



2022 RCA ZOOM INTO COUPLES RECOVERY

Feb 9, 2022

Greetings Fellow RCA Couples,

We are now looking for Couples who would like to offer their services as either Speaker Couples Or Session Leaders. Our Theme is "ZOOM INTO COUPLE'S RECOVERY". The Convention will be on Aug 6-7, 2022. Please save the dates.

In order to start your creative juices going, we would like to offer some ideas. Some may think of zooming as 'focusing into', some as "zero to 60 in 6 sec." and some as "creating more effective action or deeper understanding or connection". Things that help us zoom into recovery are: the 12 steps, connection with our Higher Power etc.

Consider areas or items that stop us from zooming or where we get stuck in "in- action" places.

I think of a car. What helps me engage the starter to get it going? What causes the engine once started to sputter or stall?

Things like: resentment or anger, codependency, lack of acceptance, expectations, trauma, control issues, having to understand it(intellectualizing) to name some.

What got me Zooming and what kept me Zooming? How did I Zoom within each step?

These ideas are by no means an exhaustive list. Just an attempt to help your juices flow as you interpret the theme of " Zoom into Couple's Recovery". You may have specific expertise in an area such as Sexuality, Mindfulness/ Meditation, or others that you can bring to the table. Maybe you excel at guiding us into the Steps or enhancing our connection with Higher Power.

Whatever you can bring. We ask that you take it to your Higher Power and consider how you can render service.

Please take this info to your RCA Meetings to ensure the widest coverage possible so no one is left out who wishes to serve.

We anticipate your response in order to make the RCA 2022 INTERNATIONAL CONVENTION a success. We can't do this part without you.

Please reply to 2022convention.chair@rca-wso.info

Yours in Service,
Tom and Alberta N.
Programming Committee