



# Hand in Hand

Winter Issue 2009/ 2010

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## Letter from the Chair

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Here we are at the beginning of a new year. RCA as most of us know it has been around for more than 20 years. We grow each year, both in the number of meetings and in the locations where those meetings can be found. RCA can be found on the internet and couples can participate over the phone lines with 3 phone meetings a week. Our webpage spreads the word to all corners of the world. Our annual conventions offer solid recovery experience, strength and hope to couples each year. We have new literature, and our solid favorites are being updated. Once the 4<sup>th</sup> edition of the RCA Program Book (Blue Book) is approved by the fellowship and it is in print at the end of this year, the literature committee will turn its attention to updating all the pamphlets. A new committee will be working on collecting and printing RCA's first Daily Meditation Book, feel free to participate by sending your ideas to [dailyreader@recovering-couples.org](mailto:dailyreader@recovering-couples.org) or join the committee yourself!

Committees are busy year round working on all aspects of keeping RCA alive and available for those in recovery and those yet to find us. Our webpage, literature, conventions, and World Service Board all depend on the dedicated volunteers who participate on all the working committees. And we would not be able to continue to operate without 7th tradition donations from the groups and individuals in RCA all over the world.

One day several years ago, my husband and I found the website and were led to a local meeting. We recognized that we were a couple whose "commitment had become unmanageable and despite our best efforts we were headed for separation and/or divorce." Working the RCA program has been a huge part of our coupleship recovery. Wanting to share what we have found; we began to volunteer at a recent convention, then on committees, and now the WSO Board of Directors. We have found that these actions are a few of the ways we can give back. And in doing so we believe we have received many more blessings in return.

### Board Members

Chair- Vicki R. (irw Mark R.)

Vice-chair- Richard P (irw Barbara )

Secretary- Ruth B (irw Debbie V.)

Treasurer- James K. (IRW Mark W.)

Julaine irw Steve

Elena J. irw Allen J.

Jerry H irw Stephanie H.

Tyler B. irw Michele B.

So as I look forward to this New Year, I look forward to sharing many more of the blessings of RCA through better communication, commitment, and caring; in my coupleship and in the RCA program as a whole. Won't you join me?

RCA WSO Board Chair- Vicki R (in loving recovery with Mark R.)

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**DON'T FORGET TO CHECK THE WEBSITE FOR DETAILS AND TOPICS FOR GROUP VOTING AT THE RCA ANNUAL BUSINESS MEETING**

**TO BE HELD AT NIAGARA FALLS, CANADA**

**JULY 23, 2010**

**9AM EDT**

## STEP 2 COLLAGE

At The Convention in Florida, Jim and I lead a workshop on the Step 2 collage. The morning of that workshop we were having our quiet time: prayer, 10th step check-in and reading. The reading is usually a topic from the "Blue Book" or Reflections, however on this morning we decided to look at step 2 and specifically the "collage". As my partner was sharing, I realized that he was sharing with me some very specific ways to accomplish this wonderful tool of Step 2. I asked him to repeat it and I wrote it down. We used it in the workshop with what seemed like great success, based on what those who took the workshop had to say. So we offer this to the RCA community to take what you can use and leave the rest. Yours in Service to RCA.

1. A Silent Gathering (no talking): Cut out, spend 1/2hr each choosing their own pictures that remind them of their own HP and remind themselves of the coupleship HP.
2. 1/2 Hour Share with your partner, sitting face to face why you chose each Picture or Word or Phrase
3. 1/2 hour Collaborate which pictures or phrase or words go in coupleship pile.
4. 1/2 hour Create the image place them on the paper and collaborate on where you want them to be on the collage.
5. Look at the finished product, share thoughts and feelings, Put in prominent place in home and share it at a meeting of RCA

1/2 hr at a time keeps the coupleship in the present. Scheduling more 1/2 hours times for working on any particular part may be needed.

Mark irw Jim

Recovering Couples Anonymous World Service Organization Board of Trustee Positions are filled each year at the Annual Business Meeting. These meetings are held during the weekend of the Annual Convention. These meetings are open to all RCA members. Our Bylaws state that a couple is qualified for Board Service if they meet this criteria: "Any couple which is a member of a Member Group and which professes that they have been actively working the twelve steps of R.C.A. for 12 months shall be qualified to be nominated for the Board of Trustees." Experienced Board Members would suggest that couples interested in Board Service have had some experience in working on a WSO committee. Nominations are taken at the Annual meeting, with voting occurring immediately before the closing ceremony. The first meeting of the "new" Board occurs that same day. Contact the WSO Chair for more information.

### Daily Meditation Book

A new committee has been created to begin to work out the concept of a new daily reader for RCA.. A virtual suggestion box has been put on the website to collect ideas for the book, and they will be reviewed by this new committee. That email box is [dailyreader@recovering-couples.org](mailto:dailyreader@recovering-couples.org).

**The committee is looking for members to participate in the process. Contact the Vice-chair at [vice-chair@recovering-couples.org](mailto:vice-chair@recovering-couples.org) if you are interested.** We will have our first meeting by phone February 28@ 1pm., email [dailyreader@recovering-couples.org](mailto:dailyreader@recovering-couples.org) for more details. This committee has already begun to collect material and will be taking the book through to publication over the next few years. The Board looks forward to lots of participation and feedback from RCA members and groups.

## *Journey Hand in Hand*

*Hand in Hand as we walk,  
On this journey of life we must learn.*

*Listening is key when we talk,  
Our love and trust we must earn.*

*RCA has the tools of success,  
The serenity prayer is how we begin.  
Coupleship issues we wish to address,  
All dissipate when we work from within.*

*Commence with going to meetings,  
Then move on to do the 12 steps.  
Don't worry, your hearts won't stop beating,  
But getting a couple to sponsor is best.*

*The safety guidelines remember to read,  
Before sharing our thoughts and feelings.  
In time we will find all we need,  
Is to keep coming back for more healing.*

*Oh! this journey of life is a treasure,  
There's no doubt this is so sublime.  
So let's open our hearts with pleasure,  
Hand in Hand just one day at a time.*

*Marvin irw Lorraine 2-10-10*

**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 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](mailto: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](mailto:harmony_couple@yahoo.com) or Call Jerry and Vicky at 954-432-8167**

## Fourth Edition History and Update

Since the printing of Third Edition of *Recovering Couples Anonymous* in 1996, our fellowship has continued to grow in recovery. The improvements in our website have made it much easier for those couples who still suffer to find RCA in their area. As with most other Twelve Step fellowships, RCA has not been without its “growing pains.” And, as pain was the great motivator that brought many of us into recovery in the first place, it can also be the motivator to encourage RCA to flourish as a healthy recovery organization -- an organization that is able to effectively carry the message of hope and recovery to couples who still suffer.

To develop a book reflecting the continuing RCA experience, and to incorporate the collective group conscience of all the member groups, a new “fourth edition” of the Blue Book has been written. It was written in draft form and presented to the RCA Membership just before the 2005 Convention for general distribution. Questionnaires were included with the draft copies and a website organized with questions. Both the questionnaires and the website were used to obtain feedback from the RCA membership as to how the fourth edition reflected the experience, strength, and hope of the membership. The data were collected and used to modify the first draft. This process was repeated in 2006. At the 2007 Annual Business meeting a motion was passed which would give the Fellowship a “90-day review” of this draft. Since the 2007 Convention, the Literature Committee has extensively modified the 2006 draft based on the second round of comments from the member groups. The final review by the Fellowship is imminent.

Each Active RCA group will automatically receive an electronic read-only copy by e-mail. The Outreach Committee members will be calling each Group Contact Couple listed in the RCA directory to get a valid email address. Some groups might prefer to receive a printed review copy by postal mail. If so, a donation will be requested to offset the cost of printing and mailing. The GCC's will be polling their groups to determine if their group would like to receive the printed review copy in addition to the electronic copy, and getting valid postal addresses for this purpose. Hopefully, these options will insure a wider access to the Fellowship and allow all members to take part in the process of review and decision. Outreach will be obtaining postal and email addresses through mid-March of this year. By early April, the “90-day review” will begin and the fellowship will have the opportunity to reach a decision about this draft of the Fourth Edition.

A simple ballot giving each group the opportunity to vote (yes, no, or abstain) will be provided during the 90-day review process. If approved by a two-thirds majority of **those voting yes or no**, it will be the first time RCA will have a **Fellowship** approved Blue Book. We hope to be taking orders at the 2010 Convention in Niagara Falls.

The Ad Hoc Production Committee

**Falling in Love Again  
2010 RCA Convention, Niagara Falls Canada  
July 23-25, 2010**

A 200 year old monastery, atop one of the world's most beautiful waterfalls, what could those monks have been thinking of? Luckily for us, its an idyllic spot for a very special group of people to hold the 22nd annual RCA convention. Surrounded by multi-million dollar hotels and entertainment facilities, the monastery is an oasis, from the bustling tourist trap that is Niagara Falls. This weekend will be a reprieve from your busy schedule; a chance to "Fall in Love Again"!

The setting established, the program will contain something old, something new, something borrowed, and something blue, (the Falls of course). Some of the popular workshops from the Fort Lauderdale Conference, will be revived for this conference: Massage for Couples, Creative Use of Conflict, Living in Reality, and Money-Yours, Mine & Ours. The first evening we will have a Labyrinth workshop using the facility at the monastery.

Another new session will be Early Recovery: Steps 1,2 and 3. The Saturday evening guest speakers will be celebrating 25 years of marriage this year. A guest speaker will wrap up the event on Sunday morning.

Register soon to ensure you will not be disappointed. The monastery only holds 50 couples on site. The total number to attend is limited to the first 75 couples to register.

Steve irw Julaine



**Some Comments from 2009 Convention Participants:**

“We gained more experience, strength and hope at the RCA 2009 Convention. See you at Niagara Falls next Summer!” *Mary and Dwight*

“The Florida RCA convention brought us an amazing amount of hope. We were able to see that there could be a future filled with healthy interactions if we keep working. I feel that this conference gave me the inspiration I needed to get serious about working the RCA Steps.” *anonymous*

“We had a great time and it was even more fun because another couple from our group came.”  
*Barb & John*

“The Fellowship has been wonderful, warm and welcoming. The individual sessions were very informative and helpful especially since we are in early recovery. This was our first conference”  
*Armand & Mary H.*

# FALLING IN LOVE AGAIN

RCA INTERNATIONAL CONVENTION JULY 23-25, 2010 NIAGARA FALLS CANADA

The convention is being held at Mount Carmel Spiritual Centre, a monastery and retreat/convention centre. For more information connect to [www.carmelniagara.com](http://www.carmelniagara.com)

## CONVENTION REGISTRATION:

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ PROV./STATE \_\_\_\_\_ P.CODE/ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL \_\_\_\_\_

How long in RCA: \_\_\_\_\_ Do you want to be included on attendee list with phone #, etc? \_\_\_\_\_

### Convention Registration Fees: (Registration Fee is non-refundable.)

	<b>Before May 1st</b>	<b>After May 1st</b>
Registration Only:	\$ 55 per person _____	\$ 80.00 per person _____
Room & Meals:	\$190.00 per couple _____	\$190.00 per couple _____
Room & Meals:	\$105.00 (single) _____	\$105.00 (single) _____
Meals Only:	\$ 90 per person (3 meals Saturday, 2 meals Sunday) _____	
Dietary Needs:	_____	

**Note:** Mount Carmel offers basic but very clean accommodation. A block of rooms are also available at the Rodeway Inn (1-877-424-6423), a three minute walk from the monastery, please contact the inn directly to reserve a room. Niagara Falls also offers several hotels, connect to [www.niagarafallstourism.com](http://www.niagarafallstourism.com).

REMEMBER TO ENTER CANADA YOU MUST HAVE A VALID PASSPORT.

**Canadian and US funds accepted. Return form with cheque or money order payable to:**

**RCA Niagara 2010**

**c/o Steve and Julaine McNeill 1-10 Rossmore Court**

**London, Ontario, Canada, N6C 6A3 519-690-2454**

Questions/Concerns/Information please email [niagaraconvention2010@yahoo.com](mailto:niagaraconvention2010@yahoo.com)

**Service:** Are you interested in leading a breakout session: \_\_\_\_\_ Yes \_\_\_\_\_ No

Would you like to suggest a topic for a breakout session: \_\_\_\_\_



**Seventh Tradition Contributions  
RCA Groups and Individuals  
October, November and December**



Birmingham, MI	\$150.00	62040
Capitol District, NY	\$60.00	72005
Culver City, CA	\$181.95	45045
First Hamilton, Ontario, Canada	\$40.00	26005
Florida Convention	\$4,622.79	
Fort Worth, TX	\$150.00	83020
Green Gulch, CA 2009 Retreat	\$185.00	
In Harmony, Hollywood, FL	\$100.00	49012
Individual	\$2,645.00	
Jamestown-Sonora, CA	\$400.00	45015
Los Altos, CA	\$400.00	45060
Miracle Mountain, PA	\$75.00	78030
Naples - Bonita Springs, FL	\$45.00	49080
Norwell, MA	\$100.00	61020
Oakland, CA Early Birds	\$500.00	45052
Owatonna, MN	\$20.00	63040
Philadelphia, PA	\$100.00	78015
Phoenix, AZ Thursday Crossroads	\$100.00	43010
Pu'ula, HI	\$200.00	51005
Salem, Oregon Wednesday Mid-Valley	\$75.00	77012
Santa Clara, CA	\$100.00	45150
Santa Cruz, CA	\$100.00	45100
St. Paul, MN	\$160.00	63045
St. Peters, MO Monday Night	\$100.00	65025
Tacoma, WA	\$60.70	87060
Tucson, AZ Wednesday Night	\$100.00	43020

**TOTAL**

**\$10,770.44**

## Upcoming events:

### Four & Five, Staying Alive

East Coast Retreat

March 19, 20, 21 2010

Valatie, NY 12184

\$350 per couple includes 2 nights and 6 meals

Register and reserve your room for \$40

Contact Mark W at 845-853-6753

Or email Mark at [markw1950@verizon.net](mailto:markw1950@verizon.net)

### Asilomar Retreat

March 19, 20, 21 2010

Pacific Grove, Monterey Peninsula, California

\$500 per couple includes 2 nights and 6 meals

Contact Fran & Robert @ 650-856-3726

Or Shelly & Gordon @ 650-856-1607

Or Judy & Joe @ 650-856-0181

### Northwest Recovering Couples Anonymous Retreat

May 14-16, 2010

Saint Benedict, Oregon

\$295 per couple includes 2 nights and 5 meals

Contact Nancy Miller @ 541-389-0969

### Green Gulch Retreat

October 15, 16, 17 2010

Walnut Creek, California

\$440 per couple includes 2 nights and 6 meals

Contact Linda & Brian @ 925-939-6965

Or Dan & Sharon @ 831-234-5409

Lindajoy.serenity@gmail.com

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.

### SOME FINAL THOUGHTS

**The 2010 RCAC will be at Niagara Falls, Canada**

The 2011 Convention will be in Phoenix, Arizona

We are now entertaining bids for 2012.

Maybe your RCA group wants to bid on 2013 or 2014!

If your group contact couple has not received a call from the Outreach Committee about how your group can participate in the 4th Edition voting process, please contact us at:

**[Outreach-committee@recovering-couples.org](mailto:Outreach-committee@recovering-couples.org)**

**For the most up to date information, visit our website often.**

**Send us your feedback on this newsletter to [articles@recovering-couples.org](mailto:articles@recovering-couples.org).**

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