

Sunday SLAA/RCA Couples Meeting

The Promises of RCA

Adapted from the book, Alcoholics Anonymous Chapter 6—"Into Action" (Page 86) © 1939, 1955, A.A. World Services, Inc.

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Recovering Couples Anonymous

If we are honest about our commitment and painstaking about working the Twelve Steps together we will quickly be amazed at how soon our love returns.

1. We are going to know a new freedom and a new happiness.
2. We will learn how to play and have fun together as we experience mutual forgiveness.
3. We will not regret the past nor wish to shut the door on it. Trust in each other will return.
4. We will comprehend the word serenity, and we will know peace.
5. No matter how close to brokenness we have come, we will see how our experiences can benefit others.
6. That feeling of uselessness, shame, and self-pity will disappear.
7. We will lose interest in selfish things and gain interest in our partners, families, and others.
8. Self-seeking will slip away.
9. Our whole attitude and outlook on life will change.
10. Fear of people and of economic insecurity will leave us.
11. We will intuitively know how to handle situations which used to baffle us.
12. We will be better parents, workers, helpers, and friends. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us—sometimes quickly, sometimes slowly. They will always materialize if we work for them.