see *Delegate Couple Voting* on page 3

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Board Members

Doreen and Doug, from
Winnipeg

Jean and Joe, from New
Jersey

Carl and JoAnn, from
California

Newly elected to the
Board are:

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

*“Committee Service
Workers”*

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

Thanks

to

those

RCA members

servicing

on the

***Outreach
Committee!***

*They 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’s
contact information is
correct.*

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

Letter from the Chair page 1

Matters the Fellowship Wishes to have addressed at the Business Meeting:

While our Structure Committee is working on a number of matters to be considered at our annual business meeting, the fellowship has also been asked to identify any matters that the Member Groups may wish to have voted on at the meeting. Each member group should have previously received notice of this from the WSO to their GCC and also from the Outreach Committee. A copy of that notice is posted on the RCA website.

The Delegate Couple for Your Group: Each member group has been asked to make an initial designation of their delegate couple and provide that information to the WSO by 15 May 2007. The notice on this matter is also posted on the website. Please remember that any group unable to have a delegate couple attend the convention will still need their designated delegate couple to submit their group’s by-mail ballot for matters to be considered at the business meeting.

Items that Each Group Should Make Plans to Consider:

By May 5, each group should receive a list of the topics that will be considered at the business meeting and for which by-mail voting will be provided. Soon after June 4, each group should receive the wording, in terms of motions, for the matters to be considered at the business meeting. Groups may wish to establish their collective group conscience on all of these matters so that they may provide guidance to their delegate couples. Those groups voting by mail will need to submit their ballots in accordance with the deadlines and procedures that will be established.

Preparation by Delegate Couples Attending the Business Meeting:

The first job of the delegate couples attending the business meeting will be to approve the standing rules that will govern the conduct of the meeting as well as the agenda for the meeting. The Structure Committee will be working on the proposed rules and a proposed agenda for submission to the delegate couples prior to the convention. Since the business meeting on August 3 will be an all-day meeting (approximately 9:00 am to 5:00 pm), delegate couples coming to the convention from out of town might want to consider arriving in St. Louis on Thursday, August 2.

Comments on the 2006 draft of the Fourth Editions of the Blue Book:

Please also remember that the comment period has been extended through the closing day of the convention, August 5, 2007. Please check the website for the notice and other materials relative to providing your comments on the 2006 draft.

Hoping to see many of you in St. Louis.

Dan IRW Kate

RCA Sponsor Couples Needed

The World Service Office receives calls from RCA couples all around the world who need another RCA couple to connect with.

Girw R in Canada co-sponsor E IRW T in Germany (co-sponsoring means sponsoring each other). Birw K are enjoying co-sponsoring a couple in Sheffield, England.

"We have a wonderful time once a month over the phone. It is a very satisfying meeting. The cost is about \$2 for the long distance charge. We support each other's recovery. Co-sponsoring revitalizes our relationship."

In Step 12 we carry the message to other couples. This is an important part of the recovery process because it lets us see how we have progressed and healed, how we have moved as a couple from brokenness to a better place. We do not wish to forget the past nor shut the door on it; we want to see that we have been trudging along the path of recovery with each other.

That path can be narrow or wide, uphill, downhill, or flat, like the struggles in our coupleship. If we are moving along that path, we are moving away from brokenness. Checking in with another couple to listen to their journey will remind us of places we have been before as a couple. Our experience, strength, and hope are meant to be shared. It is vital to our couple recovery to continue doing a 12th step.

Sponsorship is a great way for a coupleship to grow and flourish as we share our walk down the path of life with others.

Please let Betsy F. know if you are willing to serve as sponsor or co-sponsor for a couple. Betsy can be reached at (925) 274-1186.

Let's all take a moment to remember those couples that are struggling. Send them some good thoughts and prayers, and surround them with light!

Delegate Couple Voting

Continued from page 1

Thus, as part of the new delegate-voting structure, the bylaws were amended to include by-mail voting and proxy voting so as to give a voice to those member groups that would be unable to have a member couple in attendance at the convention.

We all hope that each member group will be able to have a delegate couple actually attend the 2007 convention in St. Louis, **your group will need to designate a delegate couple even if your group will not have a member couple in attendance at the convention.** For a group not having a member couple in attendance at the convention, under the amended bylaws, it will be the responsibility of your group's delegate couple to submit the by-mail voting ballot from your group.

In addition to by-mail voting, the amended bylaws provide for proxy voting. Thus, if your group will not have a member couple in attendance at the convention, you will also be able to designate a delegate couple from another member group to vote for your group at the convention by proxy.

However, the amended bylaws do include a major limitation on proxy voting: a delegate couple in attendance at the convention may hold only one proxy.

To begin the process of identifying the delegate couples, each member group is asked to notify the WSO office, by e-mail wso-rca@pacbell.net or by letter to WSO, P.O. Box 11029, Oakland, CA 94611), of the **identity of your delegate couple and whether you expect that member couple to attend the 2007 convention in St. Louis**, 3 through 5 August 2007. Please provide both the e-mail addresses and the phone numbers for your delegate couple.

Please provide the initial designation not later than 15 May 2007. You will be able to update your designation later if your group finds that necessary. Your group may also designate an alternate delegate couple if your group wishes.

"Just when you think you've graduated from the school of experience, someone thinks up a new course" Mary H. Waldrip

Let's keep our experience, strength, and hope current! Please consider a donation to RCA-WSO and celebrate your couple progress in recovery for this year. If every couple sent \$10 once a year, we could thrive, and start a prudent reserve. Thank you!
7th Tradition Committee



Recovering Couples Anonymous
International Convention
Saint Louis, Missouri
August 3,4,5 2007

Tapping into Romance The Journey to Intimacy and Healthy Sexuality August 3, 4, 5 2007 RENAISSANCE ST LOUIS HOTEL AIRPORT

9801 Natural Bridge Road
St. Louis, Missouri 63134 USA
Phone: 314-429-1100
Fax: 314-429-3625

stlouisrca@recovering-couples.org

Hotel Directions from the Airport; (314-426-8000) Interstate I-70 one half mile east to the Natural Bridge Road exit. The hotel is after the first stop light on the left. **Note:** Airport shuttle service, on request, is

RCA - Who We Are

We are understanding couples with three aims;

- Improve our communications
- Expand our self-caring
- Strengthen our commitment and watch our relationships grow to fulfill our Hopes and Dreams.

We suffer from many addictions, co-addictions, some identified, some not, some treated, and some not. Many of us have been separated or near divorce. Some of us are new in our relationships and seek to build intimacy as we grow together as committed couples.

OUR PHILOSOPHY

RCA is a tool for recovery and not an end in itself. It exists to promote caring, communication and intimacy. A quite successful formula of RCA is my individual recovery plus your individual recovery plus our couple recovery equals a healthy recovering relationship.

The convention is open to couples & singles wanting to improve their relationships. We want everyone to feel comfortable and safe. Please be considerate of others in your choice of clothing and no perfumes.

Please join us and see what you can have! You deserve it!!!!

Hotel Reservation Info:

- Reservations Toll-free: 888-340-2594
- To receive the discounted rate when registering by phone, you must mention **RCA 2007**. The St. Louis Renaissance is Smoke-Free.
- Outdoor smoking area available.
- The special convention rate is \$99.00 per night per room (up to 4 people). Available on a space available basis two days before and after the convention.
- Rate not guaranteed after July 10th, please make reservations early.
- Make any special needs room arrangements directly with the hotel



Recovering Couples Anonymous
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Saint Louis, Missouri
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Tapping into Romance The Journey to Intimacy and Healthy Sexuality August 3, 4, 5 2007

RENAISSANCE ST LOUIS HOTEL AIRPORT

9801 Natural Bridge Road St. Louis, Missouri 63134

Phone: 314-429-1100 Fax: 314-429-3625 Reservations Toll-free: 1-888-340-2594 \$99/night

CONVENTION REGISTRATION:

Registration for the conference 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 15, 2007

	Before June 1	On or after June 1
Registration only:	_____ \$45	_____ \$60
Meal Package:	_____ \$120	_____ \$130
Sat. Banquet only:	_____ \$55	_____ \$60

Banquet Meal: Chicken___ Fish___ Vegetarian___ Pork Chop___

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

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

If you are only sending in your registration at this time, do you plan on purchasing the Meal Package? ___ Yes ___ No

Note: Convention meals offer a special time of fellowship and include Speaker Panels focusing on 'Working the Steps as a Couple'

Deadline for ordering meal packages is July 31, 2007.

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 RCA WSO (510) 663-2312 or

Email stlouisrca@recovering-couples.org

Please mail your check or money order in US funds made payable to: **RCA 2007**

C/O Scott Lemmons 27 Debbie Drive St. Peters, Missouri 63376-2109

It Was a White Wedding

D IRW R

It was a white wedding, fluidly flowing into a post-mortem reception. Eating. Dancing. Toasting. Waving goodbye. Off to never-never land in a rented limousine. Gawkers saw the car and wondered, "Who is behind those darkened windows? A celebrity? A prom couple? Newlyweds?" I always looked at limos and thought, whoever they are, their life must be whole lot more exciting than mine.

Marriage is always presented as that fantasyland. That is where the story ends in most movies and books. But is it really the end of a fairytale, or the beginning of something else? Let me take you through a secret door, past the fantasy on the book jacket. The fairytale is just the beginning, and not always pie in the sky. Come with me, to see what happens after the reception:

I feel like a princess in my long, off-white gown. I have envisioned this day for months, longed and wondered about it throughout my life. We get out of the limo, walk through the lobby of the hotel, and total strangers stare at us, and congratulate us. I feel some sense of envy, wonder and awe in their faces. What a great day.

We go to the room. It is very nice, not too big, but with the essentials --- a great big bed. We want to rest before...before what? We have to leave very early in the morning to catch our flight to Cancun. My new husband helps me out of my dress; we get into our swimsuits and go to the pool. Oh, it's so relaxing. My muscles are sore and tired from a week of finishing last minute details and activities. I don't mess up my hair.

We go back to our room. We are starved because there has been no time to eat all day. While I wait for the food, my new husband goes downstairs, "for a minute." He is gone for several hours. The food comes, but I don't eat. I'm too angry. I know where he is. At the bar. Getting drunk. On our wedding night! My blood boils. I feel angry, humiliated, and disappointed.

This wasn't the fairytale ending I had envisioned. So what did I do? I wallowed in my pity, anger, and frustration. I added it to my file of why he was a terrible husband. I hated myself because if he loved me this would not have happened. If I was more beautiful...thinner... better... he would want to be there with me and make love because I was the best, most wonderful wife in the world.

I started my rant when he came into the room, or rather stumbled into the room. Screaming. Blaming. Attacking. "How dare you do this to me! I hate you! I want an annulment!"

He passed out on the bed, and I was left to stew in my juices. I called my mother, crying and wailing, "I'm not going on the honeymoon. I want an annulment."

His whole family was staying at my parents' house. So

they all knew how upset I was. They also knew he must not really love me, and this was a horrible mistake, etc., etc., etc.

My parents came to pick us up the next morning and take us to the airport. When they arrived we were packed and ready to go. When they asked if we were still going I answered, "Of course."

Now, after years in couples recovery and individual recovery, I am able to re-write this story, and accept my responsibility in all this. If I knew then what I know now, I could have handled it differently.

Come with me again, to what could have happened after we left the reception.

I feel like a princess in my long, off-white gown. We walk through the lobby of the hotel and total strangers congratulate us, stare at us. What a great day.

We go to the room. My new husband helps me out of my dress, and we get into our swimsuits and go to the pool. Oh, it's so relaxing. We go back to our room. We are starved, and while we wait for the food, my new husband goes downstairs, "for a minute."

When he does not come back for awhile, I go downstairs to check on him (these days I would call him on the cell). I hear the slur in his voice, and I realize I have a decision to make. I can relax in the room, watch a great movie, and eat a fabulous dinner. I am not happy about his choice, but I am not going to let this mar what has been a beautiful day by "shoulding" all over him. I may even go down in my long robe with my new negligee under it, and flash him at the bar and say, "I hope I don't have to wait until tomorrow." I could even have a drink or hors d'oeuvres with him.

In terms of calling my family - what the hell am I calling them for? I should be relaxing and enjoying myself. We have a week in Cancun to share all the decadence, and explore each other and new things. What he chooses to do has nothing to do with how pretty I am, how thin (or fat) I am, or how wonderful or terrible I am. Yes, I am disappointed, but it is not the end of the world.

In actuality I made things worse by having a catastrophic reaction to an ongoing, unresolvable, issue. I brought in the big guns (guilt, my parents, threats, expectations, judgments) to make him stop doing what I felt he was doing to me. I have since learned that people can get drunk and have fun anyway. Of course for me it was all or nothing. You are a drunk or you are sober. This marriage was brand new, and we both turned to our addictions: alcohol, food, and emotionality. At that very moment, my outrage was destructive. It damaged me, my spouse, and the relationship between us and our respective families. Of course, drinking has its issues, but those are not MY issues to fix or share. I can't take his inventory. I can only take mine.

Now, 10 years later we are still married, only by the grace of God, and the love and peace of the RCA program. Keep coming back; it works if you work it.

Join the Bed and Breakfast Club

The 7th Tradition Bed and Breakfast Club is an idea that was generated by Bob and Betsy from San Francisco. It gives RCA couples an opportunity to connect with other RCA couples. Instead of spending money on a hotel, traveling couples can stay with members of the RCA fellowship, and a recommended donation of \$20 to \$30 per night would go to WSO. This is another way to support RCA through our own contributions!

Here are some initial offerings ...some serene spots:

--"Guest room and hot tub with a view of the Cascade Mountains" Gladys IRW Jade in Eugene, Oregon (541) 343-4920

--"Condo with private bedroom / bath suite on San Francisco Bay" Elise and David in Richmond, California (510) 235-6111

--"Randy and Gerrie live in Winnipeg...about a half hour from the city center. If we are headed to a cottage at a lake to ice fish or swim, you are welcome to come along." Gerrie committed to Randy, Randy committed to Gerrie (204) 668-1515

--"Your own room in their home...you will be surrounded by great books, experience, strength, and hope" Bob and Betsy from San Francisco (925) 274-1186

--"Stay outside of Washington DC...at their Rockville home or their Delaware condo (a mile from Bethany Beach)" Kate and Dan from Rockville, Maryland (301) 424-4594

If you want to add your name to the RCA Bed & Breakfast Club send a finished description, with your contact information, to the editor, Elise, at davidandelise@earthlink.net It will be published in future issues of Hand in Hand.

RCA in London, Canada celebrated its 1st anniversary. Congratulations!

Our Story

February 19, 2005 found Dan and I traveling to a local Church to hear a respected speaker and author, Christopher West, talk about love and marriage. We were among approximately 350 others of all ages listening to him describe how we are all searching for God's love, ultimately, but find ourselves "dumpster diving" by using pornography, lust, and adultery in our confusion about what "real" love is in this world.

About half way through the eight-hour seminar, Dan disclosed to me that he had a problem with pornography. We had been married more than 30 years and it was very hard to comprehend what he was telling me in that moment. Dan was diagnosed shortly after with sexual addiction and voyeurism. He went to Patrick Carnes' Gentle Path Program in Hattiesburg, Mississippi, for six weeks. I joined him for family week. True agony describes my feeling of betrayal and loss of the person I thought I had been married to all those years. Our journey over the two years since then has been the most painful, but truthful, period of our lives. We were separated for a period of time, trying to discern who we were and whether we could ever make sense of all that had happened. Intense counseling, both individually and as a couple, RCA, individual 12 step recovery programs, working the steps, doing inner child work, etc. brings us to today.

We are still married and have begun to rebuild our life together. We try each and every day to be as honest, respectful and loving as possible. It is such a relief to know we don't have to do this perfectly. Our Higher Power assures us that if we just keep trying, He so loves us for that and will continue to give us the graces to keep moving forward. We are better at recognizing issues between us and we are better equipped to discuss and deal with them, rather than pretend they don't exist. We are better at telling each other how we feel, especially when we are angry or sad, rather than suppressing how we feel and pretending everything is OK. It still is very hard at times, but it is more honest and we know that makes it better. We also know that the hard work, time, effort, and money we are putting into recovery can never be measured in the reward of finding our "true" selves. We are grateful to each other for the commitment and hard work we have put into recovery, and our gratitude to all those professionals and peers from our 12 step programs will forever be such a precious part of our lives.

We are looking forward to sharing and growing with other couples at the convention in St. Louis in August.

Dan S. IRW Paula S.



TAPPING INTO ROMANCE
The Journey to Intimacy and Healthy Sexuality
Saint Louis August 3-4-5

HELP SUPPORT RCA'S WS0 CENTRAL OFFICE

- * Gift Baskets
- * Time-Shares
- * Gift Certificates
- * Collectibles
- * Memorabilia
- * Arts and Crafts
- *Vacation Condos/Cottages
- * All Auction Items Welcome!

Together we can all make our auction another success for RCA. Please join in and bring or send something.

Contact: Bob and Betsy at
rcfrey@earthlink.net (925) 274-1186 and
Mary Jane and Jim at
lane14255@sbcglobal.net (314) 962-4463

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Fellowship, Hawaiian Style

In our two Hawaii RCA groups we have a lot of fellowship. After each meeting, we go out to dinner together. This practice started when there were only two or three couples regularly attending the first RCA meeting in Hawaii. These early couples had time in AA and other 12-step programs, so there is a lot of recovery in our meetings, and it adds to the emphasis on fellowship. We even foster fellowship in our monthly business meetings by making it a regular potluck dinner.

Gradually, word has gotten out about this great program, mostly through AA shares and contacts, and the fellowship has grown. Couples have started coming that have no twelve-step background. They add much to our meetings and fellowship; they make our language and outlook more inclusive, giving RCA a wider appeal to couples and families we might help.

The second Hawaii meeting grew directly out of the first. It is located about 20 miles away from the first meeting, and many RCA couples attend both. We keep this second meeting an open meeting, for singles and couples alike, so that we can spread the RCA message to those people who are between coupleships. We have found that many people have given up on being in a coupleship, experiencing it as so painful that loneliness becomes the lesser of two evils. After visiting our open RCA meeting on Saturday nights, many of these singles go away hopeful that if and when they meet someone with whom coupleship appears possible, they will have the tools of RCA to break the dysfunctional patterns that have plagued them before.

Again, at these Saturday night meetings, both couples and singles are welcome to dinner afterward. We have a great time together. We become more like family each and every day. This fellowship bond helps all of us recover and makes RCA meetings a fun time we all look forward to.

Please send in your feedback on the 2006 draft by Aug.5th or sooner. Consider going to the RCA website and downloading the side-by-side presentation of the 12 steps as written in 1996 vs. 2006. It could be the starting point for your group's feedback.

Speaking of St. Louis...

August is right around the corner, and as one of the co-chairs for the 2007 RCA annual convention, I have been looking at hotels and menus for over a year! We have tried to make the meals as healthy as possible, taking into consideration food addictions, sugar-free needs, and various dietary issues. We have discussed this with the hotel personnel, and they are aware of our various dietary needs. Feel free to request an emailed copy of the planned meals from me if you are concerned about purchasing a meal packet.

The Business meeting will begin on Friday morning in the Penthouse Ballroom, 9 am until 5 pm. Room check-in is 3 pm. There will also be a "Welcome RCA" reception at 3 PM in the hospitality room (Presidential Suite) on the 11th floor.

As a 12 step program, we feel a good way to begin a convention is with the steps, and we will have a Speakers Panel on the first three steps on Friday evening, then one break-out session, followed by a social get-together in the hotel's ballroom. It is up high, with large glass windows and you can watch planes landing at the airport. There is plenty of room to sit and talk, or dance. There is no planned meal Friday evening, and we will be on our own for dinner. There are plenty of take-out places and restaurants within walking distance. There will be other step-panel meetings at meal times throughout the weekend.

Speakers! We need speaker couples at the convention. The theme is Intimacy and Healthy Sexuality, and you don't need to be experts. The best speakers come from the heart, and share their experience, strength, and hope.

Besides the step-panels, some of the topics for the breakouts will be: health issues and intimacy and healthy sexuality; dealing with finances and its affect on intimacy; balancing work, family time, and intimacy, and finding time for romance; what is intimacy: discussing the differences between physical sex and healthy, intimate sexuality, and what is non-sexual intimacy; how does spirituality fit into our coupleship; how do our religious beliefs impact our coupleship; does having children affect couple intimacy and sexuality?

There will also be a generational breakout group. My parents were in recovery until they died, and Scott's mom and stepfather attend recovery programs. Our daughter and her husband are also in recovery, and the

"Important Dates to Remember"

Apr 21, 2007 Member Groups must provide WSO with a list of any topic that they want to be voted on at the RCA business meeting on 3 August 2007.

May 1, 2007 Final list of topics to be addressed at RCA business meeting must be prepared and ready for transmission to the GCC's. This is necessary so that by-mail voting will be available for all these matters. Under the bylaw changes adopted at the 2006 convention, 90 days notice must be provided for any matter for by-mail voting.

May 5, 2007 This date is 90 Days prior to RCA Business Meeting of 3 August 2007.

May 5, 2007 Member Groups must provide WSO the wording of any motion about a topic that they want to be voted on at the RCA business

May 15, 2007 RCA groups submit Initial Designation of Delegate Couples to World Service Office

Jun 4, 2007 60 Days prior to RCA Business Meeting of 3 August 2007: This is the Earliest date under Missouri law that the matters to be addressed at the annual business meeting may be sent to the fellowship.

Jul 4, 2007 30 Days prior to RCA Business Meeting of 3 August 2007: This is the Latest date under Missouri law that the matters to be addressed at the annual business meeting may be sent to the fellowship. (This is the final date if notice is not provided by first-class mail: the use of first class mail is not considered to be practical for RCA)

July 15, 2007 Deadline for submission of articles for **Summer Hand in Hand**

Aug 3, 2007 Friday Business Meeting at RCA 2007, St. Louis

Aug 3, 4, 5, 2007 RCACC in St. Louis (bring Silent Auction items) (Register for the low rate of \$39 each before May 15th) and Book your hotel...888-340-2594, at St. Louis Renaissance. Mention "RCA 2007 "for convention rate, \$99.00 per night (up to 4 people). Rate not guaranteed after July 10th

Aug 5, 2007 Elections and Close of the RCA 2007 convention

Aug 5, 2007 The final day for submitting comments/feedback on the draft fourth edition of the RCA Blue Book.

"We are self supporting through our own contributions" 7th tradition

A special thanks to the 27 RCA groups for their third quarter donations for Fiscal Year 2006 - 2007 (01/01/07 through 03/31/07).

A total of \$2,278 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 27 RCA groups and their 7th Tradition donations

43005 Ahwatukee, AZ Circle of Love	\$30.00
43020 Tucson, AZ	\$50.00
45015 Jamestown, CA Joint Venture Group	\$120.00
45020 Sherman Oaks, CA	\$100.00
45040 LA, Saturday Date Nite	\$50.00
45043 LA, Monthly Step Group	\$25.00
45045 Culver City, CA Sunday Night CLARE Group	\$31.80
45050 Oakland, CA Sunday Candlelight Group	\$150.00
45100 Santa Cruz, CA	\$100.00
45105 Walnut Creek, CA Friday Night Group	\$500.00
46007 Denver, CO	\$15.95
51010 Hawaii Wet 'n Wild	\$200.00
53010 Rockford, Ill	\$19.84
53040 Chicago, IL	\$100.00
61020 Norwell, MA	\$100.00
63010 Minneapolis, MN Uptown	\$40.00
63015 Minneapolis, MN Lake Nokomis	\$59.96
66002 Bozeman, MT	\$40.00
72010 Riverhead, NY	\$50.00
Salem, OR	\$37.00
78030 Leesport, PA Miracle Mountain Group	\$50.00
78025 Pittsburgh, PA	\$5.00
82020 Chattanooga, TN	\$7.50
83060 Austin, TX Riverbend	\$87.00
83020 Ft. Worth, TX	\$200.00
83035 San Antonio, TX	\$100.00
88005 Morgantown, W.VA	\$9.10

OTHER 7th Tradition DONATIONS

RCA Bed & Breakfast Fund Raiser	\$200.00
N.Ca. Asilomar 2007 Retreat	\$369.00

Individual Donations \$1,448.60

Turn Around *submitted by Bob P.*

When misery has lost its meaning and suicide its edge,
When hate and anger grab hold of you and pull you like a dredge,

When beauty is all that keeps you sane as people come and go,
When love and peace remain as true as a river with its flow,

When dreams are what guide you through each day and to eternal
life,

When loss and pain return so much that all you get is strife,

When cloudy skies with darkness fill up your emptiness and hurt,
When gentle clouds with rainbows bring smiles that clothe you like
a shirt,

When you treat the world as God treats it and give the credit due,
When you laugh or cry at yourself for an accident or two,

When you fall down or get pushed with your face lying in the
ground,

If you want to get back up you only need to turn around.

-- John Anderson --

Final Thoughts

Contact **RCACC St.Louis** at mlemmons@charter.net or
phone (636) 970-1762 and **serve as a speaker couple!**

**Feedback for the Blue Book Draft has been extended to
August 5th.** See side-by-side presentation of the changes to
the 12 steps on the RCA website.

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

**Hope every RCA group sends a couple to RCACC ST.
LOUIS Convention.** Last year 70 couples attended Boston.
Meet us in St. Louis.

Continued Speaking of St. Louis

four of us will do a breakout regarding recovery
and the impact on the family. RCA and counseling
changed our parenting.

If you are willing to speak on any of these topics,
please e-mail me at mlemmons@charter.net or
phone (636) 970-1762

The founder's address will be featured on
Saturday.

We will need to know by July if you will
need childcare during the convention, the
children's ages, and how many you will be
bringing with you, so I can have a room reserved
for this purpose. My daughter will be 17 in June
and we will also approach her female cousin, who
is 17, if we need to arrange for childcare.

We are looking forward to seeing you at
the convention this year. The hotel is several
minutes from the airport, and you can get to and
from there by hotel shuttle or the "Metro," a local
area train. Reasonably priced, the metro train
will also take you to the baseball stadium (Go,
Cardinals!), the Arch, Union Station Shopping
Center, riverboat rides at the landing, and very
close to the zoo. There are also metro buses to
take you where the train doesn't go. We will
include places of interest, train information, and
driving directions in your convention packets.

The hotel has an indoor / outdoor pool and
fitness center. The breakout rooms are close
together in one hallway on the first floor, with
restrooms near by. Car rental agencies are also
handy.

We hope you will meet us in St. Louis,
Gateway to the West. **Please, look over the
topics and sessions, and let us know what you
would like to be a speaker couple for.**

Recovering Couples Anonymous

P.O. Box 11029
Oakland, CA 94611

Phone:
(510) 663-2312

E-mail:
wso-rca@pacbell.net

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