



HAND IN HAND

SUMMER ISSUE 2015

Our Website: [Click here](#)

To email RCA : [Email](#)

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Board Members

Chair	Dan irw Kate
Vice-Chair	Jim irw Linda
Treasurer	Tom irw Roxanne
Secretary	Gladys irw Jade

2015 International Convention



July 30 - August 2, 2015

Santa Clarita, California

For more information [Click here](#)

Hotel Reservation [click here](#)

See next page for more details



Play and Have Fun Together

On Thursday, July 30, join other recovering couples on a six-hour, professionally led bus tour of Hollywood and Beverly Hills. Thursday evening is also when our Silent Auction begins. (We still need donations for the

Auction! Contact rca27th2015@gmail.com to make a donation.) Saturday evening, join us for our Speaker Meeting, Dinner and Dance. Or explore Southern California's many attractions on your own.

REGISTRATION FOR THE TOUR, LUNCH SPEAKER MEETING AND FOR THE DINNER DANCE CLOSSES JULY 15th

Find "Gold" For Your Couplship

Our spiritual program begins Friday evening at 7 pm, with the Welcome meeting, *"What Nugget of Gold Will You Find For Your Couplship Recovery?"* led by Fred G. irw Eva G. It continues Saturday Morning at 8 - 9 am with the Saturday Spiritual Start-Up Meeting, *"Kick Off Your Recovery With RCA Tools,"* led by Ava irw Kevin. Then break-out sessions on many recovery topics will be held both in the morning and in the afternoon. Midday Saturday, don't miss our Speaker Meeting and Lunch, with Jerry H. irw Stephanie H. It all winds up on Sunday morning with our Closing meeting, where Al irw Sandra will lead *"What Gold Nugget Did You Find For Your Couplship?"*

Meet Other Recovering Couples

All weekend, our Hospitality and Silent Auction room will be open for couples to meet and talk. You can make a date to meet your sponsors and/or sponsees, or meet and get to know another couple from far away who could be important to your recovery.



Series on Tools of Recovery ([click here for RCA tools of recovery](#))

Attending meetings and sharing at meetings.

"We attend RCA meetings to learn how the Program works, and to share our experience, strength and hope with other couples. In meetings we learn that our struggles and troubles are not unique, and we gain the hope

and assurance that our own coupleship can recover and grow. Meetings often bring couples closer and encourage communication. Being honest with our partner is frightening but worth it. Many of us believe that our relationships recover in direct proportion to our willingness to share at meetings"

Attending meetings and sharing at meetings is the **first** tool of RCA recovery and may provide the basis for all other tools of our program. Our coupleship, for example, is keenly aware of the continuous need for meetings. Although, we have been going to meetings for many years, we notice very clearly when we have not been going often enough. The old cracks and behaviours begin to creep in and we get complacent about our growth together as a couple. This tool explains further, *"we attend to see how it works"*. When we show up and put ourselves in a chair, we learn from our fellows that we are not alone and that we share experiences, both positive ones and the not so positive ones. This was a revelation to us. We were not uniquely dysfunctional and there was hope! *"Being honest with our partner is frightening but worth it"*. Newcomers often have expressed their fear to share in front of their partner. We remember ourselves how this felt. Yet when we saw others share in front of each other and saw that their coupleships appeared to be able to withstand the honesty., we thought maybe we could do it too. Some, sadly, do not always come back but many do. Maybe it is the freedom to be who we are and the feeling of acceptance we get from meetings that allows us to begin to see the seeds of potential for growth and intimacy with our partner. So sharing in meetings can be very tough, especially for newcomers, but the freedom that comes can give rise to courage and pride in the coupleship. RCA provides this safe place.

Tool 1, *"attending meetings and sharing at meetings"*, is perhaps the foundation for all the other tools. We can show up and share and then watch to see what unfolds.

Lisa S.

(We are looking for volunteer to write a piece on the 2nd Tool of Recovery, "Safety Guidelines". Please submit to [Articles submission](#))

We need your help !

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 looking for RCA couples to help with writing articles.

Please submit them to: [Articles](#)

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: [click here](#)

Seventh Tradition (Q1)

Bellevue, WA	\$132.50
Bend, OR	\$0.00
Birmingham, MI	\$150.00
Boise Tuesday Night	\$30.00
Chicago: Swedish Covenant Hospital	\$59.00
Fort Worth, TX	\$300.00
Green Valley RCA	\$75.00
Individual / 9	\$1,190.00
Longwood, Florida	\$100.00
Merced, CA	\$50.00
Memphis, TN "Together In Hope"	\$100.00
Palm Desert, CA	\$20.00
Sacramento, CA	\$50.00
San Diego	\$175.00
Sarasota / Manatee, FL	\$350.77
Sherman Oaks, CA	\$100.00
South Central Los Angeles	\$90.00
Spanaway, WA	\$75.00
Sunday Video Trailblazers	\$60.00
Sweden RCA	\$2,000.00
Tampa/Oldsmar -- Ever Hopeful	\$450.00
Tucson, AZ Tuesday Night	\$100.00
Walnut Creek Friday Night	\$800.00
Winter Park FL Walking Hand in Hand	\$50.00
Yucaipa, California Sunday	\$75.00
Total	<u>\$6,582.27</u>

Useful RCA links

RCA Topics

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](#)

RCA Member submissions

“ When Life is Heavy And Hard To Take,
Reach Out To Another Couple,
To Be Heard And Affirmed!”

“Turn to God Always, In All Ways”