



# Hand in Hand

Fall Issue 2011

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## HOW DO I GET SOMETHING INTO THE HAND IN HAND?

1. send your item to the [articles@recovering-couples.org](mailto:articles@recovering-couples.org) email.
2. It will be forwarded to our editing volunteers who will look it over for typos, grammar, syntax, and general clarity of the idea. They will communicate with the author about any suggested changes. (This is a mutual process.)
3. Once the editors have finished, it is sent to a group who reads it for “content”. In other words, does it meet the safety guidelines of our program, does it follow the RCA 12 steps and 12 traditions?
4. All items are then formatted into the Hand in Hand as you see it.

(sometimes 3 & 4 are reversed) (items received after the quarterly deadlines are used in the next edition!)

*If you have an idea for an article, but are not comfortable writing it yourself, send the idea to the same email, someone will work with it for a future H in H*

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**In the Love and Spirit of Fellowship and Service, here is a request which was passed on from our WSO Board member: Debbie irw Ruth**

Hello,

We are a couple in need of a sponsoring couple. We have been attending RCA for about 6 months and have started our step work. The problem we are running into is we belong to a newly established RCA group and none of the couples currently attending have completed step work. We are on step three and thought it a good idea to reach out for help. Recovery has taught us to ask questions, knowing we don't have all the answers. We need your help with getting a sponsoring couple.

Thanks for your time, Gil & Darryl In recovery together

\*Please contact [sponsors@recovering-couples.org](mailto:sponsors@recovering-couples.org) to help this couple or the other RCA Couples awaiting Sponsorship with Patience and Faith

## 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 have several new volunteers from the 2011 convention in Arizona - **Meet the Board for the RCA WSO:**

Judy and Lyrallen-- are a recovering couple, in RCA since 2003. Our current home group is the Framingham, MA group on Thursdays. We have been to five conventions and were asked to be on the board each time. The time never seemed right for one reason or another. So this year when we were given a gentle nudge to join the Board all we know is that intuition said *Yes* for the first time. We know that doing Service and working the Steps are what make our recovery stronger. We wanted to be closer and more involved in RCA for our recovery and we wanted to get to know other RCA couples who we only meet once a year at the Convention. We are grateful to be members of RCA and hope to participate in the growing and deepening of the fellowship over the next year.

We look forward to serving you.  
Lyrallen and Judy

Steve and Sherry are from California and attend the Walnut Creek meeting. We have been in RCA for 10 years and have realized an enormous amount of growth from our work in RCA. The 12 steps say that you need to give away in order to keep sober and committed. So, when we attended the Phoenix convention, we decided to offer our services back to the fellowship. We are both firmly grounded in other 12 step fellowships and would like to help RCA get its message out to those couples still suffering. Our limited time on the board has dazzled us with the talent, creativity and energy of the other board members. We hope that our HP will let us offer something to what is already a high functioning group!!!

We are Dave and Kelly, and we are a recovering couple. We are members of the First Hamilton Group of RCA (Hamilton, Ontario, Canada). We have been together for 16 years and have been members of RCA since 2003. That's half of our relationship! We've held a number of different service positions in our home group as well as in our individual recovery groups and have even taken on the task of starting new meetings in our city.

Our first experience with an RCA convention was in 2004 in Winnipeg, Manitoba. It was so amazing to see so many people from our fellowship come together for the weekend. We met many wonderful people there and have enjoyed catching up with them and meeting new couples at subsequent conventions.

We're starting our second year of service on the RCA Board, and Dave will continue on as Treasurer and Kelly will be the liaison with the Memphis convention committee as they plan for the 2012 convention. It's quite an honor to serve the fellowship that has been instrumental in keeping our relationship strong. We are very happy and proud of the work that the Board of Trustees has done over the past year, and we look forward to the work ahead. We are most excited to see the new couples who have stepped up to serve on the Board.

Matt and Tami

We started dating as college freshman in 1984 and married in 1988. We came to RCA in early 2006 desperately needing to find a different way to save our relationship. We are still repairing the (pre-RCA) damage but we have found a way that works and we want to do whatever we can to help others not suffer the way we have.

This is our second year on the board and it has been an incredible gift to our coupleship. We have enjoyed studying the traditions with the board last year and studying the concepts this year. For us this makes the board a safe place; just like when we work the steps and traditions in our relationship, our home has become a safe place to thrive. We feel very blessed to have this opportunity to serve.

Mike and Liz met at work and married in 1996. We had our twins eight months later and it was a downward spiral from there. We both came from very dysfunctional families that were very different. We managed to "get by" for the first 4 years or so of marriage and then it all came to a head. Both Mike and Liz discovered they had many issues that needed attention. Liz went to treatment in 2002 and the journey began. We had already found RCA through our fabulous therapists, and were each trying to work our individual programs but there was still more struggles for Liz. Mike and Liz renewed their wedding vows in Sante Fe, NM when Liz completed her treatment pro-

gram and vowed to make this marriage one of recovery and healing. We have found RCA to be a lifesaver, literally. It saved our marriage and allowed us to look at what was broken. We have thoroughly enjoyed the sense of community and love we find in RCA. Though our chapter, Lakeshore RCA in Michigan, has been through some ups and downs, we are renewed in our passion to help other couples achieve freedom from addiction and unhealthy behavior. We attended our first convention in Canada last year and were very inspired. We vowed to make it a commitment every year. We followed our hearts this year and took on a position on the board. We hope that we can help couples anywhere and everywhere find peace and serenity in their relationships too.

Buddy and Jennifer have been in couple recovery for about the past eleven years and it has saved our coupleship. We are each in at least two other 12-step programs and feel committed to a 12-step way of life-- We call the 12-steps "the family religion." When we attended the Phoenix convention we were both stirred by Patrick Carnes' call to action and his vision of RCA as the hope for the future. We were also greatly impressed by the conduct of the Board meeting at Phoenix and hoped that by joining the board we might also be able to make a difference and a contribution. However, we are off to a slow start as newbies, and are still trying to get into a rhythm with our personal lives and our new board responsibilities. We look forward to growing!

We are Debbie and Ruth in loving recovery together. Our home group is the Capital District RCA meeting on Tuesdays in Albany, New York. We found RCA in 2008. In 2009 we were elected group delegates to the Florida convention. We had no idea what we were getting into!

It was during that business meeting that we encountered the power of fellowship working in unison with the trustees and other delegates. At that point we came to know the width and breadth of RCA. We were elected to the Board of Trustees that year. We were nominated by couples who saw something in us that we were able to give. We came to know that it is through service that we get to keep what was so freely given to us. We are grateful for all the loving and supportive couples who have held the space and supported our coupleship and

our service work, as well as to our Higher Power for making it all possible.

As we begin our 3rd year in service as Trustees, we are excited at the momentum of growth in RCA. We are honored to be one of many couples serving as your trusted servants of the World Service Organization. We look forward to another dynamic year of fellowship and couple recovery!

We, Michele and Tyler, have been in RCA since April of 2005-two months into our dating relationship. We met on an airplane, a Denver to Orlando flight in 2004. This was a time in our lives when our long term marriages were both ending. We did not date our first year of knowing each other. Tyler had been two years physically separated from his estranged wife-she lived on the west coast and he lived on the east coast. I had considered divorce many times in the 24 year marriage I had been in. We were both divorced from our previous partners in 2005.

As we considered dating, we knew that the odds were against us building a solid relationship if we did not get back into individual recovery and into couple's recovery, as well. We had both been in recovery in the past. We regretted not having remained in our recovery programs.

We made the commitment to going to any lengths to restore our lives, whether we stayed together or not. We started attending individual recovery meetings, got sponsors, and started attending RCA meetings. We got a sponsor couple. Our home group is the Sunday night tele-meeting. Over the years we have had many occasions to see our tele-meeting friends whether at the convention, retreats or a special visit to their home. This has enriched our lives tremendously.

With the blessing of our individual sponsors, our coupleship sponsors, and our therapist, and with many of our recovery friends present, we were married in 2008. This we view as a miracle.

We have changed so much since our early days in recovery together and we have witnessed much healing in the lives of our children and families. Out of gratitude for the promises coming true, we sponsor a number of couples and are serving our 2<sup>nd</sup> year on the RCA Board.

Warmly and with gratitude,

Michele irw Tyler



### Growing the Fellowship:

The Growing the Fellowship committee would like to hear any ideas that you have for growing the fellowship. What does your meeting do to successfully grow? The keynote Speaker Pat C and the closing ceremony at Phoenix encouraged us to get out there and share this fellowship. There were RCA business cards available to spread the message these can also be customized and ordered from various places for your meeting. I know many of us came to RCA close to divorce and/or separation and my partner and I find that by giving this program away we get to keep it. If you have any input or would like to be a part of the Growing the Fellowship committee please send an email to [growing-the-fellowship@recovering-couples.org](mailto:growing-the-fellowship@recovering-couples.org).

### Step Study:

A step study was started Sunday, August 28th, 5 pm EST and will be conducted once a month usually the 4th Sunday of the month. If you are interested in details please send an email to [growing-the-fellowship@recovering-couples.org](mailto:growing-the-fellowship@recovering-couples.org). We had a breakout session where couples shared their step with another couple. We had a speaker couple that shared their ESH on the first step. We all came back together and shared our ESH on the first step and the first phone step study. It is our hope that the step study will be a safe place for couples to work the steps together and to encourage each other to do the step as that is where the solutions are. The step study was started in response to the success we heard from California groups having step studies and to our lack of available sponsors. The step study really models the idea of couples co-sponsoring each other. It is our hope is that as people get through some steps in the Step Study they will feel comfortable being sponsors. I often ask myself what did Bill and Bob do? Please feel free to join the step study at any point.

### 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](mailto: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 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 " (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](mailto: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](mailto:articles@recovering-couples.org)



## MEMPHIS

Home to Autozone – Elvis – FedEx - the Grizzlies, a Pyramid and the Blues.

On August 3 – 5, 2012 we can add the **2012 RCA Convention** to the list ! We are looking to hear from you, the RCA community at large. Have you been a speaker or on the panel at past workshops ? Have you attended past workshops that you feel might benefit others ? Is there a topic that you or your group might want to share on at the convention ? We want to hear from you ! The input we receive will be considered as we begin the convention program planning. In being open to your suggestions, we can honestly say that we are and will be **“Together in Hope”** .

Please email us: [RCAMemphis@gmail.com](mailto:RCAMemphis@gmail.com) with your thoughts, ideas, and ESH.

Al irw Joyce Memphis GCC



**The New Blue Book is available!**

**Be sure to order yours from the new website!**

### **RCA Needs Sponsor Couples to Sponsor Couples on our Waiting List. Can you Help Give the Gift of 12 Step Service?**

Stephanie and I speak from personal experience when we say one of the most powerful tools to help us stay connected with our coupleship and the program is our service as a sponsor couple. We definitely get more out of being a sponsor than it feels like we give.

Long distance sponsoring can be kind of fun if both couples have Skype accounts. It's almost like being there with them. Or, the good ole' phone works too.

Though there are no hard and fast rules. A frequently used guideline is that if you have given away your 4th step to your sponsor couple (completed step 5) then you are ready to sponsor. That said, even if you are on step two, you have experience, strength and hope to offer a couple still working on step one. As it says in the Safety Guidelines "Our purpose is not to give advice or try to fix one another" A sponsor couple seeks to create a safe environment for the couple they are sponsoring to experience and share their pain, their joy, and everything in between. Just follow the Safety Guidelines and you'll be fine.

We hope some of you will feel compelled to respond to this request to be of service.

Couples giving back what was so freely given to them is what makes this program work so powerfully.

## RCA WSO Treasurer's Report Summary

July 2011 Board Meeting

(All figures current as of June 30, 2011)

Please note: For ease of understanding, Total Income includes all sources of income (7<sup>th</sup> 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>June 2011</u>	<u>May. 2011</u>	<u>June 2010</u>
Total Income	\$ 2,793.15	\$3,381.62	\$2,791.32
Total Expenses	\$5,638.11	\$2,862.24	\$2,987.70
Variance	-\$2,844.96	+\$519.38	-\$196.38
Current Assets	\$34,096.53		

### Fiscal Year To Date Summary

July 1, 2010 to June 30, 2011

	<u>Budgeted</u>	<u>Actual</u>	<u>Variance</u>
Total Income	\$35,505.00	\$50,602.45	+\$15,097.45
Total Expenses	\$35,505.00	\$39,133.83	- <u>\$3,628.83</u>
			+\$11,468.62

Contributions are currently about 13% (\$2,218.51) less than anticipated.

Product sales are about 44% (\$6,139.30) more than anticipated.

Overall expenditures (including COGS) are about 10% (\$3,628.83) more than anticipated.

Dave R. irw Kelly R.

Treasurer

RCA WSO Board of Trustees

## Autonomy of RCA Groups: A Historical Perspective

My partner and I have been members of several RCA groups. The group that we currently attend has had to evolve out of necessity into a group in which we have certain boundaries that we ask all couples to respect.

In one of the original groups that we attended in the early '90s, we did not require that members attend as couples. There was one member of a coupleship who chose to attend, at times, without their partner. This person would inform the group that their partner was unwilling to attend. When it came time for couple check-in, the individual would choose to inventory their partner's behaviors. This made the other members of the group uncomfortable. This person often became the main focus of the group. The feedback of experience, strength and hope usually transformed into suggestions on how "to fix" the partner. It was not long after this began that we discovered the truth of what was happening. When driving to the group, the couple would engage in an argument. When they reached the meeting site, the member who did attend would force the other to stay in the car or walk home. This one member had so jeopardized and crippled the functioning of the meeting that, within a short time of the discovery, the group disbanded.

In 1998, we attended another group for the recommended six times. During this time, we felt uncomfortable because the group was not working the steps. We called for a group inventory to ask the group to consider adding step work to the meeting format. There was tremendous anger and opposition to our proposal. It became volatile and so confrontational that it led to us being verbally abused for our efforts. My partner and I felt that we had no choice but to leave the group.

The next group that we chose to attend had a set agenda for working the steps. This was the first group we attended that provided childcare. The facility, a church, had a space for childcare. The group provided a childcare giver. Most times it was an older child of one of the couples. The majority of the time during the business part of the meeting, the dominant subject was how to pay for childcare. Members of the group were asked to help subsidize the cost, or if the provider was not available, parental members of the group would be asked to rotate in 20-minute intervals away from the meeting to watch the children. It was agreed that it should be a shared responsibility of those couples requiring childcare.

A major problem then came to light. One of the couples who attended had a blended family with three children. The oldest was a girl of 13. There were times when this girl helped provide childcare. There were also numerous times when her stepfather would take his turn in the childcare room. The couple had been attending for 1½ – 2 years when it was discovered that the stepfather had been sexually abusing this young girl. Shortly afterwards, he was incarcerated. Obviously shaken, parents then had to question their own children to determine if this person in any way had harmed them while under his care. The group informed the church of what had happened.

They, in turn, informed us that if we wished to continue to provide childcare, they would give us a list of their approved providers to contact. The group conducted an inventory and decided to no longer provide childcare.

Currently in our group listing, we purposely do not provide all of the information that a couple needs to attend the meeting without having them first contact a member of the group. We want to encourage couples to make inquiring phone calls about the program and the group. We inform new couples that (1) there is no childcare; (2) if attending the meeting for the first time, it is recommended that they attend as a couple so they may experience all aspects of the meeting (see No. 5); (3) we work the RCA 12 Steps adapted from AA as a couple; (4) it is recommended, but not required, that both members of the coupleship have six months of recovery in an individual program; and (5) if a member chooses or needs to attend without their partner they, are welcome to stay for the business and presentation parts of the meeting. However, due to safety guidelines, the individual would be asked not to attend small-group check-in.

My partner and I are choosing to submit this article to the *Hand in Hand* as a way of sharing our experience, strength and hope. Unfortunately, many couples have experienced or witnessed some of the scenarios that we have. Many of them have never come back to RCA. We think this is because anonymity and safety were threatened or compromised. Many readers may also have similar experiences that they can recall.

The WSO Board is currently looking for creation of a motion to clarify how a group can be listed on the RCA registry. There are also questions of whether a group can be exclusive to members of particular individual programs. It is the opinion of my partner and I that each group has to be allowed its own way in deciding how it will be listed. Each group needs to establish its own boundaries and guidelines in order for it and the program to function as a whole. It is vital to set aside any personalities in their decision to create a group identity. RCA recovery is dependent on having pathways, not roadblocks, keeping in mind that recovery comes from working the 12 Steps in a safe environment. We also feel that RCA has to protect the more vulnerable members of society, such as abused children and partners.

We ask all couples who read this article to take what they need and leave the rest. This is in honor of the 12 Traditions, which are in place to protect the integrity of the RCA program, so that all couples seeking recovery may find it and that groups continue to operate according to the wisdom found through their own experience, strength and hope. It is our desire that the RCA fellowship see the significance in supporting the autonomy of all RCA groups, as circumstances may arise that the trusted servants of the WSO have no set way in which to address. "Our leaders are but trusted servants; they do not govern." In our understanding, it means that the board cannot legislate, but only act as a guides and safekeepers of the fellowship at large and have ethical tools that it may use to assist it in its duties. It is our hope that the words of the Serenity Prayer are kept in mind as a guide, in addition to the 12 Traditions, and that wisdom will prevail.

Allan IRW Kathy (Outreach Chair)

## NEW LITERATURE FOR RCA

For my husband and I, reading daily literature is an important beginning to our day. This places us in a recovery state of mind, gives us ideas to contemplate, and topics to discuss as we seek progress in our intimate communication. We have a few books that we read from each day. But aside from the short list of RCA reflections, there is nothing directly related to our coupleship recovery. That is about to change!

Not long ago a committee was formed to begin the process of creating a Daily Reader for RCA. Intending to make this a book for Recovering Couples by recovering couples; we hope to have 366 daily readings written by the members of Recovering Couples Anonymous from around the world. A format has been created, and we have begun collecting submissions. There is a special email address on the website to send submissions.

([dailyreader@recovering-couples.org](mailto:dailyreader@recovering-couples.org))

We hope you will consider, either individually, as couples, or as a group; to send a submission in for consideration. No writing expertise is necessary... just your experience, strength, and hope. (And some format guidelines!) We will work with you to edit the finished reading. The book will be anonymous.

Each Reading will begin with “a Daily Thought”. This could be a favorite quote, or just an opening thought or statement, something to set the theme. Next would be the main text; some ideas on the topic, or your ESH. Lastly would be “Today’s Response”, or a summation of the topic. This would be the closing reminder you want the reader to leave with, and could be an action they might take or a behavior they might practice as a couple.

There are many ways to begin the creative process. Writing the reading can start with a favorite topic or issue you have dealt with as a couple. Or you might find a quote that really speaks to you. Your favorite Step, a recovery prayer, a tool, or a page from the blue book might bring inspiration.

Have fun with it! Remember there is no perfect way, only progress. But please take a few moments in the next few weeks to send us your ideas. Be a part of the growth of RCA and its literature!

In Service,

Vicki R. in loving recovery with Mark

## 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 that continue to suffer in dysfunctional or abusive relationships.

1. The form offers 3 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](mailto: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. Being a sub-committee will cause submission of the final product to the Literature committee for approval and their subsequent submittal to the WSO Board for a 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 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 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 “whenever 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.

## Seventh Tradition Contributions RCA Groups and Individuals

Birmingham, MI	\$100.00
Culver City, CA	\$100.00
El Segundo	\$28.00
Individual	\$68.00
Ithaca, NY	\$30.00
Jamestown-Sonora, CA	\$202.00
League City, TX	\$100.00
Los Altos, CA	\$300.00
Marlton, NJ	\$100.00
Merced, CA	\$60.00
Metuchen, NJ Healing Together	\$15.00
Naples - Bonita Springs, FL	\$15.00
Oakland, CA Early Birds	\$150.00
Orland Park, IL	\$35.00
Salem, Oregon Wednesday Mid-	\$150.00
Santa Clara, CA	\$50.00
Tacoma, WA	\$9.00
Visions -Thousand Oaks, CA	\$50.00
Westport, CT	\$15.00
<b><u>TOTAL</u></b>	<b><u>\$1,577.00</u></b>

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

The next article deadline is

**December 15, 2011**

March 15, 2012

June 15, 2012

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.

Please be sure to visit the website to see its new look!

Let us know what you think!

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

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