



Hand in Hand



Publication of Recovering Couples Anonymous World Service Organization PO Box 11029, Oakland, CA
Volume XIV, Issue 2 **March 2005**

Upcoming RCA Events

RCA Convention/Conference August 12, 13, 14, 2005 San Diego Contact Sue & Mike 619-668-6931
RCA “Day In Spring” April 9, in Santa Cruz, CA

The Fellowship of RCA Is About the Spirit of Service

Katherine S., RCA WSB Chair

Phoenix in February! What a treat for your Service Board to meet in this beautiful location for their February meeting. We were happy to have several Emeritus Board Members join us for portions of each meeting; their input and support was greatly appreciated. And even though we basked in the sunshine on the patio part of each day, we got a lot of business done! The Phoenix community was especially welcoming, and we were treated to a sumptuous potluck on Saturday night and special Southwestern Cuisine on Sunday night. Some of us went over early and got to attend a Phoenix RCA meeting on Thursday.

Did you know??? To keep you as informed as YOU want to be, WSB agendas, lists of motions passed at the WSB meetings, and committee reports are available for you to peruse at your convenience, on the WSB work site, <http://rcaweb.b4ai.com>. Check it out!

Also, to provide a forum for groups and individuals to communicate with each other and the Trustees, we have <http://rcamembers.b4ai.com>, our experimental members site. The article on Majority, Unanimity, or Substantial Unanimity is an excerpt from a member’s entry on that site. We want to hear from you, too!

Whenever any couple, anywhere, reaches out their hands for help, we want the hand of RCA to be there. For this, we are responsible.

At our annual convention, some time will be reserved on Friday, Saturday, and Sunday to conduct the business of our Fellowship. If you are a Group Contact Couple, we want to know what your group wants and needs, so that we can set priorities for those meetings.*

Reaching Out. Our Trustees will be calling Group Contact Couples to get input; however, if your meeting information is out of date, or your answering machine didn’t get left on, or your children didn’t give you the message...don’t hesitate to email us to put in your

requests and opinions. Just go to the official RCA website www.recovering-couples.org, click on Contacts, and choose any or all. Your input will be shared among Trustees and our Office Manager. Help us help you.

Plan now to attend the International Convention August 12, 13, 14 in San Diego. We hope to get representation from as many groups and regions as possible. The San Diego groups have a dynamite theme and a great convention planning team. This convention can truly demonstrate to you as a couple and to us as a Fellowship that the miracle will happen. Be sure you’re there for it!



* “Our WSO Board of Trustees are directly responsible to the fellowship of RCA. In order to have the communications line open to other couples who are still suffering, we have our WSO office, which is incorporated and run by a contracted Office Manager. We also have Regional Liaison Couples (RLC) who serve designated parts of the country and world, and meet at the annual International Convention of RCA, the second weekend of August. These are couples who have made themselves available to help new groups being started. Each local group is encouraged to have a Group Contact Couple (GCC) who will bring information to the Regional Liaison Couple or to the Board. The fellowship of RCA is about the spirit of service, and so all couples are invited to volunteer themselves to service.” *Tradition Nine of Recovering Couples Anonymous*

**“Don’t leave before the miracle happens!”
Sue and Mike S.**

These words are often heard in 12 step rooms in San Diego. When Sue and Mike stepped up to chair the 2005 RCA Convention, they knew what they wanted for everyone who attended: renewed hope for connecting to their Higher Power, gratitude for the golden thread between themselves and their higher power, and

recognition that there are miracles happening in their lives and in their coupleship.

Mike says this about the big miracle in their lives: **“We’re still together!** We’ve been together for 33 years. The last five and a half years have been a miracle. RCA has solidified my recovery and her recovery. It’s made it a coupleship instead of a marriage.” As miracles continue to occur, Sue feels that RCA has taught them how to grow a new intimacy and from that have given birth to a new kind of love story.

In their recovery work, Mike and Sue have seen couples take that first difficult step through the doors of RCA either in despair, separated, or on the verge of divorce. They had no hope. Sue says, **“The first miracle for these couples is to see a glimmer of hope.** And as they keep coming back, they begin to see the blessings – the miracles can be small, and if you are not watching closely they may slip by without noticing, but when you look for them you see them everywhere.” Active in the RCA community, Sue and Mike sponsor newcomer couples. They encourage new couples to work through Step One and share the Daily Reflections from the outset.

They develop accountability to each other and to their coupleship. The compassion they learn helps them detach from the desperate feelings, and they begin to resolve the dire straits they found themselves in. As they grow, they learn to give away what they have received through service.

As the couples met to plan the San Diego convention, they brought their strong commitment to the program, coupleship, acknowledging all the miracles and decided to bring attention to those miracles, thus the theme for the convention was born, **“The Miracle Will Happen!”**

The committee’s call is, ***“Come get what we have; it’s a blessing to be in a coupleship with our partner and we want to share it with you!”***

THE MIRACLE WILL HAPPEN

RCACC 2005 August 12, 13, 14 San Diego, CA

For more info contact Mike or Sue

(619) 668-6931 or email: suesheffield@cox.net

Motions passed by the RCA World

Service Board January 2005

World Service Board of Trustees: Katherine, Jane, Doreen, Randy, John, Ed, Doug, Gerrie, Jason, and Christie. *BIRT – Be It Resolved That.*

RCA Email policy

BIRT Guidelines for Board business, Fellowship business and Committee business need to be specified. The RCA <http://rcawsb.b4ai.com> worksite will be used for Board and Committee Business until we have a clearly written and signed safety agreement regarding the use of the Internet. The exceptions to this moratorium will be the dispensation of meeting times and agendas and meeting minutes.

Committees

BIRT Committee Chairs may request consideration of applicants or members of the RCA body for their committees and make recommendations on applicants to the Board of Trustees.

BIRT Committee membership be approved as recommended by Vice Chair and Committee Chairs. (See *Vice Chair Report on <http://rcawsb.b4ai.com>*)

Structure Committee

Ed was elected Chair.

Intergroup & Outreach Committee: John

Five Year Plan presented to WSB

BIRT Office Manager to direct Webmaster to post Back to Basics flyer on www.recovering-couples.org website

Literature-Communication Committee: John, Carl

Safety Guidelines Revisions passed

Five Year Plan presented to WSB

Office Oversight: Steve, Executive Committee

BIRT Carl S. and Steve R be asked by the Executive Committee to go over to the Oakland RCA Office before the end of January 2005, at a time agreeable to Steve A, the Office Manager, to evaluate the office equipment and software in order to inform the Board in a written report of their findings and recommendations

Convention Support Committee: Gerrie, Jane

BIRT Office Manager direct Webmaster to post Registration Form and Flyer from San Diego on www.recovering-couples.org website.

Website GCC List

The Group Contact Couple listing on the website is for the use of individuals to locate meetings. *BIRT* Any individual using it for any other purpose should be dissuaded from doing so in a letter clarifying the policy; Steve will send a letter, at the direction of the Board.

The policy regarding appropriate use of the GCC List will be added to the Hand in Hand for clarity, and will be added to the Policies and Procedures Manual.

Office Manager Contract

BIRT The Executive Committee shall negotiate a contract with our Office Manager, Steve A.

NOTICE

The Group Contact Couple listing on the website is for the use of individuals to locate meetings. *BIRT* Any individual using it for any other purpose should be dissuaded from doing so in a letter clarifying the policy; Steve will send a letter, at the direction of the Board.

SERVICE OPPORTUNITIES

SPONSORSHIP: We need help for new couples and new groups in areas where we have no RCA support

HELP WANTED: Reporter(s) for Hand in to interview groups, to write couple stories, meeting ideas, and other articles for Hand In Hand.

Editor's Note

Hand in Hand is published four times a year. It can be mailed to you printed in full color for a subscription fee of \$12, or downloaded at no fee from our WSO website www.recovering-couples.org.

We welcome notices of upcoming events and your stories or reflections on your coupleship recovery.

2005 Publications Submissions Deadlines

Summer May 13, 2005

Fall Sept. 8, 2005

Please send your submissions to

RCA WSO Hand in Hand

P.O. Box 11029 ♥ Oakland, CA 94611 ♥

Phone: 510-663-2312

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

Website: www.recovering-couples.org

Disclaimer

Articles in Hand In Hand are the Experience Strength, and Hope of the individuals and groups who submitted them. Please take what you want and leave the rest.

Treasurer's report March 3, 2005

My name is Randy W. and I'm RCA's new treasurer. I'll get to business shortly but I'd like to tell you a bit about Geraldine (the love of my life AKA "Gerrie") and myself. I've been in recovery for 23 of my 48 years of life. Gerrie and I have been together for 15 years and have been attending the Winnipeg, Manitoba RCA group regularly since it began in 1998. Winnipeg hosted the RCACC in October 2004. On the last day of the convention, the fearless RCA Chair, Katherine called for committee volunteers and nominations for new board members.

Knowing how organized and dedicated Gerrie can be, I volunteered her services to serve on convention support. Then somehow... that day... BOTH Gerrie and I wound up on the RCA's Board. Just like I said, Gerrie threw herself in serving as chair of the convention support with Jean and Joe from New Jersey (Philadelphia's convention chairs in 2003) and is working with JoAnn from New Orleans on the Outreach committee and calling all the RCA groups in the middle of the continent to survey RCA groups so that the Board may serve the groups better.

I have come along hesitantly.

Some of you might know that if you want a pig to go forward, you gotta pull its tail!

So here we are.

I want to tell you all how much I enjoy working with the people on the Board. I don't think the membership gives the Board enough credit.

Katherine, the Chair and John, heading up Outreach and the Hand in Hand; Jane, the Vice Chair and Ed, chair of Structure; Doreen, the Secretary and Doug; work tirelessly and bring lots of timeless recovery and knowledge. Jason and Christi have contributed a lot to the new and revised literature.

We have a great office manager, Steve Adams, who brings the strength of humility and openness and experience working with many RCA Boards.

The Board is here to serve you.

I would like to see more membership involvement and commitment.

Did you know that the board could have 4 more couples?

Write to us and tell us that you want to serve. You can start today as there is all kinds of room on ALL of the committees. The more people involved, I believe the more informed our Group Conscience will be and the more continuity in service we will have. If your coupleship is not ready to sign up today, plan on it at the San Diego RCA convention in August 12,13,14, 2005.

That was a little about how I feel and what I think as a Board member.

AS the new treasurer I can tell you that WSO's finances are not in good shape. In the last year, we've used up the reserve that we had and are living month to month. I encourage individuals and groups to please remember Tradition 7, if you haven't recently.

Good or bad, RCA does not make as much on publications as other 12 step organizations and relies more on direct contributions. I believe we can rebuild a prudent reserve.

I will have more hopes to share in the next Hand in Hand and hope to see you in San Diego, August 12,13,14, 2005.

Submitted by Randy W. committed to Gerrie

RCACC 2005 Bylaw Amendment Discussion Majority, Unanimity, or Substantial Unanimity?

My recollection from A.A. General Service: there are some kinds of "Housekeeping Motions" for which a simple majority is what is used. On some occasions when a particularly significant matter was under discussion/consideration, the Chair would ask whether the voting members thought the matter might warrant a two-thirds favorable vote to pass. A simple majority would determine whether or not a motion for two-thirds

would apply.

When matters requiring a two-thirds majority were voted upon -- and irrespective of whether the motion then carried or was voted down -- the next step would be that the Chair would ask for three persons from the Minority Vote to express the Minority Opinion. After such expression, then the Chair would ask the assembled body whether anyone would now change their vote based on what they had just heard from the Minority Opinion. For as it says in Concept Five, "The well-heard minority, therefore, is our chief protection against an uninformed, misinformed, hasty or angry majority." In exceptional cases the result was a re-voting, and in extremely exceptional cases (this over 7 years) the outcome of the re-vote actually was to change the previous outcome of the motion.

In looking at an old A.A. service manual I see that a passage reads, "The vote of a majority of the member trustees present at any meeting at which there is a quorum shall constitute a decision of the Board of Trustees." From the A.A. Conference Charter, "all important decisions be reached by discussion, vote and, whenever possible, by substantial unanimity." My understanding of this is that the sought-after goal is SUBSTANTIAL unanimity and not COMPLETE unanimity. Somewhere else I believe it says that SUBSTANTIAL is two-thirds. Personally in my own service experience in RCA and A.A. and other fellowships, there never was any attempt at 100% agreement on some matter under consideration before it could be acted upon or put into place. Instead the emphasis was on "trusted servants," as embodied in Concept Three, the Right of Decision.

In AA's case it seems that the Fellowship feels comfortable with the notion that its Trustees can work effectively together to meet its "one purpose, that of serving the Fellowship of Alcoholics Anonymous," by utilizing a simple-majority vote, plus the quest for substantial (not 100%) unanimity in the case of important decisions, plus the Right of Decision and the Right of Appeal (minority opinion).

Can any particular year's RCA Board of Trustees work similarly to good effect on behalf of the RCA Fellowship utilizing these same service instruments? That to me seems to be the central question, the answer to which then guides and informs any particular discussions about how Board business gets conducted. It would seem, though, that if the above principles of World Service as practiced by A.A. and other mature 12-Step fellowships are deemed by themselves to be essential and appropriate for their Boards of Trustees to be of service to their own fellowships, then RCA Board conformity to such principles of world service would seem to be a worthy aspiration. *Submitted by an RCA Member*

Making Changes

The Power of Affirmations in RCA

Couples in RCA recognize the need for changing old behaviors and beliefs. The pamphlet "Affirmations for Couples" is a powerful tool that can serve as a guide for growth. An affirmation is a statement of how we *want it to be* – and the statement is made *as if it were already true!*

Using affirmations can be as difficult as accepting compliments! Please try to accept these messages with a "thank you" rather than a "yes, but..." Here are a few of the affirmations from the pamphlet. These affirmations are designed to enhance and support your relationship. They can be used as an antidote for coupleshame and as a means to strengthen commitment. Here's a sample.

1. We build dreams together and live them one day at a time.
2. Today we choose to live in the present, despite our individual or couple history.
3. We express our love in words and actions on a daily basis.
4. We are honest, direct, appropriate and respectful with each other.
5. We are totally deserving of unconditional love.
6. We treat each other with honor and respect.
7. Today we affirm that our partnership is made of two equal, unique parts and that our relationship has a valuable life of its own.

These are just a few of the 77 affirmations in the Affirmations for Couples Pamphlet. It can be ordered from the online bookstore at www.recovering-couples.org or from World Service Office at 510-663-2312.

Who Belongs In RCA???

Excerpts from the RCA Diversity Pamphlet

The RCA Fellowship actively supports valuing differences both within a coupleship and among couples of diverse backgrounds.

In our coupleship and in our groups, we are surmounting our differences to achieve serenity. Diversity is important to RCA Fellowship because each of us being different, make a richer contribution to the whole.

RCA Diversity Philosophy Statement

Committed relationships include, but are not limited to, all adult relationships regardless of age, sexual orientation, gender identification, religious background, culture, race, class, national origin, recovery affiliation, physical or mental challenge, or political persuasion. Diversity is consistent with the First Tradition of RCA: "Our common welfare should come first; couple recovery depends on RCA unity", and our Third Tradition: "The

only requirement for membership in RCA is a desire to remain in a committed relationship.”

How do we practice diversity?

We acknowledge and accept our differences
We affirm what we have in common
We accept the fact that growth can be messy
We give our partners the benefit of the doubt
We use mirroring techniques for conflict resolution
We sponsor other couples
We are willing to be honest
We maintain an open mind
We maintain a willingness to change
We engage in active listening
We demonstrate Compassion
We enjoy each other

The RCA Diversity Pamphlet can be ordered from the World Service Office 510-663-2312 or www.recovering-couples.org

WSO OFFICE MANAGER’S REPORT

The following report reflects the time period of Jan 1, 2005 through Feb 28, 2005.

HOURS

Since the beginning of the second quarter, Jan 1, 2005, a total of 220 hours were put in doing WSO Office related work. Office Manager - 200 hours. E-mail Consultant/Webmaster – 25 hours.

The Office Manager’s hours were spent primarily on the following major categories –Phone/Voice Mail; E-mail; Literature Orders/Post Office; Preparation for, and attending, the Board meeting in Phoenix; Office-Records & Business; Accounting & Financial: and Special Projects. The E-mail consultant/Webmaster answers all the e-mail coming to the website, and directs mail to the appropriate recipients as needed. She (Josie) also maintains the website and posts flyers, announcements, registration forms, Board meeting minutes, issues of the Hand in Hand newsletter, etc. She recently posted the registration form for the 2005 RCACC. Josie also, along with the WSO office, maintains current contact information on all active meetings, and assists new, and established groups in posting their meeting information on the website. Josie and I send out the issues of the Hand in Hand newsletter to e-mail subscribers. The most recent newsletter went out to nearly 700 subscribers. Josie and I also work closely to provide the best service to couples who visit the RCA web site, seek meeting information, or are just asking about RCA.

CONTACTS

This quarter has brought the office approximately 100 phone calls and approximately 1,000 e-mails to the WSO office and RCA website.

LITERATURE/TAPE ORDERS

Merchandise sales in January were included 61 Blue Books, 2 Meeting Starter Packets, 15 Welcome Brochures, 214 brochures, 1 From the Heart Card Set, 1 Reflections Booklet, 1 12 Traditions Booklet, 37

anniversary medallions and 100 Wooden Welcome chips. Sales in Feb included 42 Blue Books, 2 Meeting Starter Packets, 2 Reflections Booklets, 11 pamphlets, 30 Welcome to the Newcomer brochures, plus 19 anniversary medallions and 60 wooden Welcome chips. I received 1 order for Pat Carnes tape from the 2004 RCACC in Winnipeg.

DONATIONS

7th tradition and individual donations picked up a bit in January and February. Thank you to all the groups and individual couples who serve the Fellowship through regular, and generous 7th Tradition donations.

HAND IN HAND

The Hand in Hand has been posted on the web site. We are moving in the direction of sending as many copies out by e-mail as we can, and encouraging members to download it from the web site. We are confirming an e-mail address for each meeting in order to send the Hand in Hand, and be sure each meeting has a copy or copies. Those meetings, or individuals without e-mail can get the Hand in Hand via postal mail for a subscription of \$12 per year.

VOLUNTEERS

Thank you Carl S, and Steve R for coming to the WSO Office, assessing the computer and technology needs and helping me use the office computer more efficiently. Steve R was helpful in showing me the best way to back up files and put them on CD’s. Thanks, Guys!!

NEW MEETINGS

Our total number of active meetings is up a little over last year. We have several new meetings in Florida, California, No Carolina, Massachusetts, and Idaho. Several meetings have disbanded in Florida, Philadelphia, and No. California.

CONCLUSION

As we enter into March we have \$2,110 in the bank, including \$480 of seed money for the RCACC collected at the Winnipeg convention. Thanks to a little help, the office computer is good for another year. I got a slight reduction in the rent for the WSO Office, from \$560, to \$510 per month for the next year. By combining the phone, computer and fax lines I have been able to reduce the phone bill by \$40 - \$50/ month. We came through a rough financial patch at the end of 2004, but seem to be getting back on more solid footing financially. Keep up the good work, everyone! RCA is ready to grow. Let’s all help it along!

Your trusted servant,

Steve Adams, WSO Office Manager

Reflections

Personal Responsibility Reflection

Each partner needs to look at the impact of his or her behavior in the relationship. This requires fearless honesty. Many times

we “hedge” on broaching sensitive topics, or “waffle” instead of coming out straight. The same “little white lies” or conflict avoidance techniques that may be acceptable with casual acquaintances can erode the foundation of our coupleship. When a couple can face the reality of their relationship, they can grow in their love. Step Four asks us to look at areas of interaction with our partner where we have not been fully forthcoming. Many of us can identify with the following common themes:

- Not finishing things with my partner, letting them fester
- Looking for things to go wrong
- Avoiding shame by blaming my partner
- Failing to take responsibility for my mistakes and issues
- Not sharing uncomfortable feelings with my partner
- Placating my partner instead of sharing real perceptions
- Not connecting, or not being available to my partner
- Getting overextended (resultant stress affects my partner)
- Expecting my partner to “guess” my needs
- Not clearly asking for my needs to be met
- Tolerating pain that was unnecessary
- Leaving things undecided or up to my partner

Our commitment today: Today we will begin a new life together, let go of past mistakes, and open our minds to the possibility of change in ourselves and in our partner.

My commitment today: Today I will look at least one way that I can expand my personal responsibility. I will take action in my individual program to change my behavior.

Entirely Ready to Change

We are taught to remedy our difficulties by taking charge. We may want to barge in like a bulldozer and mow down our defects of character, communication, and caring. We may try so hard at getting rid of these defects that we run out of steam. But in periods of stress, of overextension, or of depletion, or when there is an opportunity for intimacy we may find the same old patterns emerging again - making statements you don’t mean, taking actions you regret despite our best intentions. These are signs that you have lost your reality. We are asked to take action in our program, and also to balance action with acceptance. We are encouraged to ask our Higher Power for help with what we cannot do for ourselves, and to reach out to others when we are depleted and have nothing to give to each other or the coupleship. This is the essence of humility, to know and accept our limits as individuals and as a couple. Humility empowers us to recognize when we have lost our reality, and to see the humor as well as the pathos in our situation.

Our commitment today:

Today we will observe the signs that we have lost our reality, admit when we have reached our limits, stop, and affirm together, “We are entirely ready to have God remove all these defects of character, communication, and caring.”

My commitment today:

Today I will notice when I am losing reality, and ask for help.

Coupleship Inventory

A thriving business keeps up with inventory. A wise homemaker takes stock of what’s on hand and what is needed. And a couple plans for ongoing inventory as they work the steps together. This inventory begins in Step Four, when together we take an honest look at our habits of expressing

ourselves as a couple, and continues in Step Ten. Most of us find that we make progress as we work together, and that our recovery as a couple is progressive as we keep coming back. We replace old behaviors with new ones as we use the steps and tools of RCA. Here are some examples:

Old Behaviors

- Creating crises
- Fighting without solving issues
- Avoiding closeness
- Pretending problems don’t exist
- Isolating as a couple
- Tolerating abuse of self or family
- Exhaustion and depletion
- Focusing on our shortcomings

Recovery Behaviors

- Plan ahead, write agreements
- Resolving conflicts
- Meetings of Two
- Bring open and honest
- Developing support systems
- Expressing needs, boundaries
- Balance; healthy lifestyle
- Acknowledging our strengths

Our commitment today:

Today we will have a Meeting of Two to celebrate our work and progress in recovery.

My commitment today:

Today I will identify one behavior for myself, and one for my partner, in which progress has been made. I will take, and give, credit for it.

Sharing the Exact Nature of our Wrongs

We come into RCA with a history of coupleship dysfunction. Often we feel shameful about our behaviors in the relationship. We may feel grief about our past. We may want to isolate, or to hide or deny our past transgressions. But as we listen to others in RCA we realize that we are not alone; that others have suffered as we have and have left the grief and shame behind. They no longer regret the past, but have learned from it. They have wisdom they can share. Finding such a couple is one of the great gifts in RCA. Choosing to share the inventory of our relationship in the privacy and sanctity of their presence is a great gift we can give to our coupleship. Taking a formal fifth step in RCA is an opportunity to transform shame and guilt into humility. Through sharing honestly and openly, the healing can begin. As we listen to their feedback, we realize our coupleship is accepted, validated, and appreciated in spite of the dysfunctional behaviors. We can begin anew.

Our commitment today:

Today we will reflect on areas of our coupleship we have kept hidden from ourselves or from others, and choose one area to share with another couple we trust.

My commitment today:

Today I will think it through...through the choosing, the setting the time, the sharing, and the freedom from shame.

NEW LITERATURE

*With text from the new Blue Book chapter
“Into Action”*

Into Action Titles: Still Only 50¢ Per Brochure!
Stepping Together, Caring Communication. Couple Contracts, Conflict Resolution, Restoring Joy and Intimacy, and We Practice These Principles

The Power of Sponsorship Titles:

What Is Couple Sponsorship, Overcoming Barriers, Choosing a Sponsor Couple, Working With Others

Outreach Kit \$5 *

Media and Public Information Guide

*** Please Specify CD or Floppy Disk**

Hotel Directions

From North: 15 South to 8 West: exit Hotel Circle Drive North or take I-5 South to 805 South; 8 East, exit Taylor St toward Hotel Circle North From South.

From South: 5 North to 8 East; Exit Taylor St; turn left at light. Turn left across freeway onto Hotel Circle North. Hotel is on left side of road.

From East: 8W, exit Taylor St toward Hotel Circle North.

RCA

Who We Are

We are couples committed to restoring healthy communication, caring, and greater intimacy to our relationships. We suffer from many addictions and co-addictions, some identified and some not, some treated and some not. Many of us have been separated

or near divorce. Some of us are new in our relationships and seek to build intimacy as we grow together as couples.

Our Philosophy

RCA is a tool for recovery and not an end in itself. It exists to promote caring, communication and intimacy. A quite successful formula of RCA is my individual recovery plus your individual recovery plus our couple recovery equals a healthy recovering relationship.

For more RCA information, go to website www.recovering-couples.org

Convention open to all couples desiring to remain in a committed relationship

Recovering Couples Anonymous

Presents

THE MIRACLE WILL HAPPEN

Join us in
San Diego, CALIFORNIA
for the

2005 RCA International Convention
on

August 12, 13, 14

at the
Hanalei Hotel



Don't leave before the miracle happens

The Miracle Will Happen

Convention Registration

Registration for the conference **does not include** hotel rooms. Please contact the hotel directly to reserve a room.

All registration information is strictly confidential

PLEASE PRINT

Name _____ Name _____

Address _____ Address _____

City, State Zip _____ City, State Zip _____

Phone _____ Phone _____

Email _____ Email _____

How long in RCA _____

Do you want your email & phone # on the Convention Attendee List? Yes _____ No _____

What would a Miracle look like in your life?

Hotel Reservation Info

Red Lion Hanalei Hotel

2270 Hotel Circle North
San Diego, CA 92108

(800) 882-0858 (toll free)

www.hanaleihotel.com (Password: RCA2005)

- 1 2005 San Diego RCA Convention (The Miracle Will Happen) August 12, 13, 14, 2005
- 1 The special convention rate is \$135.00 per night per room (up to 4 people)
- 2 Please make your room reservations promptly as room availability and rates are not guaranteed after July 13, 2005
- 3 Register online (password: RCA2005) or call the hotel toll-free
- 4 To receive the discounted rate when registering by phone, you must mention RCA 2005
- 5 Special room arrangements such as room refrigerators, or television removal, must be made directly with the hotel
- 6 Daily parking is \$10.00
- Shuttle to/from airport (San Diego) \$8.50 each way: contact **Cloud 9** (858) 974-8885

Convention Registration Fee

(costs are per person)

With meals

___ \$125 by July 1st

___ \$140 after July 1st

Without meals

___ \$95 by July 1st

___ \$110 after July 1st

Meals include: Friday: dinner. Saturday: lunch & dinner.

Meal Types: ___ # Standard ___ # Vegetarian

Saturday & Sunday morning Hospitality Suite with muffins, fruit, coffee, & juice.

Service

Interested in providing service: YES

[] Leader Couple

Topic _____

Topics

List topics you are interested in having as breakout meetings:

Potential Onsite Childcare (Information Gathering)

A room will be available at the convention for parents who want to coordinate childcare with other parents. If interested please identify number of children _____. You will be contacted for coordination purposes.

Return this portion with your check or money order

Tentative Program Information

Friday

4:00 pm Hotel Room Check-in

(see front desk for early check-in)

1:00-5:00 WSO Open Business Mtg Noon

(RCA grps invited to bring items for discussion)

1:00-5:00 Breakout meetings

3:00-7:00 Registration

6:00 pm Dinner/Speakers meeting

Saturday

7:00 am-Noon Breakout meetings

8:00-10:00 am WSO Open Business Mtg

Lunch/Speakers meeting

2:00 pm -5:00 pm Breakout meetings

6:00 pm Dinner/Speakers meeting

9:00 pm Evening Event

Sunday

7:00 - 1:00 pm Breakouts/Closing Ceremony

1:00 pm WSO New RCA Board Meeting

Mailing Information of Registration: Registration confirmation will be e-mailed.

Program packets will be available at the registration table at time of check in.

Please mail your check or money order in US funds **payable to:**

RCA Miracle 2005

PO Box 710346

Santee, CA 92072

Important Message. We want everyone to feel comfortable and safe. Please be considerate of others in your choice of clothing. Children may not attend any convention activities, including meals.

Convention & General Information:

Convention Co-Chairs: Mike S & Sue S

619/668-6931 suesheffield@cox.net

Sorry No Refunds!!