



HAND IN HAND

SPRING ISSUE 2016

Our Website: www.recovering-couples.org

To email RCA : wso-rca@recovering-couples.org

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Webmaster	Mark irw Vicki
Meeting	

2016 RCA Convention



"Healing Together As Couple"
We are very Excited !

RCA Convention 2016 in Atlanta

Georgia, USA
August 12th - 15th

The fun and fellowship begins on Friday and doesn't end until Sunday.

Friday lunch: Flank Steak, Seasonal Vegetables, and Mashed potatoes (Salad, Dessert, Coffee and Iced Tea)

Saturday lunch: Chicken Breast au Jus, Seasonal Vegetables and Rice Pilaf (Salad, Dessert, Coffee & Iced Tea)

Saturday Dinner: Bistro Steak, Seasonal Vegetables, and potatoes (Salad, Dessert, Coffee and Iced Tea)

Special dietary requirements will be catered for.

We are also planning an optional activity on **Sunday afternoon** of a tour of local Plantation homes and then gathering for dinner.

Silent Auction at the 2016 RCA Convention

Are you excited about going to the convention in Atlanta? You should be! And one tiny reason is that you get to participate in helping RCA through the Silent Auction. Please think of what you can bring to be auctioned off: a basket of "goodies" from your home group, a piece of art work, a music CD that you'd like to share with your best friend, a book that you love, something you have made that others might enjoy, too. The sky is the limit. Last year, we had jewellery, jars of homemade applesauce [I think it was], and much more. Be creative.

When you arrive, please bring your donation to the silent auction room. Then check back often to bid on items. At the end of the convention, please check to see if you have won an item; if so, pay for it and take it home. The proceeds go to help pay for the convention. What is left over goes to the World Service Office.

I'm looking forward to seeing all of you, and to see what you all bring to support our 2016 RCA Convention!

Melinda irw Joseph



Series on Tools of Recovery

No. 4: Sponsorship

[\(click here for RCA tools of recovery\)](#)

Each Sponsee couple can sponsor as they see appropriate.

There are no hard and fast rules except a suggestion: not to give advise or try to fix one another. This is easier said than done for those of us who are co-dependent and compulsive helpers, but essential in creating a safe space for couples to do the shame reducing work. This safe space, and the unconditional support between the couples is where the healing can begin. To enhance intimacy further, Sponsor Couples are encouraged to share their experience, strength and hope. This can go a long way to greater understanding of coupleship's processes as we begin to see that we are not alone and that many of our issues are not unique.

For us, when asked to be a Sponsor Couple, we try to have an open dialogue, from the start, about what the couple is hoping to achieve from their work and what they expect from a Sponsor couple. We try to be clear what time commitment we can make and what we can provide and what we cannot. We see the relationship in terms of working the Steps. We feel the answers are in the Steps and so we let our potential spouses hear out thoughts as well.

Once we have established the basis for the relationship and its direction, we look, as a matter of priority, to have safe communication. One guideline we tend to use from the very beginning is to ask that all communication (emails, texts, etc.) occur between all four people. Also, we ask that one member of the coupleship does not speak to one member of the other couple. Anything that needs to be said is said to all. In our minds, this is essential for continues safety.

As the relationship settles, couples can sometimes fade in their Step work. The Sponsees begin the journey quite keen and then something kicks in and the motivation fades. For some maybe it is fear. What does a Sponsor Couple do then? Do they contact their Sponsees and give a gentle suggestion or do they leave them until they ask for help? Our feeling now is to nudge them along for the simple reason again that we think the answer to our troubles are in the Steps.

Sponsorship and being Sponsored has been perhaps the most significant tool in our coupleship. We are repeatedly honoured and humbled to be part of such special and intimate relationships. With Higher Power to guide, this tool has the capacity to transform.

It would be valuable to hear from other sponsors on what you find to be essential to the Sponsor/ Sponsee relationship.



RCA needs YOU!

Hand in Hand

We want to make the Hand in Hand a relevant publication in which we can share our experience, strength and hope with the wider RCA community. We are always looking for RCA couples to help with writing articles. Please submit them to: articles@recovering-couples.org

Daily Reader

We are looking for submissions for the Daily Reader. This will be a Daily Meditation Book for RCA couples. Please send your ideas to: DailyReader@recovering-couples.org

Website Team needs your help

Why not offer some of your time ? You do not need to be a Rocket Scientist ! We need people who know Facebook, Twitter and other social media tools that can help us get the word out. We are also looking for people who are willing to review the Website with an eye to format and content.

Even if you are unable to join the team, if you have ideas on how RCA can improve the Website please drop us a line on web-team@recovering-couples.org.

Looking forward to hear from you !

Seventh Tradition (Q1)

GSN 62040	\$160.00
GSN 45060	\$200.00
Walnut Creek	\$300.00
GSN 53060	\$72.00
GSN 99033	\$40.00
GSN 60015	\$50.00
GSN 89038	\$180.00
GSN 89025	\$100.00
GSN 99025	\$50.00
Santa Clarita	\$25.00
Winter Park/Orlando	\$90.00
GSN 63015	\$92.00
GSN 89026	\$100.00
Boise Tues. Night Group	\$10.00
Cleveland East Group	\$140.00
Green Valley RCA	\$75.00
GSN 83020	\$300.00
Santa Clarita	\$150.00
GSN 43020	\$100.00
Lakeshore RCA	\$200.00
La Canada Special Focus	\$190.00
GSN 99025	\$50.00
A Vision For You	\$390.00
GSN 83032	\$159.75
Boise Tues. Night Group	\$10.00
Individual Donations	\$955.00
Total	\$4188.75

Important:

New Address:

PO BOX for 7th Tradition

712 Bancroft Road

Suite 299

Walnut Creek, CA 94598, USA



Some RCA Links to our Website - much more to explore !

Creating a Couple Login	Click here
Safety Guidelines	Click here
Couples Daily Reflections	Click here
Retreats and Events	Click Here
The Promises	Click Here
The Twelve Steps	Click Here
The Twelve Traditions	Click here



Reader's Submissions

Many Thanks !

(1) LIFE HAPPENS

Suddenly, something happens - you suddenly lose a loved one, get laid off from work, become diagnosed with a serious illness, or experience an unwanted life-changing event - all of which brings your seamless balancing act to an abrupt halt. You find yourself curled up in bed, no longer caring about routines or activities and the last thing on your mind is the simple next task. During these times, it's easy to isolate yourself by pushing your loved ones away, lashing out at others, and completely disconnecting from loved ones. In return, your suffering continues and you don't understand your confusion and sense of abandonment.

It's hard, but we can try to remember that love does exist, you have IT! Yes, *hard* not only to accept love during the tough times, but even to also give love. Again, *it's hard*, but sometimes all it takes is getting out of yourself and asking for a group hug from the RCA family. Because, you see, as members, we are called to encourage one another, to lift each other up and to trust that God is in control of every situation. So, take a deep breath and ask God through a member to fill your heart with love as you face the difficult days ahead, remember to accept love and encouragement from your friends and family. In doing so, you will be sharing your love of them in return.

(2) WHO WE ARE

We are couples committed to restoring healthy communication, caring, and greater intimacy to our coupleships. We suffer from many problems, some identified and some not, some treated and some not. We also come from different levels of brokenness. Many of us have been separated or near divorce. Some of us are new in our coupleships and seek to build intimacy together. We have all sought healing in Recovering Couples Anonymous (RCA). Although we have many relationships, we have only one coupleship. We restrict ourselves to one partner for the full expression of our

physical, emotional, sexual, and spiritual love. We try to honour the special nature of our love by doing spontaneous things with our partners. It can be easy to become so preoccupied with our work, children, elderly parents, or other distractions that we neglect our partners. We may feel there will always be time for our partners later so we do not pay them the special attention they deserve today. A nurturing, healthy coupleship requires regular attention to function at a level that gives the highest satisfaction. Keeping our focus on our love can bring pleasures we never believed possible.

(3) BETTER TOGETHER

Each of us is better because of the others. God purposefully created each of us with special insights and giftedness. He made each of us uniquely individual, but with a need for community. Despite our many differences, we have common ground.

Each of us is made in the image of God.

Each of us has needs – body and soul.

Each of us has talents and gifts.

Each of us has joys and fears.

Each of us is broken and flawed.

Each of us has hopes and dreams.

Each of us wants to love and be loved.

Each of us is known by God.

Lisa Leonard

(4) 12 STEP PROMISES

If we willingly surrender ourselves to the spiritual discipline of The 12 Steps and follow its guidelines, our lives will be transformed. By attending meetings regularly, reading literature, regularly talking with another, trying to follow the 12 Steps in our lives and sharing our experience, strength and hope with others, we'll definitely see our progress and increased serenity.

1. We will become mature, responsible individuals with a great capacity for joy, fulfilment, and wonder. We will be happy with our abilities and outlook as our

spirituality grows and our understanding of our God reveals all that is being done for us.

2. We will discover that we are both, worthy of love and loving. We will love others without losing ourselves, and will learn to accept love in return.

3. Our sight, once clouded and confused, will clear and we will be able to perceive reality and recognize truth.

4. Courage and fellowship will replace fear. We will be able to risk failure to develop new hidden talents.

5. Our lives, no matter how battered and degraded, will yield hope to share with others.

6. We will begin to feel and will come to know the vastness of our emotions, but will not be slaves to them.

7. Our secrets will no longer bind us in shame.

8. As we gain the ability to forgive our families, the world, and ourselves our choices will expand.

9. With dignity we will stand for ourselves, but not against our fellows.

10. Serenity and peace will have meaning for us, as we allow our lives and the lives of those we love to flow day by day with God's ease, balance, and grace.

11. No longer terrified, we will discover we are free to delight in life's paradox, mystery, and awe.

12. We will laugh more.

13. Fear will be replaced by faith, and gratitude will come naturally as we realize that our Higher Power is doing for us what we cannot do for ourselves.

Reflecting on these promises occasionally will reveal our ability to make our life joyful and allow others to do likewise. We will be happy with our abilities and outlook as our spirituality grows and our understanding of our God reveals all that is being done for us.



Growing the Fellowship

(1) If you are seeing a professional (counsellor, psychologist, psychiatrist...) in your community.....

Let them know about RCA and how it is helping your coupleship. Bring posters, pamphlets and business cards. This kind of personal contact usually has more impact than a general mailing to professionals. Imagine the impact if every couple in recovery informed their counsellor or psychologist of the benefits of RCA.

(2) Increase awareness with other 12 Step Fellowships.

12-Stepping to grow the RCA fellowship is not for the faint-hearted any more than is couple recovery. Recruiting an individual to an individual program may be easier, but we are up for the challenge because... Together we can !

(3) Support Couples who want to start a new meeting.

It is really surprising how many cities do not have an RCA meeting. You could start a meeting. Meeting Starter Kits are available on the website and there is support that is available from your Outreach Committee. A regular meeting time and place are good as is a lot of perseverance. It takes time for people to hear about the fellowship and for couples to make a decision. It is not about numbers; be grateful for the couples who do come and support them in whatever way you can.

Start a new phone- in or virtual (face-to-face) Zoom, Skype or Freeconferencecall.com meeting. You could find out what is required to start this kind of meeting by getting in touch with members who have already done so. Zoom works well for face-to-face and

costs less than \$10/month for up to 25 connections. Skype and Freeconferencecall.com are free.

Encourage new members to become involved in service. Service is as simple as setting up the meeting room, chairing a meeting or, as couples become comfortable, to being the GCC. Let member know that service and recovery go hand in hand. Include an item in your meeting format that speaks to the value of becoming involved in coupleship service.

(4) Increase the number of new groups in USA, Canada and Europe.

Visiting a group when you're traveling can ensure that your coupleship stays functional while on the road. Visiting a group can be like visiting family abroad. It gives you the opportunity to share ESH-you and they benefit too. See how other groups run their meeting to get ideas for your home group.

Hand-in-Hand and E-News: encourage couples to subscribe on the website to both. This helps groups feel connected to the fellowship; this encourages them to browse the website which is chock-full of information Our literature is being translated into Spanish, Danish and German.

(5) Create a List on how to retain new Couples.

For a new or small group ask the couples to make a commitment to keep the group alive.

- Create a commitment contract.
- Have a Social Secretary - The group that plays together, stays together
- Invite a speaker couple
- Face-to-face Skype, Zoom and Phone-ins all work.
- Chip in to provide child care
- Help members sign up as couples on the website and encourage them to browse the website where there is a wealth of information

For all of the above suggestions on Growing the Fellowship:

Click here [Goal & Objective](#) for other ideas

Click here [RCA discussions](#) to contribute your idea

RCA Announcements

(1) Improvement to the RCA Store

The Web-Team is happy to share the following information about improvements made to the RCA store over the past few months. **We hope these improvements will help you enjoy shopping for your RCA Literature.**

Our Terms and conditions have changed. In the Checkout phase, please pay attention in step 5 to the Terms and Conditions. You will need to check the "Terms and Conditions" box to proceed. It may be helpful to read the information.

One improvement is the elimination of purchases by check or money order. All purchases from the RCA Store will now use the RCA PayPal Gateway. The RCA PayPal Gateway will offer shoppers the choice of using either a PayPal account or Personal Credit or Debit Card for purchases from the RCA Store. Another improvement is that all transactions will be in US Dollars to eliminate shipping costing errors.

Figure 1

The screenshot displays the checkout process on the RCA Store. On the left, the 'Your order summary' section shows a table with the following items:

Descriptions	Amount
Recovering Couples Anonymous A Twelve...	\$34.00
Item number: A Twelve Step Pro... Item price: \$17.00 Quantity: 2	
Item total	\$34.00

Below the table, there is a section for 'Estimate shipping and tax' with a text input for 'Enter destination ZIP' and a link for 'Ship outside U.S.'. A 'Calculate' button is present. The total amount is listed as 'Total \$34.00 USD'. At the bottom of the summary, there is a 'PayPal Purchase Protection' banner.

On the right, the 'Choose a way to pay' section offers two main options:

- Pay with my PayPal account**: Includes a 'Log in to your account to complete the purchase' instruction, an email input field (pre-filled with 'my-email@address.info'), a PayPal password input field, a checkbox for 'This is a private computer. What's this?', a 'Log in' button, and a 'Forgot email or password?' link.
- Pay with an online bank account, debit or credit card, or PayPal Credit**: Includes an optional note: '(Optional) Join PayPal for faster future checkout'.

A 'Cancel and return to WSO Inc.' link is located at the bottom of the payment section.

The PayPal Gateway converts all purchases to local currencies. The RCA PayPal Gateway will calculate and apply domestic and international shipping and applicable taxes to your purchase, as you can see on the left side of figure 1 above. You have the option to login and pay with your PayPal account, or **Pay with an online bank account, debit or credit card, or PayPal Credit**. Simply select the link of your choice. (see the yellow arrows on the right side above) Your order confirmation will be emailed to the registered email and relayed to RCA Shipping for processing. We at the Web-Team hope these changes will improve your shopping experience at the RCA store.

Thank you,

RCA Web-Team

(2) At the RCA convention in Georgia there will be help on how to navigate our RCA website !

Free help at the convention to learn how to navigate the RCA website like an expert!

At the 2016 RCA international convention in Atlanta Georgia, we plan to have a computer station set up in an easily accessed common area where anyone who would like to learn how to register on the website or who would like to know more about navigating the website to utilize the resources will have technological help. Vicki is a computer tutor and will be offering her services to fellow RCA members who wish to get some help at the convention. Look for the location and time announcement at the convention.

by Vicki Mirw Dick M, Palm Desert, CA

(3) RCA Events and Retreats

Event	Location	Date	Information
The Santa Cruz 19 th Annual Day In Spring	Aptos CA	May 14, 2016	Information and Registration
2016 Annual Convention	Atlanta, GA	August 12-15, 2016	Information & Registration
RCA Trailblazers Expedition	Zoom Teleconference	Day 1 March 12th Steps 1- 3 Day 2 May 7th Steps 4 & 5 Day 3 July 30th Steps 6 & 7 Day 4 October 8th Steps 8 & 9 Day 5 November 5th Steps 10,11&12	Expedition Link
Deepening Our Recovery in Stillwoods 2016 Northwest Retreat	Lindell Beach, Vancouver, B.C.	Sept 23-25, 2016	Email 2016NWRetreat@recovering-couples.org For info
Emotional Safety: How to Use the RCA Tools to Build Intimacy	Green Gulch Zen Center Marin County, CA	September 23rd to 25th, 2016	Flyer/Registration