



Hand in Hand

Summer Issue 2009

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

Inside This Issue

- 1 Letter from Chair
- 2 Convention Article
- 3 Why we Recommend the Convention experience by Glenn & Diane
- 4 Silent Auction Flyer
- 5 Sponsorship, How to Enhance Your Recovery...
- 5 ESH on sponsorship
- 6 Literature updates
- 6 Randy's thoughts on literature
- 7 A meeting of Two by Kathy & Allan
- 8 Bed & Breakfast Club
- 9 Group Retreats are a Plus for Recovering Couples by Diane & Allan
- 9 Structure Committee Article
- 10 7th Tradition, etc.

Board Members

Chair- Kate M. (irw Dan O.)
Vice-chair- Vicki R. (irw Mark R.)
Secretary- Gladys C. (IRW Jane S.)
Treasurer- David H. (IRW Kathleen H.)
Randy W irw Gerrie P.
Vicky T. irw Jerry T.
Allan S. irw Kathy S.
Mark W. irw James K.
Alternates:
Julaine IRW Steve

To the Fellowship of RCA

My name is Kate M. and I'm in recovery with and recently married to Dan O after 8 years of courtship. More recently I have become the Chair of the RCA WSO Board of Trustees. The prior Chair and Vice Chair had to resign their positions for personal reasons; however they continue to be active on the Board.

Your new Vice Chair is Vicki R., who has been on the Board for this current 08-09 year and is the Chair of the Hand n Hand Committee, as well as its formatter. She has done an outstanding job as both and I'm sure she will be a great Vice Chair for the remainder of the term. Vicki has also been a supportive member of this years' Convention Committee.

Along with Board Service for these last three years, I have been a working member of the Literature Committee and I was Chair of the Hand n Hand for a year. The HnH was one of my more favorite committees in that I got to be the first one to see the interesting articles from the fellowship that eventually appeared in the HnH. Like Vicki, I also spent time on Convention Committees over the years. Both Vicki and I have experienced great satisfaction in doing committee work for the WSO. It is an excellent way to give service to the Board and the fellowship while learning some of the workings of the Board's process.

I say all this to encourage each of you to think about Board service starting at the Committee level. Committee work and Board service can be challenging but also very gratifying. Along the way your recovery will be stretched--*I didn't say it would be easy*. During this time of growth you may wonder, "What have I signed up for". I am here to say, it is worth the challenge. I hope either before or during this upcoming Convention in Fort Lauderdale, October 16, 17 and 18th, you will get more involved and join a committee. If you are on a committee, consider Board service work. You can read more about the Convention in this "summer issue" of the Hand n Hand.

The following is a list of the WSO Committees:

Convention Support, Ethics, Hand n Hand, Literature (and its sub committees- literature translation, new daily reader, pamphlets), Outreach, Structure, Sponsorship, 7th Tradition, and our newest one, Policies and Procedures.

Please email Vicki our Vice Chair who is in charge of Committees. vicechair@recovering-couples.org.

See you in Florida,

Kate M.

Chair, RCA WSO Board of Trustees



Riding the Wave of Recovery

2009 RCA Convention, Ft. Lauderdale, FL

Catch the Wave of Recovery

If you haven't registered for the 2009 RCA Annual Convention, ***Riding the Wave of Recovery*** on October 16, 17 and 18, don't wait another minute. We guarantee that your convention experience will be a fun-filled weekend in which you'll learn a lot about couple recovery meet the nicest, most interesting people and go home rededicated to an intimate, caring relationship with your partner. Go to www.recovering-couples.org and download your Registration Form now; then complete it and send it in.

You'll love the convention hotel! The Sheraton Fort Lauderdale Airport Hotel, is a full-service, convenient suburban site only 1.5 miles from the user friendly Fort Lauderdale/Hollywood International Airport, 4 miles from the beautiful Atlantic beaches, and 7 miles from downtown Fort Lauderdale. Make your hotel reservations at www.starwoodmeeting.com/Book/RCA2009 rooms are going quickly and while you're at their Web site take a look at the delicious meal package menu your convention committee has planned.

Some of the wonderful, already confirmed, breakout session workshops that will help you enhance your coupleship include:

Intentional Dialogue *Conflict Resolution*
Couples Financial Recovery *Collaging our Relationship*
Fear Dance *Holding a Step Workshop*
Sexuality and Romance *Couple Recovery Reflections/Plans of Action*

On Sunday morning, before the Closing Ceremony, you may choose to listen to author and therapist Dr. Randall Green speaks about *Growing Together in Effective Communication* or attend an RCA meeting.

The convention committee is still looking for a few registered couples to volunteer to lead a workshop with a topic that has helped them get through relationship challenges, so put your thinking cap on and come up with a topic. Also needed are several couples to lead RCA meetings throughout the weekend. If you and your partner would like to make either of these important Step 12 commitments, e-mail FloridaConvention@recovering-couples.org or call (954) 432-8167.

The theme of the convention is ***Let the Sunshine In, Learning to Play and have Fun Together*** and there will be no shortage of **FUN!** Tropical Friday Night Fun will start off with the Welcoming Ceremony and a panel of long-standing RCA members sharing their experience, strength and hope. An Ice Breaker Treasure Hunt, Flamingo Couple Photos, Couples Crafts and a fully stocked coffee, tea and hot chocolate cart will follow.

Tropical Saturday Night Fun will start off with the dinner banquet featuring our keynote speakers, Karl and Pat from California, and end with laughter and enjoyment for everyone. Once again there will be Flamingo Couple Photos and Couples Crafts, but you may also participate in Coconut Bowling and dancing to the music of all eras and countries. Or are you a Karaoke fan? Fear not, that will be available, too.

All day Saturday, you'll be able to enjoy bidding on your favorite Silent Auction items. We already have donations that include recovery books, vacation homes, and jewelry. If you or your RCA group would like to support RCA with a donation to the Silent Auction you do not have to attend the convention (although we hope you will). Just contact Contact Mark & Vicki at SilentAuction@recovering-couples.org with your donations ideas and to make arrangement to send or bring your contributions. *Please put silent auction in the subject line.*

The convention committee hopes you will take advantage of the Hospitality Suite where you'll find a list of couples who are willing to be temporary sponsors should your coupleship need them and a message board to leave and retrieve messages. There will also be great ongoing conversation with couples at all levels of couple recovery sharing their experience, strength and hope in a safe and comfortable atmosphere. You'll be able to get a cup of coffee, tea or a soft drink and a snack to replenish your energy.

And here's a money saver! An abbreviated RCA bookstore will have a few of the most popular items available for immediate purchase but you and your RCA group's best bet is to pre-order your RCA materials and pre-pay and then pick them up at the convention. That way you won't have to pay shipping and handling and you can take your order right back home with you. Just go to www.recovering-couples.org, download the Literature Order Form, complete it making sure to write "WILL PICK UP ORDER AT CONVENTION" at the top of the form and mail it to the address on the form. There will also be samples of each item available for your perusal to help you make an informed decision on future orders.

If you've attended an RCA Convention before, you know how inspiring and enjoyable *Riding the Wave of Recovery* will be. If you haven't been to a previous convention, all we can say is hold on to your hat! You'll definitely have such a great experience you'll want to come back year after year. So don't delay, we're looking forward to hearing from you.

Why We Recommend the RCA Convention Experience

by Glenn & Diane A.

Sometimes it is hard to keep the excitement in our couple recovery after so many years. But we've found the antidote for those recovery blaahs ... the RCA Annual Convention. Here's what we get out of it.

Just getting out of our home and traveling to a different place gives us the thrill we feel when taking time off for a vacation. We both love going to new places, so the convention gives us an excuse to be on vacation yet improve ourselves at the same time.

Staying at a top-notch hotel with no outside distractions is a great way to enhance our intimacy and communication. Just hanging out together is a luxury that requires planning during our everyday lives, but at the convention we have three whole days to just be.

Often we will plan to share a Recovering Couples Anonymous Tenth Step at the convention and that always increases our feelings of connection, too.

Learning new recovery information by attending the breakout sessions, keynote address and other educational sessions really jump starts our desire to move forward on our recovery journey and gives us new knowledge to apply to our everyday lives.

Reestablishing old friendships is an amazing and joyful experience. One of the most wonderful things is that couples we haven't seen for several years seem just as close as the last time we met. There is something really special about the timeless closeness recovering couples feel for each other when we have shared our challenges and journeys with each other.

Meeting interesting new people is definitely a benefit of attending the RCA Conventions. We have made several life-long friendships with couples located across the globe that we might never have met otherwise.

And last, the RCA Convention allows us to share our own experience, strength and hope with other couples that share theirs with us. This is a gift that people not in 12 Step couple recovery will never understand. But it is a powerful, often life-altering activity that we are blessed to be a part of.

We believe all RCA couples will find new levels of recovery through the RCA Convention experience. You can't get it locally, or even regionally. You've just got to try the global RCA meeting.



Riding the Wave of Recovery

2009 RCA Convention, Ft. Lauderdale, FL

Learning to Play and Have Fun Together

The convention fun is getting closer and closer. Along with all the fellowship and fantastic topics in the breakout sessions, this is a fun and exciting opportunity to support our World Service Organization. The proceeds from the silent auction are all sent to help run the RCA-WSO and keep the webpage up to date, not to mention produce our informative literature. RCA grows each year, reaching new couples who are suffering in all corners of the globe. We are self supporting...and these items help, whether you are at the convention or not!

Please consider sending an item to be auctioned off on the Saturday of the convention. You can bring it with you to the convention, or send it ahead, but please contact us and let us know what you are donating! If you are not coming to the convention but would like to help, you can send items along with friends who are coming, or mail/ship them to us.

We have had some great items in the past, including a hand made RCA quilt, "Get Away" values like timeshares, bar-b-que items, great recovery books, and three legged stools.

What new items can you think of? Consider what you might be interested in bidding on, what do you like to do for fun? Can your group send something in? What about your coupleship? Can't think of anything? A gift certificate to a national chain would be appreciated.

Contact Mark & Vicki at SilentAuction@recovering-couples.org with your donations and ideas. *Please put silent auction in the subject line.*

S
I
L
E
N
T

A
U
C
T
I
O
N

Sunday, October 18, 2009

Details of the 2010 RCA Convention will be announced

Mark and I met our current Sponsors at the 2008 convention in San Francisco. We had gone to a breakout session, and there they were leading. The topic had to do with healthy conflict and how to communicate. We knew communication was at the core of most of our issues so we were enthralled. By the end of the weekend, we knew this was a couple we would like to ask to join us on our journey of couple-ship recovery.

It can be a challenge to work with a Sponsor couple by phone, and the fact that we are on the east coast and they are on the west coast has definitely created more opportunities for us to grow. But it has been a wonderful experience for Mark & me. We are so full of Gratitude for our Sponsors and we look forward to seeing them in person again at the Convention in Florida!

Vicki in loving recovery with Mark



SPONSORSHIP: HOW TO ENHANCE YOUR RECOVERY

We have been members of RCA for almost seven years, and have received many blessings from the program and the fellowship: increased intimacy, tools to help our progress, recovering friendships, joy, love, feeling useful.

Last Holiday Season we traveled to England and Europe. While in England we attended the RCA meeting in Guildford, Surrey. Being a fairly new group, they were happy to have traveling members, and we were asked to speak...twice. We shared our story, and the second time we shared what a hard time the Holidays were for us with family, a good topic for all. went to two meetings, so the first time we shared our story, and the second time we shared what a hard time the Holidays were for us with family, a good topic for all.

The Guildford Couples were so excited by what they had already gained in RCA and were concerned that their group would wither without step work. We encouraged them to set up a step study meeting separate from their weekly meetings, which they did, and they got a group sponsor to help them in the process. We were so inspired by this group, and felt so much support and connection for our own recovery, we made a decision to be sure to look up and attend recovery meetings wherever we go.

Not long after we returned to the States we signed up to be long distance sponsors, and one of the couples in the Guildford Meeting popped up. We remembered meeting them, and knew they were trying to start a meeting in London, where they lived, and we readily agreed to sponsor them. We eventually connected with another couple in the UK, and started working with them, too.

We meet with each couple on Skype, which is a free, computer-to-computer service, and enables us to talk to and see each other. By far the most exciting and valuable aspect of sponsorship for us has been what we get out of the program. Being with other couples, who are practicing the three Cs (commitment, caring, communication), reminds us to practice our recovery, too. Sponsorship is a two way street, and we get out of it what we put into it.

I want to encourage you to give sponsorship a try, especially the long distance kind. You don't have to be perfect, you can use your own sponsors and HP as inspiration and guidance, and there are no long-term, binding contracts. There are a lot of couples out there that are hungry for help, and don't have access to a meeting. They need us, and my experience has taught me that our couple recovery needs them. Send your request to: sponsorship@recovering-couples.org and someone will contact you and explain the process.



RCA has a dedicated service couple that are facilitators of the Sponsorship Network, helping couples find temporary sponsors.

They are in need of temporary sponsor couples willing to participate in the network and to make themselves available to provide temporary sponsorship. For more information contact Vicky and Jerry at:

sponsorship@recovering-couples.org

Blue Book Fourth Edition Update

The Literature Committee has been meeting weekly for almost two years now. We have reviewed all the comments submitted by the fellowship and incorporated them as appropriate. We hope to have completed a final draft before the end of the calendar year, at which time it will go to a copy editor, as agreed by the fellowship at the 2007 business meeting in St. Louis. Then it will be sent out to the fellowship for approval. If approval is granted, we expect to have copies available, no later than the July 2010 Convention in Niagara Fall. The Committee has worked extremely hard on this project, and we appreciate your patience.

The Third Edition has been reprinted and continues to be available for purchase.

Now available- Spanish translation has been made of 2 pamphlets. They will be Available at the Florida convention.

New 12 step guide book will also be available for purchase at the 2009 Florida convention.

Send your ideas for a daily reader to RCA-daily-reader@recovering-couples.org

There are exciting things ahead in the RCA literature world.

Through outreach, surveys, and feedback at conventions, RCA members have been telling the World Service Board that there is a need for new literature. Over the years RCA members have asked for a 12 step guide, a daily reader, translations in other languages, improved pamphlets, etc.

New literature does not happen without controversy. The process takes time to ensure that the RCA program is continuous. Ultimately, getting the new literature through

this thorough process and out to the whole fellowship to read and use is important. When it is 'out there' the members make the final decisions.

We can see the **4th edition** of our '**Blue Book**' in the finishing stages of committee review. Our hope is that the review will be completed by the end of this year; with the book sent out to the groups for group review and then accepted at the 2010 RCA convention.

An urgent need to start translating literature has been expressed. Spanish speaking members have been asking for help to move ahead on translation while German members have asked for help with translating literature also. Sweden has asked for help with translation of the 4th edition and has even asked that their request become a topic of discussion at the 2009 annual business meeting in Florida. This is a huge step in RCA's growth to be able to look at carrying the RCA message in languages other than English; but with that comes great responsibility. We need to make sure that the translations are accurate. We need to make sure that finances are in place. We need to make sure that copyrights are maintained. All this needs to be done in a timely manner and hopefully not making too many mistakes. Basic procedures can be formulated as we go but must leave room to allow for creative variance in the different literature needs of our members.

A new book - **Step Up to Love, A 12 Step Guide To Couple Recovery** - is in the final works and will be made available at the Florida Convention. It has been an intense process taking more than 3 years. (Read about the process in the annual report.)

Also, there is a group currently working on a **Daily Reader** or **Reflections Book** and they are looking for volunteers to help with the creative endeavor and the long process it will take to reach publication.

As with other 12 step programs the Board has been looking at getting our RCA literature 'out there' to certain recovery houses...hopefully we'll have more to report in Florida on that.

There is a great need to create written Policies and Procedures Guidelines for Business Meetings, for Conventions, for Literature, for Structure and Bylaws, to name a few. In the last 3 years most committees have had more people than ever and have done absolutely great work. There is, however, much to do and we need your help by serving on the Board or on a Committee. Your service will help to carry the RCA message to those couples still suffering. You will have the opportunity to meet many wonderful couples in service, just like yourselves.

I find this the most fascinating part of RCA... carrying the message through our literature!

Randy irw Gerrie

A Meeting of Two

My partner, Allan, and I came to the realization early in RCA that we needed to find ways to connect outside of the meetings. This was especially true as it became more and more apparent that it was easier to share while in the group setting, with other couples holding us accountable to the safety guidelines.

A number of years ago we started a process that was suggested to us by a couple in recovery, but not RCA members. We started sharing daily readings with one another. Whether this was via voice mail or face to face, this practice developed into a morning ritual and became the way we started our day. The gift of doing this was that it generally led into a discussion of the reading and how it affected us regarding our outlook and attitudes. It was especially useful if one of us was away on business or fulfilling family obligations, when hearing your partner's voice was a comfort.

Later we added an exercise of sharing our feelings with each other. This we find to be most helpful because we are both rage-aholics, and we have a tendency to mask our feelings of fear, anger, or anxiety with rage. We usually begin with a reading or with the serenity prayer and then we each take 2 to 3 minutes to share our feelings, and our partner agrees to be an active listener, offering no feedback. We can then start our day with a clear and concise idea as to where we are as we face our day. We also find this especially helpful if for some reason we cannot attend as many meetings as we feel necessary to nurture our relationship and ourselves, or if our sponsor couple is not as available as we would like.

Here is a suggested feeling list. Feel free to use this to connect to other emotions or states such as tired, hungry, ill, confused, frustrated, bored, creative, energized, peaceful or others you may be experiencing:

"I feel/felt **pain** when..."

"I feel/felt **anger** when..."

"I feel/felt **anxious** when..."

"I feel/felt **sad** when..."

"I feel/felt **fear** when..."

"I feel/felt **shame** when..."

"I feel/felt **guilt** when..."

"I feel/felt **lonely** when..."

"I feel/felt **appreciation** when..."

"I feel/felt **joy** when..."

"I feel/felt **connected** when..."

We end with a hug.

Kathy irw Allan



"I feel" Statements: Learning to keep the focus off our partners and on ourselves. So, instead of "You were so rude to keep us waiting for an hour," a partner might say "I felt deeply hurt when you were late and didn't call. I feel angry and when I think of it my stomach gets a big burning knot in it. I feel sad, and I am afraid about our relationship." "I feel" statements deal with our own emotions and physical sensations. *From the RCA Program tools and terms*

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 donation to the WSO (\$20 to \$30 donation per night has been used in the past). This is a 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

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: harmony_couple@yahoo.com or Call Jerry and Vicky at 954-432-8167

Group Retreats Are a Plus for Recovering Couples

We have been members of a Twin Cities-based RCA group for the past three years. We have found the support, friendship and insight from other couples in the group to be essential to our recovery and growth as a couple and as individuals.

Our group has held half-day retreats at least once a year. They are great opportunities for group members to address a step or topic in a deeper way than possible at meetings. For example, at one retreat we focused on each couple doing a fourth step. In another, couples focused on steps of their choice.

For each retreat, a couple volunteers to host and provide the main course for lunch. Other couples bring side dishes, dessert, or beverages. We spend social time together during the meal and breaks, and after the retreat is over. This non-program time together has bonded us closer as couples, and given us the opportunity to share experiences and learn from each other in a relaxed setting.

Relaxation, however, does not mean we do not do some hard work during the retreats. We keep the basic structure of a meeting in our retreat work – reciting the opening Serenity Prayer and the closing Unity Prayer, reading the check-in guidelines before couples address steps / issues, and giving feedback where asked. Adhering to a meeting structure ensures that the retreat serves to both deepen our social ties as couples, while honoring the purpose that has brought us together in RCA.

We highly recommend periodic group retreats as a positive part of our recovery together as couples.

By Diane and Allan

RCA WORLD SERVICE ORGANIZATION'S 2009 ANNUAL BUSINESS MEETING

Friday, October 16, 2009, 9:00 am to 5:00 pm
(Friday of the annual convention weekend)

Sheraton Fort Lauderdale Airport Hotel,
1825 Griffin Rd, Dania, Florida 33004

The RCA WSO Structure Committee is providing notice to the Fellowship of the topics to be considered at the annual business meeting. The 2009 annual business meeting will be held on Friday, October 16, 2009, at the Florida Convention weekend. Description of the topics is provided in the notice posted on the Website, and can be downloaded for review by you and other members of your RCA group from the website.

You may also want to refer to the current RCA bylaws when reviewing the topics covered in the notice:

<http://www.recovering-couples.org/bylaw.pdf>.

The committee recognizes that many RCA members may have neither the time nor interest to delve into details of the bylaws and the various changes that have been proposed.

Often, however, a group may have one member or one couple who is willing to review these kinds of organizational details, and summarize the issues for the rest of their group. The committee also recognizes that some groups will just be unable to deal with matters that are to be addressed at the business meeting. Individual and couple recovery must always come first.

You may want to forward this message to the members of your group. Thank you for your assistance.

Respectfully submitted.

The RCA-WSO Structure Committee

Seventh Tradition Contributions**RCA Groups and Individuals****April, May and June 2009**

Albany, NY Retreat	\$125.00
Bed & Breakfast	\$75.00
Birmingham, MI	\$100.00
Culver City, CA	\$87.00
Fort Worth, Texas	\$150.00
Individual	\$323.50
Jamestown (Joint Venture), CA	\$172.87
London, Ontario	\$100.00
Los Altos, CA	\$500.00
Memphis, TN	\$90.00
Norwell, MA	\$100.00
Richmond, VA	\$50.00
Rockville, MD	\$30.00
Riverhead, NY	\$50.00
Salt Lake City, UT	\$50.00
Santa Cruz, CA	\$550.00
South Venice, FL (K.I.S.S.)	\$200.00
St. Peters, MO	\$100.00
Sunday Telephone Meeting	\$20.00
<u>TOTAL</u>	<u>\$2,873.37</u>

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 donations.

SOME FINAL THOUGHTS

The 2009 RCAC will be in Ft. Lauderdale, Florida.

The 2010 RCAC will be near Niagara Falls.

Maybe your RCA group wants to bid on 2011 or 2012!

RCA Daily Reader/meditation book???

We are looking into the idea of a daily reader for RCA. If you are interested in being an active part of this committee or if you have any ideas for content, please send your information here.....

RCA-daily-reader@recovering-couples.org

Request for translators

The WSO Board has a pressing need for translating RCA literature into other languages. We would like to reach out to couples in other countries that might benefit from what we have found. We have requests for Spanish and German translations, to name just two. We are looking for RCA service volunteers who can write fluently in other languages. If this is you, and you can help perform this important service, please contact the WSO Board.

Send an e-mail with your contact information, and your language specialty, to the website at translator-committee@recovering-couples.org where we are collecting information in order to create a working committee. Someone will get back to you.

The Outreach Committee is looking for RCA members willing to help with calls to connect with the fellowship. We especially need someone to help with outreach in Southern California and the East.

Please send email: wso-rca@recovering-couples.org if you would like to help.

**Recovering Couples Anonymous**

P.O. Box 11029
Oakland, CA 94611

Phone: (877) 663-2317

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

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