



Hand in Hand

Winter Issue 2012

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As we begin the year 2012, the RCA Growing the Fellowship Committee is focused on growing the RCA fellowship and meeting the needs of couples on their path to recovery. The monthly Step Study phone-in meeting has been well received and is expanding each month. We are reaching out to the professional therapy communities and informing them of how RCA can work in conjunction with traditional therapies. We are exploring many avenues to grow the fellowship both within our current community and expanding globally. If you have any suggestions that we can explore we would love to hear from you.

To aid us in this growth we are appealing to the current RCA community. We need your input. We are asking each couple and each local group to answer the following question and tell us your story.

How did you come to be a member of RCA and what has kept you here?

Understanding what has worked for our members, how you found RCA and what keeps you a continued member of RCA will help us identify ways we can reach others who have not yet found the healing benefits of recovery within the RCA family. Please send your answers to growing-the-fellowship@recovering-couples.org.



Chair Report - January 2012

Hello Everyone! I am Ruth in loving Recovery with Debbie and am honored to serve as the Trustees Chair for the service year of 2011-2012. 2011 was full of new ideas and wonderful things in our fellowship. I want to take this opportunity to share and celebrate the highlights of this past year in RCA.

Early in the year, we had a Fellowship vote that made our 4th edition of our blue book the first "Fellowship Approved" book that we have. It brought together years of work by faithful volunteers. Our literature committee worked incredible hours editing – page by page – to get the final book. On behalf of the Board and the Fellowship, I want to again offer our thanks and appreciation for the hours and work. I would also like to acknowledge the production committee who took that final draft and delivered it to our merchandiser.

We had an awesome convention in Phoenix Arizona! Our Arizona members did a great job of pulling together a wonderful weekend of recovery workshops and great fellowship. The accommodations were awesome, the workshops fun and informational, and after all of that they were raised over twelve thousand dollars for the World Service Organization. Thank you again, Phoenix! If you want to hear or share some of the workshop's experience, strength and hope, they are available on our web site, along with 2010's CD's from Niagara Falls.

Board Members

Chair: Ruth irw Debbie
Vice-Chair: Tami irw Matt
Secretary: Lyrallen irw Judy
Treasurer: Dave irw Kelly
Tyler irw Michele
Michael irw Elizabeth
Steve irw Sheryl
Jennifer irw Raymond

We also accomplished a complete overhaul of our web site. The technology committee and the newly formed web team selected a contractor, laid out the requirements and delivered a new and improved web site.

One of its new features enables each group contact couple to autonomously be able to edit and update its own information, expanding the options in the on-line store and a fellowship discussion board that should be active for this year's convention and fellowship voting items. A note on the value of change: The web traffic has quadrupled since the new site went up!

We had some Trustees rotate off the Board, and some new ones stepped up to service. Your WSO Board of Trustees now has eight committed couples serving the Fellowship. We meet every month, and would love for couples to join us and listen in on the board meetings. We are reviewing the work by our contractors and committees, keeping up on issues and ideas for the Fellowship and drafting and reviewing concepts of service that we hope to bring up for fellowship approval at the next Annual Business Meeting. Please see our on-line calendar for details on how to join our meeting.

From our Business meeting in Phoenix, we have created three focus groups working on issues the fellowship said it wanted. One is on the care and shipping of our convention banners, one is called the Angel Guardians and focused on how to support our member couples in crisis, especially losing a partner to death, and the third is forming a comprehensive policy to define meeting requirements that can be posted on our web site and in our literature to address the needs of different meetings. If you are interested in any of these, please contact our vicechair@recovering-couples.org.

There has been a list of couples who needed sponsors kept for many years. This year, however, the position of list keeper was taken by a board member and the response has been phenomenal! Dozens of couples have been matched up with sponsor couples, and a waiting list has been established for those still looking for help. The only requirement is a desire to help others work our RCA program – and you only need to be one step ahead of your sponsees! If you are willing to share the experience you have had with another couple, please email sponsors@recovering-couples.org.

Speaking of working the steps, we have also started the first phone step study this year. We have had a great response and hope that many others will join in. It is the 4th Sunday of each month, and details are on the web site. You can also email Growing-The-Fellowship@recovering-couples.org.

You don't need any experience to "step" into a meeting, and it is a great way to spend a Sunday afternoon with your partner in recovery. The plan is to begin it again after the annual convention this year.

There have been many other things that your board of Trustees and its service committees have done and are doing. We hope that with this New Year, couples will consider service in committees or on the board itself. Service is our 12th step work and it gives so much back to those who are willing to work.

This year should prove to be even more exciting! Our annual convention will be in Memphis Tennessee in August, 2012. It is going to be a fun and informative gathering – and we can't wait to see the workshops and fellowship they are planning for us. Please be sure to mark your calendars and come join us there. If you have NOT been to an annual convention, it is an amazing boost to a couple's recovery and a wonderful way to learn and grow. See you there!

Speaking of the annual convention, the annual business meeting is the Friday of the convention. It is a great time to see how things are working and to have a part in YOUR fellowship. And – this year there will be a "free lunch"! Yes – the Board has agreed to furnish all those attending the meeting a buffet lunch. It will give us some more fellowship time, time to meet and talk to the board and it will also acknowledge those who are willing to show up in service for the fellowship.

We are also working on other projects and ideas: We are forming "Country Contact Couples" to help us reach other countries and languages. We are creating packages to go out to the media and to therapists and professionals to help spread the word about RCA. The first RCA Daily Reader book is being created. We are finding and producing more tools, recordings and information to help expand our recovery as well as our fellowship. Other projects are brewing and we would love to hear more ideas from YOU!

We are wishing you a wonderful year ahead and look forward to being a part of your recovery!

Yours in Service,

Ruth B (irw Debbie V), the Trustee's Chair

On behalf of the 2011-2012 Trustees of the World Service Organization



Are you able to help these couples and Others?

Currently, the RCS Service List Keeper has a list of 19 couples awaiting Sponsor Couples. If you are in a place in your coupleship where you can give service as part of your 12 Step work, please notify the List Keeper at sponsors@recovering-couples.org.

We Would Like to Get a Sponsor couple

Couple's Names: Paul and Kathleen

Location: Eugene

About Us: In the program one month, big age difference, one alcoholic in recovery, one co-dependent also in recovery though neither is currently attending meetings except for RCA. Good spiritual lives in general, both done therapy in the past on family of origin stuff.

Couple's Names: Jim and Diane

Location: Auburn, WA, USA

About Us: We have participated in a local RCA group for 11 months. The group is small and has no couples capable of sponsoring. We have worked on, and completed a first step, in a workbook we have. We are looking for a sponsor couple to share our first step with.

Couple's Names: Lara and Edwin

Location: Netherlands

About Us: We are attending the RCA meeting in the Netherlands, and we are looking for a sponsor couple who is familiar with (or are themselves) compulsive overeating and sex and love addiction. Lara is a recovering compulsive overeater and alcoholic (for over 2.5 years now) and Edwin is a recovering S.L.A.A.-er and we are both 24 years old. We are in a committed relationship since 2 years and a couple of months. We are looking for a couple we can identify with and learn from. We don't have children and are both at the end of our studying years at Leiden University.

Couple's Names: Tony and Hope

Location: Greater Detroit Area, OR, USA

About Us: We live in a remote area and attend meeting online almost exclusively. We are both in SLAA. Hope has also had several other addictions in her history. Hope currently does EA. We are discussing joining DA. Hope attends CODA occasionally. We would like to have someone we can work with to help us stay accountable and get a reflection from outside the situation.

Couple's Names: Alasdair IRW Carol

Location: LA CA USA

About Us, Hi, we have been going to RCA for about 1 - 2 months since starting at RCA. We are both in therapy and couples counseling. We both are working to build /rebuild our marriage and want to continue to move forward. Thank you

If you are unable to Sponsor, there are many other ways to give the gift of service. Here are some other opportunities:
 *Announce periodically to your Home Group the need for Sponsors, Guest Speakers at Meetings, Couples willing to welcome new couples and Groups to RCA, Couples willing to assist struggling meetings and help new ones start up. Also, let couples know that these services are available to them.

Start up a Step Study Group. Contact

Growing-the-fellowship@recovering-couples.org

Write an article sharing your Experience, Strength and Hope regarding Sponsoring or Service work. Send it to articles@recovering-couples.org. How has this gift graced your coupleship?

Join an RCA Committee. They can be found on our website www.recovering-couples.org

Any suggestions as to how RCA can find Sponsors and encourage service are appreciated and can also be submitted to The RCA Service List Keeper.

If interested or if you have any questions, please contact the RCA Service List Keeper at sponsors@recovering-couples.org or speakers@recovering-couples.org

With Gratitude and in the Spirit of love, Service and Fellowship, Debbie irw Ruth RCA Service List Keeper

There is an urgent need for individuals to step up and be of service.

We have a need for members of the Ethics Committee. This committee will need a chair.

Please consider joining the Literature Committee. Now that the Blue Book is in print, there is a need to revise all the pamphlets and brochures. The Literature Committee would also like to create some new documents. What new literature would you like to see?

For either of these committees, please contact Mary Monica Irw Scott at mmlemmons@charter.net.

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!

"...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 IrwJade, 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 " (near Washington, DC)"

(301) 424-4594 - Kate and Dan, Rockville, Maryland

Own room, lake outside, nature, small town in Northern Minnesota - Paul and Stella 218-847-066 Detroit Lakes, Mn 56501 Stellajb41@msn.com

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

We are Ruth & Debbie in a loving and committed relationship together. We want to share with everyone one of our most frequently used tools for working the steps. This came to us from our loving and giving sponsor couple at a time that we needed it the most. We have shared this many times with our sponsee couples and our home group, and now with all of you.

Working the Steps:

What is the unmanageability you are experiencing in this situation?

Believe that your higher power can restore you both to commitment and intimacy.

Make a joint decision to turn the problem over to your coupleship's higher power (and be open to the promptings).

What character defects do you each have that bear on this problem?

Are you ready to have Higher Power remove these?

Ask Higher Power to remove these defects of character, communication and caring.

Do you need to make an amends to each other?

If so, follow through with it.

Determine how you can use step 10 to follow through because planning and scheduling will be an ongoing process.

Improve your conscious contact with Higher Power, praying for knowledge of Higher Power's will as it applies to this situation.

Allow your spiritual awakening to help you carry this message and practice these principles in all aspects of your lives, your relationships and families.

This is a beautiful example of the gifts we receive with sponsorship. At this time there are MANY couples waiting for and praying for the gift of a sponsor couple. If you are willing to share your gift of recovery, please email sponsors@recovering-couples.org.



Over 700 songs sung by Elvis,

and not one with the title “Together in Hope” ?

Well . . . "Don't Be Cruel" and "Don't Think Twice, It's All Right"

2012 RCA Convention

August 3, 4, & 5

Find out what “Memphis, Tennessee” is all about

We are currently seeking out those in the fellowship who might be willing to serve as workshop facilitators, breakout leaders, or discussion moderators. Perhaps you have served at a past convention or retreat and enjoyed the experience ? Perhaps you have been of service within your local group, and would like to serve the larger fellowship ?

We are hoping that we can all come together to make the 2012 convention something to remember ! We want to hear from you !! The suggestions we receive will be considered as we move forward in the convention program planning. In being open to your input and ideas, we can honestly say that we are and will all be “Together in Hope”. Just don’t step on my "Blue Suede Shoes".

Please email us: RCAMemphis@gmail.com with your thoughts, ideas, and ESH.

Al irw Joyce

Memphis GCC



2nd Annual SE RCA Retreat Healing Together as Couples

March 30 – April 1, 2012

Roswell, GA – Courtyard by Marriott

* There is a hotel shuttle that will pick you up from Marta North Springs Station
Marta is a train system with a stop at the Atlanta Airport

The Truth Shall Set us Free (but first it will tick us off) Steps 4 and 5

Couples speaker, Workshops, fellowship and a Sunday afternoon on the Chattahoochee.

Hotel reservations can be made at 770-992-7200 or <http://cwp.marriott.com/atlrw/healingtogetherascouples> please mention Healing Together as Couples to get the discounted rate. Hotel rooms are \$69 a night with suites being available for \$89 a night the rate is good Thursday through Sunday and includes a hot breakfast with an omelet station. We will offer a dinner option Saturday night and there are several of restaurants, a Starbucks and a grocery store (Publix) in walking distance.

Registration will be \$40 a couple including lunch Saturday if reservations are postmarked by February 14th and \$50 a couple after. There will also be a barbeque for \$5 a person available Sunday afternoon with volleyball, horsehoes, etc. and hamburgers and hot dogs and the fixings Sunday afternoon on the Chattahoochee River at a private park about a mile from the hotel.

*Saturday lunch included if postmarked by March 15th.

Restoring Intimacy, Caring, Communication and Commitment

RCA is open to any couple who wishes to stay in a committed relationship.

Questions: Send an email to rcanorcross@yahoo.com or call Matt 404-849-2190 or Tami at 404-849-2189 for further details.

RCA Website www.recovering-couples.org

Hotel Retreat Website <http://cwp.marriott.com/atlrw/healingtogetherascouples>

The New Blue Book is available!

Be sure to order yours from the new website!

RCA WSO Treasurer's Report Summary

December 2011 Board Meeting

(All figures current as of November 30, 2011)

Please note: For ease of understanding, Total Income includes all sources of income (7th Tradition, Individual Contributions, Convention Income, Shipping/Handling fees, sales of products, etc.) Total Expenses includes all payouts (Costs of Goods Sold, Professional and Consultant's Fees, Finance Charges, Insurance, Printing/Copying, Postage, Leasing, Rent, Storage, Telephone, etc.).

	<u>Nov. 2011</u>	<u>Oct. 2011</u>	<u>Nov. 2010</u>
Total Income	\$2,339.15	\$17,346.15	\$2,047.99
Total Expenses	\$2,730.00	\$4,533.69	\$2,977.76
Variance	-\$390.85	+\$12,812.46	<u>-\$929.77</u>
Current Assets			\$34,880.34

Fiscal Year To Date Summary

July 1, 2011 to November 30, 2011

	<u>Budgeted</u>	<u>Actual</u>	<u>Variance</u>
Total Income	\$17,900.63	\$29,377.45	+11,476.82
Total Expenses	\$17,900.63	\$25,656.21	<u>-\$7,755.58</u>
			+\$3,721.24

Contributions are currently about 48% (\$2,972.30) less than anticipated.

Product sales are about 41% (\$3,638.98) more than anticipated.

Overall expenditures (including COGS) are about 43% (\$7,755.58) more than anticipated.

Dave R. irw Kelly R.

Treasurer

RCA WSO Board of Trustees

RCA DAILY READER SUBMISSION INSTRUCTIONS

These instructions are meant specifically for the completion of submissions to be considered for the RCA Daily Reader.....a compilation of 366 submissions to provide inspiration, instruction, experience, strength, hope and faith from our fellowship members to our fellowship members and couples who continue to suffer in dysfunctional or abusive relationships.

1. The form offers three possible dates for you to choose on which your submission will appear, such as an anniversary, a birthday, the date of your first Meeting, etc. If by the time you submit, those dates are taken, we will offer you the opportunity to suggest three more. We hope to offer a calendar of populated dates as submissions pour in so as to avoid duplication. The 366th day, February 29, will be used as an example for submissions.

2. Your submissions are subject to edits based on appropriate length and subject. The committee hopes to limit editing to a minimum, thereby allowing the creative spirit of our fellowship with the guidance of a power greater than ourselves to create this useful tool.

3. We will add to the WSO website PDF's to allow for easy submission and subsequent transmissions to DailyReader@recovering-couples.org for committee review and approval. Please include your e-mail address or phone number in the event that we need to contact the submitter for clarification.

4. This committee does not have a timeline for completion of the book. That end date will be entirely in the hands of the fellowship. The Daily Reader subcommittee will submit the final product to the Literature Committee for approval, which in turn will review the book and submit it to the WSO Board for final approval prior to publication.

5. All submissions are subject to a first-submitted, First-served basis. See below as an example of a submission.

6. All submissions become the property of RCA for use in the Daily Reader publication.

7. Submissions may be quotes from other sources or original thoughts. Quoted authors need to be included as part of the quote/poem/song.

8. It is suggested that both the Reflection and Response (see sample below) be written in the voice of the "we" to acknowledge our coupleship.

EXAMPLE RCA DAILY READER SUBMISSION FORM

Choice of dates: 1st 2/29 2ND _____ 3RD _____

Today's Thought: Leap Year Day is about correcting the imperfection of our calendars. It proves in an odd way that even our solar system is not perfect, but that it can be adjusted and corrected.

Reflection: Our Program suggests that we make corrections, amends, to turn our wills and lives over, and to do this one day at a time. We cannot wait for every fourth year, but then again, we are not as big as the universe. We try to make our

corrections "wherever possible except when to do so would injure them or others."

Today's Response: Today, we will strive as a recovering couple to work our program and to take a "Leap of Faith" into action. A meeting for two, a meeting, a call to a sponsor couple, prayer and meditation, checking in on time, sex and money, sharing our feelings. We will do whatever it may be to work our program.

HERE IS A SAMPLE THAT HAS BEEN SUBMITTED**Our Daily Reader Experience!**

Part of our 11th step every morning is sitting together. We alternate reading from inspirational readings from various 12 step daily readers. We then sit quietly together, in meditation, for 5 minutes, then share our thoughts and inspirations. When we heard that RCA is creating a daily reader, we were thrilled to know that one day we would have THAT treasured tool for our morning ritual.

We decided to honor our coupleship, by submitting an entry for the date of our anniversary. We used the submission form from the RCA web site (under group resources), and together we created what we wanted to share. We sent it into DailyReader@recovering-couples.org and the committee reviewed it and told us we could have our selected date! We are going to be part of the RCA Daily Reader – and so can YOU!

We would like to share our submission with you:

Thought for this day: In Sedona, Arizona, there is a rock formation of a couple standing back to back during their wedding ceremony. Legend says that the couple was from different Native American Tribes, with different views and histories. With their unique vantage points, each could see what the other could not. The elders witnessing the ceremony reminded them of the growing strength in their differences.

Reflection: We each come from different families of origin and have different traditions, beliefs, experiences and perspectives. Just like the couple back to back, we may never see the same things or share the same perspective.

In recovery, we learn to invite Higher Power into the unity of our coupleship to help us see the bigger picture and to realize that there is greater strength within the spectrum of our differences. Together we can see, do and imagine much more than we could ever do alone.

Today's response: Today in our coupleship recovery we can respect our differences and perspectives and have the willingness to consider that Higher Power has a broader view. It is this broader view or third way that is possible by us being willing to be willing.

In love and service,

A grateful recovering couple

Now you try.....

Seventh Tradition Contributions

RCA Groups and Individuals

October, November, December 2011

West L.A. Brentwood, CA	\$57.00	45363
Visions -Thousand Oaks, CA	\$56.00	45023
Tucson, AZ Wednesday Night	\$50.00	43020
St. Petersburg, FL First Florida Group	\$35.00	49090
St. Paul, MN	\$200.00	63045
Sherman Oaks, CA	\$90.00	45020
Santa Cruz, CA	\$150.00	45100
San Diego, CA	\$100.00	45075
Riverside, IL	\$20.00	53040
Richmond, VA "Being In The Solution"	\$50.00	86040
Reno, NV	\$100.00	87029
Portland, OR	\$100.00	77010
Phoenix, AZ Thursday Crossroads	\$200.00	43010
Oakland, CA Early Birds	\$414.89	45052
Norwell, MA	\$50.00	61020
Merced, CA	\$20.00	45362
Los Altos, CA	\$450.00	45060
K.I.S.S. Venice, FL	\$219.45	49030
Jamestown-Sonora, CA	\$105.66	45015
Ithaca, NY	\$101.73	72017
Individuals / 8	\$2,410.00	
Green Valley, AZ RCA	\$60.00	43053
Fort Worth, TX	\$600.00	83020
Eugene, OR	\$50.00	77005
El Segundo, CA	\$112.00	45040
Chicago, IL	\$36.05	53060
Birmingham, MI	\$350.00	62040
TOTAL	\$6,187.78	

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.

The **Hand in Hand** is your newsletter!
To have an article included, please send it to
articles@recovering-couples.org

The next article deadline is

March 15, 2012

June 15, 2012

September 15, 2012

December 15, 2012

SOME FINAL THOUGHTS

**The 2012 Convention
will be in
Memphis, TN**

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

Phone:
(877) 663-2317

E-mail:
wso-rca@recovering-couples.org

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