



# Hand in Hand

Spring Issue 2010

Recovering couples Anonymous, P.O. Box 11029, Oakland, CA 94611  
<http://www.recovering-couples.org>

phone: (877) 663-2317  
<mailto:wso-rca@recovering-couples.org>

Submit articles to [articles@recovering-couples.org](mailto:articles@recovering-couples.org)

## Inside This Issue

- 2 Topics on 2010 Ballot
- 3 Bed & Breakfast History and Information article
- 4 Bed & Breakfast Club Listing
- 5 Convention information
- 6 Convention Registration Form
- 7 7th Traditions
- 8 Miscellaneous News

**The RCA WSO Annual report is available each year at the Annual Meeting.** This includes the Financial Reports of RCA WSO. After the convention, it will be available for download from the website along with last years annual report. This information is accessed through a password protected access, but is available to each RCA member. Each group has a contact couple and that couple has the password.

## Board Members

Chair- Vicki R. (irw Mark R.)  
Vice-chair- Richard P irw Barbara P.  
Secretary- Ruth B.. (irw Debbie V.)  
Treasurer- James K. (IRW Mark W.)  
Julaine irw Steve  
Elena J. irw Allen J.  
Jerry H irw Stephanie H.  
Tyler B. irw Michele B.

## Reminder:

### **The RCA World Service Organization's 2010 Annual Business Meeting:**

#### **When;**

Friday, July 23, 2010, 9:00 am to 5:00 pm

The Friday of the Annual Convention Weekend

#### **Where:**

Mount Carmel Spiritual Centre

7021 Stanley Avenue

Niagara Falls. Canada L2G 7B7

Be sure you send in your delegate forms, and place your group's votes by the deadlines which will be posted on the website.

Check the Website often for updates and special notices.

### **There are opportunities for 6 new couples on the RCA WSO Board of Trustees**

This is a two year commitment with an optional third year

Meetings are held by phone monthly with one weekend Face to Face meeting plus those meetings held at the Annual Convention and the Annual Meeting

Board consists of a maximum of 9 couples plus two alternates

Contact [wso-rca@recovering-couples.org](mailto:wso-rca@recovering-couples.org) for more info.

## **TOPICS ON BALLOT AT 2010 ANNUAL CONVENTION**

**Please see website for full Notice of Topics**

**Voting takes place by Registered Group Delegate Couples**

### Category I: Proposed Changes to the Bylaws

The following two proposed amendments to the bylaws have been submitted by the Board of Trustees for consideration at the 2010 annual business meeting. For adoption bylaw amendments require a 75% majority of the vote of those voting "yes" and "no."

Topic 1: Authorizing Participation at the RCA Convention By Teleconference or Equivalent Method. This proposed amendment submitted by the Board of Trustees involves the addition of a new provision to the bylaws. If adopted, this provision would be in effect for the RCA convention in 2011.

Motion: Move to amend the bylaws to add the following new section:

3.6.1.4 Meetings by Teleconference or Equivalent Method. The Delegate Couples are authorized to meet by teleconference or video-conference or by any other technical means that allows the Delegate Couples in attendance at the R.C.A.C..to hear each other at the same time.

Topic 2: Proposal to Eliminate the Use of By-Mail Voting at the Annual Business Meeting. This proposed amendment submitted by the Board of Trustees involves modification to existing provisions of the bylaws. If adopted, this provision would be in effect for the RCA convention in 2011.

Motion: Move that the bylaws be amended to not allow by-mail voting at the RCA convention.

### Category II: Topics for Approval of Fellowship That Do Not Involve Changes to the Bylaws.

The following two proposals have been submitted by an RCA member for consideration at the business meeting. The vote required to pass these proposals is a majority vote of those voting "yes" and "no."

Topic 3: The 1996 Version of the Third Edition of the Blue Book Should Be Maintained and Made Available to All Who Request It..

Motion: That the current 3rd edition be maintained and made available to all who request it.

Topic 4: Request that the Board of Trustees Include in the Policies and Procedures Manual Certain Provisions Related to Committees and Committee Service.

Motion: Move that the Board of Trustees be requested to include the following provisions in the Board's Policies and Procedures Manual:

1. All board members must serve on a W.S.O. committee while serving on the Board of Trustees.
2. The Chair of the Board of Trustees shall maintain contact with the all W.S.O. service providers on a regular basis and shall maintain discretionary communications with the various W.S.O. committees.
3. The Vice-Chair of the Board of Trustees shall maintain communications with all W.S.O. committees on a regular basis.
4. The Treasurer of the Board of Trustees shall work with a W.S.O. finance or budget committee and shall maintain some level of ongoing participation with this committee. The treasurer shall serve on the 7th traditions committee.

(see website for more information)

## Bed and Breakfast Club for RCA couples

Concern has been raised that the RCA Bed and Breakfast Club might not be within the intent of the traditions. This article is intended to address the issue, and provide more information and clarity.

### History of the RCA B&B club

After the Boston RCA Convention In 2006, five RCA couples connected for some extended fellowship. We were having a great time staying at a B&B in the Tanglewood area. We started brainstorming about how RCA couples could meet and connect by staying at other members' houses, and practice the 7th tradition at the same time. This would be something new and adventurous, and supportive to RCA couples and the WSO. So we created a directory of those RCA couples that wanted to open their homes to other RCA couples.

It started with 3 or 4 couples in 2006 and currently has seven couples. Its purpose is twofold: extended fellowship and gratitude.

### How would it help couples in recovery?

This is a chance for RCA member couples to meet each other while traveling to other parts of the country. The 12 steps are about relationships: with a higher power, with ourselves, and with others. It is about getting out of our isolation and healing pieces of our couple shame.

### Is there money involved?

A suggested amount of \$20 to \$30 per night would be sent directly to the WSO by the visiting couple. This is not mandatory. We believe the 7th tradition part is the gift of gratitude to WSO. We want the doors of the Bed and Breakfast Club to stay open for RCA fellowship and recovery.

### How does it work with the traditions?

Tradition #1 - Meeting other RCA couples while traveling can enhance unity.

Tradition #2 - There are no delegated leaders; God is the ultimate authority and it should enhance the couple conscience.

Tradition #3 - The only requirement is to be in a committed relationship. We believe that's one of the biggest reasons for the Bed and Breakfast club.

Tradition #4 - We are autonomous but certainly have RCA as a whole in mind. The B and B could be considered a type of 12th step call and it promotes dialogue. To us that is an attraction.

Tradition #5 - We are certainly carrying the message to each other through fellowship.

Tradition #6 - There is no endorsement of any outside facility or enterprise. It is solely by and for RCA members.

Tradition #7 - Being by and for members, it is fully self-supporting and actually encourages it.

Tradition #8 - We aren't professionals just fellow couples in recovery.

Tradition #9 - It's about as unorganized as you can get and that is the beauty of it.

Tradition #10 - We may talk politics but there has to be some fun. We aren't about changing things outside ourselves, just inside (by getting outside of ourselves)... if you know what we mean.

Tradition #11 - We aren't planning any huge media events but we may take pictures of our memories together.

Tradition #12 - Together as couples we open our homes to other RCA couples and enrich our lives.

In our travels we have stayed with RCA couples in the Bed and Breakfast Club, and we have hosted couples in our homes as well. It has been a wonderful experience. At the RCA silent auction every year couples donate their homes for guests to stay. This is no different. The Bed and Breakfast Club is an example of 12 step recovery at its best.

If you would like to add your name to the Bed and Breakfast Club for RCA couples directory, please email your information to [articles@recovering-couples.org](mailto:articles@recovering-couples.org). Be sure to specify that this is for the Bed and Breakfast Club, and it will be listed in the quarterly RCA Hand in Hand newsletter.

Thank You,  
Randy irw Gerrie, and Betsy irw Bob



**RCA BED & BREAKFAST CLUB**

The 7th tradition Bed and Breakfast Club gives **RCA couples** an opportunity to connect with other **RCA couples**. Instead of spending money on a hotel, traveling RCA couples stay with members of the RCA fellowship, and send a 7th tradition donation to the WSO (\$20 to \$30 per night has been used in the past). This is another way to support RCA through our own contributions!

**NEW!** "Private guest room and bath, two blocks from the harbor in Redondo Beach, California."

(310) 890-9999 Malia irw Arden

"...queen size bed, private bath, large deck, tennis courts, and a pool!"

(404)-849-2189 - Tami and Matt in Roswell (suburb of Atlanta), GA

"...hot tub with a view of the Cascade Mountains, dog-friendly"

(541) 343-4920 - Gladys IRW Jade, Eugene, Oregon

"...Winnipeg...from ice fishing in the winter to hot summers"

(204) 668-1515 - Gerrie committed to Randy, Randy committed to Gerrie"

"...condominium with private bedroom and bath suite on San Francisco Bay"

(510) 235-6111 - Elise and David near San Francisco"

"...own room in their home... surrounded by great books, experience, strength, and hope"

(925) 274-1186 - Bob and Betsy from San Francisco"

"...their Rockville home or their Delaware condo (a mile from Bethany Beach)"

(301) 424-4594 - Kate and Dan Rockville, Maryland (near Washington, DC)"

If you want to add your name to the RCA Bed & Breakfast Club send a finished description to the editor at: [articles@recovering-couples.org](mailto:articles@recovering-couples.org)

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

**Falling in Love Again  
2010 RCA Convention, Niagara Falls Canada  
July 23-25, 2010**

A 200 year old monastery, atop one of the world's most beautiful waterfalls, what could those monks have been thinking of? Luckily for us, its an idyllic spot for a very special group of people to hold the 22nd annual RCA convention. Surrounded by multi-million dollar hotels and entertainment facilities, the monastery is an oasis, from the bustling tourist trap that is Niagara Falls. This weekend will be a reprieve from your busy schedule; a chance to "Fall in Love Again"!

The setting established, the program will contain something old, something new, something borrowed, and something blue, (the Falls of course). Some of the popular workshops from the Fort Lauderdale Conference, will be revived for this conference: Massage for Couples, Creative Use of Conflict, Living in Reality, and Money-Yours, Mine & Ours. The first evening we will have a Labyrinth workshop using the facility at the monastery.

Another new session will be Early Recovery: Steps 1,2 and 3. The Saturday evening guest speakers will be celebrating 25 years of marriage this year. A guest speaker will wrap up the event on Sunday morning.

Register soon to ensure you will not be disappointed. The monastery only holds 50 couples on site. The total number to attend is limited to the first 80 couples to register.

Steve irw Julaine

Update- Wow- there are 75 couples registered now, with only room for 5 more couples.

**We invite all RCA groups to make donations to the Silent Auction**

**All funds raised support the RCA WORLD SERVICE ORGANIZATION**

Here are some suggestions

**Host an RCA couple for a weekend or a week in your home**

**Auction your cottage for a week**

**Gift certificate to stay at a world wide hotel for 1or 2 nights**

**Art**

**Candles**

**Recovery books**

**Come up with your own ideas and put the items in a basket**

**RCA designer tee-shirts**

**Handcrafted 3 legged stool**

**Popcorn maker and Movies (play and have fun together)**

**Visit an RCA group and that RCA group will take you out for dinner**

When you arrive at the RCA convention, bring your individual donation or group donation to Gerrie or Beth at the registration table. If you are not attending and want to donate, contact Gerrie [gprymak@mts.net](mailto:gprymak@mts.net) 204 668-1515 or Beth [echapelaine.larocque@gmail.com](mailto:echapelaine.larocque@gmail.com)

“ We bid on staying with an RCA couple in San Francisco for a week. We paid \$200.”

“ We bid on staying with an RCA couple in Sweden and paid to stay at their cottage.”

“ We bid on the artist in RCA who drew a portrait of us.”





**THE MOUNT CARMEL Spiritual Centre (for 50 couples)  
IS NOW FULL! NO ROOMS ARE LEFT!**

**DUE TO THE INCREDIBLE PRE-REGISTRATION FOR THIS CONFERENCE ONLY 15 SPOTS ARE LEFT TO REGISTER AND HAVE MEALS AT THE CONFERENCE.**

Call Steve & Julaine 519-690-2454 to check for availability.

**Note: A special rate has been negotiated at The Rodeway Inn Fallsview, only \$328 plus tax for Thursday, Friday & Saturday. call 905-354-2322 mention RCA 2010**

**REGISTRATION FORM:**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

How long in RCA: \_\_\_\_\_ Do you want to be included on attendee list with phone #, etc? \_\_\_\_\_

**Convention Registration Fees:** (Registration Fee is non-refundable.)

Registration Only: \$55 per person \_\_\_\_\_

Meals Only: \$ 90 per person (3 meals Saturday, 2 meals Sunday) \_\_\_\_\_

Dietary Concerns: \_\_\_\_\_

Remember to enter Canada you must have a valid passport.

**Return form with cheque or money order payable to:**

**RCA Niagara 2010**

c/o Steve and Julaine McNeill 1-10 Rossmore Court

London, Ontario, Canada, N6C 6A3 519-690-2454

Questions/Concerns/Information please email [niagaraconvention2010@yahoo.com](mailto:niagaraconvention2010@yahoo.com)

**Service:** Are you interested in leading a breakout session: \_\_\_\_\_

Would you like to suggest a topic?: \_\_\_\_\_



**Seventh Tradition Contributions**  
**RCA Groups and Individuals**  
**January, February and March 2010**



Birmingham, MI	\$200.00
Boise (Oasis), ID	\$100.00
Chicago, IL Friday Night	\$302.00
Cologne, Germany (Koeln)	\$65.00
Fort Worth, TX	\$150.00
Individual	\$490.00
Jamestown-Sonora, CA	\$164.87
Koeln, Germany (Cologne)	\$65.00
Lancaster, VA	\$20.00
Memphis, TN "Together In Hope	\$100.00
Norwell, MA	\$95.00
Boise (Oasis), ID	\$100.00
Oakland, CA Early Birds	\$400.00
Riverhead/Manorville, NY	\$75.00
Saginaw, Bay Cities, Midland, MI	\$35.00
Salem, Oregon Wednesday Mid-Valley	\$50.00
St. Peters, MO Monday Night	\$50.00
Tucson, AZ Tuesday Night	\$50.00

**TOTAL**

**\$2,511.87**

Your donations help keep the RCA Website up and running, fund the operation of the literature store, and help with the annual meeting each year.

For the most up to date information, visit our website often.

Send us your feedback on this newsletter to [articles@recovering-couples.org](mailto:articles@recovering-couples.org).

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 contributions.

### Daily Meditation Book

A new committee has been created to begin to work out the concept of a new daily reader for RCA.. A virtual suggestion box has been put on the website to collect ideas for the book, and they will be reviewed by this new committee. That email box is [dailyreader@recovering-couples.org](mailto:dailyreader@recovering-couples.org).

The committee is looking for members to participate in the process. Contact **Richard, the Vice-chair** at [vice-chair@recovering-couples.org](mailto:vice-chair@recovering-couples.org) if you are interested. This committee has already begun to collect material and will be taking the book through to publication over the next few years. The Board looks forward to lots of participation and feedback from RCA members and groups.



### SOME FINAL THOUGHTS

**The 2010 RCAC will be at Niagara Falls, Canada**

The 2011 Convention will be in Phoenix, Arizona

The WSO Board is now entertaining bids for 2012.

Would your RCA group like to bid on 2012 or 2013?

## Recovering Couples Anonymous World Service Organization Board of Trustee Positions

are filled each year at the annual Meeting. These meetings are held during the weekend of the Annual Convention. These meeting are open to all RCA members. Our Bylaws state that a couple is qualified for Board Service if they meet this criteria: “Any couple which is a member of a Member Group and which professes that they have been actively working the twelve steps of R.C.A. for 12 months shall be qualified to be nominated for the Board of Trustees.” Experienced Board Members would suggest that couples interested in Board Service have had some experience in working on a WSO committee. Nominations are taken at the Annual meeting, with voting occurring immediately before the closing ceremony. The first meeting of the “new” Board occurs that same day. Contact the WSO Chair for more information.

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

**Phone:** (877) 663-2317

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

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