

HAND IN HAND

JULY ISSUE 2017



OUR WEBSITE : www.recovering-couples.org
TO EMAIL RCA : info@recovering-couples.org

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RCA Convention – August 2017

Conventions help us remember that we are a worldwide organization. Couples in other countries, states and cities all share the same RCA program - meeting format, literature, tools, slogans and much more. On any given night, somewhere there is a room where couples are gathered to find a way to attain a high level of Caring, Communication, and Commitment.

Conventions are an opportunity to come together as one fellowship and celebrate our recovery. May be you are just beginning your journey in 12-Step recovery, or you may be farther down the road. You are part of something much bigger. RCA would not be the same if you were not there, and the convention is no different. There will be many workshops, the latest literature and sharing of experience, strength and hope. Please join us in Minnesota August 11th – 13th, 2017.

For couples staying at the hotel and have not already made reservations, the cut off for the special rate of \$109.00 plus tax will end JULY 21st. Crown Plaza Aire will extend this rate 3 days before and 3 days after the block dates of August 11th and August 12th. You can make reservation by calling 1-952-854-9000 ask for Recovering Couples Anonymous special rate.

To sign up or find more information on the 2017 RCA Convention go to www.recovering-couples.org under EVENTS. If you would like to present a workshop or help with the convention email Catherine at caearley@gmail.com or call 001-651 208-6696.

The RCA Website has a number of useful resources [here](#) for couples including this feature...

Using the Twelve Step Method to Examine an Issue

Instructions for Working on a Particular Problem

- If you are just learning this tool, pick a relatively low stress problem to practice on.
- If you find this process is causing distress in your coupleship, stop what you are doing till you can be with your sponsors.
- If you find you are taking your partner's inventory as you write, you are off track. The steps talk about taking your own inventory; nowhere do they talk about your partner's inventory.
- Do not read your answers to each other until you have finished writing the entire twelve steps. Healing comes later in the process.
- Although ideal if both do it, it is not necessary for both parties to write out the steps on a problem. It helps whoever does the work. It is very beneficial to have an agreement to listen to your partner's work. (But see #2.)
- If both partners are writing on an issue, be sure you are in agreement on which issue you are writing. That is the only part of the process you have to agree on.

- We suggest using the questions as a guide and writing your answers in a notebook so that you can do it again on other problems, using the same questions.
- Answering all the questions takes most people about an hour or two. If you are taking lots longer, maybe you are trying for perfection instead of just taking one whack at it out of many whacks. Recovery is about progress, not about perfection.
- Some find these questions effective because they discover their own part in a problem. Others have liked that the questions bring the Higher Power right into the issue.



Using the Twelve-Step Method

- When you are having a problem, take time to make an honest, short & clear description of that problem. Include the basic factual elements of the situation, the persons and the feelings involved (ex. fears, resentments, wanting to control). This is recovery work. Do your best to talk about your own point of view.

Continued on next page...

• **STATEMENT OF THE ISSUE:**

Here are the questions to help you work the steps in exploring the issue:

Step 1:

- In what ways do you feel powerless when encountering this issue?
- What is the unmanageability in your life created by this issue?

Step 2:

- How can your Higher Power help your thinking and feeling in this situation?

Step 3:

- How can making a decision to turn your will and life over to the care of Higher Power help you at this time?

Step 4:

- Make a fearless and searching inventory of your part in this issue. How do they affect other defects like need to control, caretaking, obsessive-compulsive behaviours, stuffed anger, and resentments, etc.?

Step 5:

- Clearly look at your responsibility and admit your part of the situation to yourself and your Higher Power and talk to a trusted friend about your actions in this situation.

Step 6:

- What do you need to do to become entirely ready to give up your anger, resentments, fears, control, etc. in this situation? Are there any you want to hang on to?

Step 7:

- Can you humbly ask your Higher Power to remove your shortcomings in this situation? What part can you play to release these shortcomings?

Step 8:

- Make a list of all the persons who have been harmed in this situation and be aware of how you have hurt yourself and/or your coupleship.

Step 9:

- How will you make things right in each case and when? What can you have as a focus of change to prevent you from being in this conflict/issue in exactly the same way again?

Step 10:

- Look the situation over again and make sure nothing has been left out.
- Make a list of 3-5 things you did that were unskillful or/unhelpful in this situation.
- Make a list of 3-5 things your partner did in this situation that were skillful or helpful.

Step 11:

- Go to your Higher Power in prayer and meditation; asking for awareness of Higher Power's will and the power to carry that out. (Write a prayer if you are willing.)

Step 12:

- Can what you have learned in working the Steps on this situation be of benefit to others?
- How can you apply what you have learned to other aspects of your life, your relationships, your family, and your spiritual awakening?

(Adapted from Relationship Renewal: Step Up to Intimacy — A workbook for committed couples who want to find joy in their partnerships (4th ed. 2001, at p. 163–64). Copyright © 1992, 2001 by Diane and Glenn Anderson. Adapted by an RCA Couple in the Walnut Creek California RCA group.)

7th Tradition Update

Meeting	Amount
A vision for two' group	\$37
Anon	\$50
Chattanooga group	\$100
Cleveland West group	\$40
Eugene, Oregon group	\$50
Green Valley, AZ group	\$60
GSN5360	\$43
Palm Desert group	\$109
Reno group, Nevada	\$200
San Diego group	\$200
Santa Clarita, CA group	\$150
Santa Cruz group	\$1,200
Simi Valley, CA group	\$250
Tuesday night phone group	\$20
Tuesday eve group	\$100
Together We Can' group	\$150
Tucson, Arizona group	\$150
Yucaipa group	\$120
Individual contributions	\$440
Total	\$3,469

Contributions received Apr - Jun 2017

thank you!

RCA Announcements

UK retreat 2018

After successful 1-day retreats in 2016 and 2017, next year's UK retreat is planned as a 2-day event so please mark your diaries for the 10th and 11th of February 2018. All are most welcome!

Washington DC – One Day Recovery Retreat

On September 30th, the Washington DC area is having its third annual One Day Recovery Retreat called Growing Together. Please email Kate at kdmoran2@gmail.com for further information.

RCA needs YOU!



Technology and Website Committee

Why not offer some of your time? You do not need to be a rocket scientist! We need people who know Twitter, Facebook, and other social media that can help us get the word out about RCA.

We are also looking for people who are willing to review the website layout and content.

Please drop us a line at:

web-team@recovering-couples.org

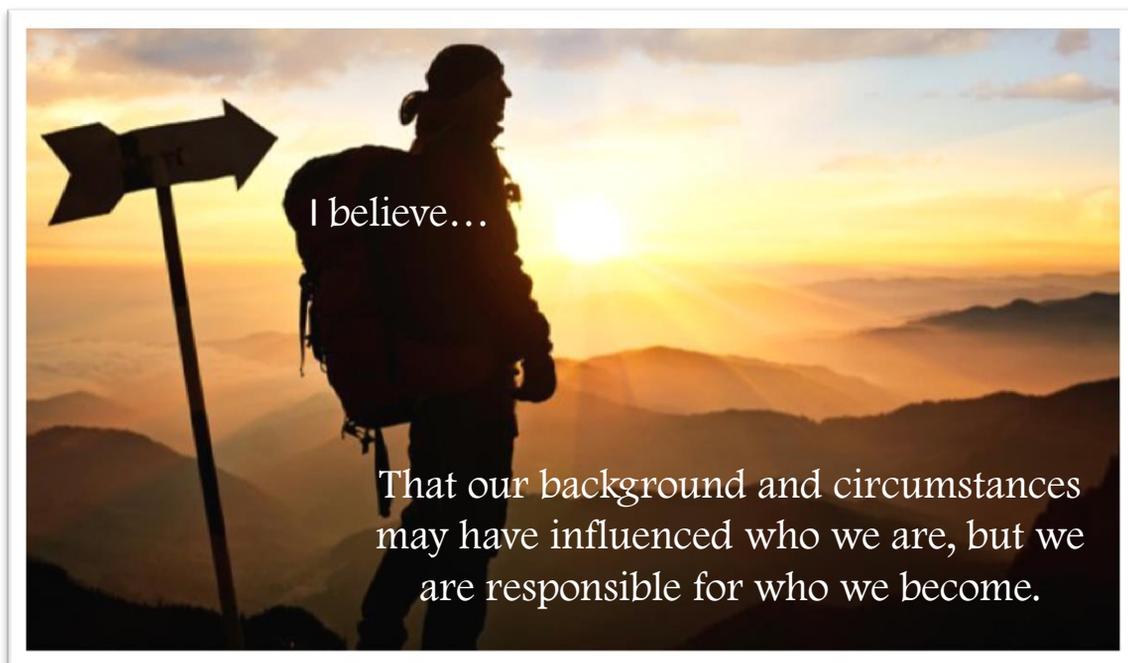
Hand In Hand

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 always looking for RCA couples to help with writing articles.

Please submit articles to

articles@recovering-couples.org (by 25th Sept 2017 for the next edition).

Reflections



A Couple's Prayer

God, in the silence of this moment we ask of You
peace, wisdom, and strength.

We want to look at the special person,
the gift You gave us in marriage,
with eyes of love and compassion.

Help us to be patient, understanding, humble, gentle,
and kind to our marriage partner.

Please let us see them as You do, that we may look
past their faults and appreciate the goodness within.
Close our ears to any negative things that might be said,
and keep our tongues from speaking back evil.

Please let only thoughts that bless remain in us.

Today we want to be well-intentioned, understanding, forgiving, and kind,
that anyone who comes to us
might feel Your presence.

God, clothe us in Your love, that throughout this day
we will be a reflection of You.

Steve B.

Series on Tools of Recovery



Developing a support system within and outside of RCA

To help build balance in our coupleship, each day we remember to develop personal relationships with people other than just our partner. Each day we remember to nourish our spiritual growth together, our creativity, and our playful attitudes. Reaching out to other couples outside of meetings allows us to get other perspectives on our problems.

The idea of developing a support system for our coupleship wasn't new to me when we came into RCA – we tried to have date nights once in a while and I read often in self-help articles about the need to 'work' at a relationship.

However, as my experience in recovery has increased, I have realised that the tiny amount of effort I used to make with those occasional dates or the times I talked (gossiped!) about our challenges to seek 'support' from friends did not constitute developing a healthy support system.

In my own recovery, it took a major rock bottom in 3 of my addictions at the same time to motivate me into the H.O.W. version of one of my fellowships. There I was told to make 3 outreach calls a day plus one daily call to my sponsor. With much fear and many awkward silences, I learned to do this out of desperation and my habit of picking up the phone instead of my addictions was born. When we then came into RCA, I carried that experience forward and found members with whom I felt comfortable outreaching when I needed to be heard and/or to get suggestions.

We developed a relationship with a sponsor couple (which involved lots of rage and bad behaviour on my part as I battled through my avoidance and fear of intimacy, but we made it and now I can share without a backlash).

Outside of RCA, we have found recovery friends from other fellowships who we can share with and who will respond in a way that is supportive both of us individually and also of the coupleship. We developed a pattern of making time for two date nights a month (and asking for help with babysitting). We also found a therapist who is familiar with 12-Step and couples work. We saw the therapist before we started the Steps. This helped us to reach awareness and to 'break open' around some of our core issues.

We would still like to develop friendships with more couples for outreach and spend more time with other recovering families outside of meetings, so we are a work in progress.

Toni IRW Andy