In this talk we explore a new recursion formula for the Catalan numbers. Although the recursion was discovered via manipulating the generating function of the Catalan numbers, we can give a combinatorial proof using generalized Dyck words. A slight modification results in a new expression for Fine numbers in terms of Catalan numbers. Both the Catalan recursion formula and the formula for Fine numbers are expressed as sums over integer partitions. (Received September 17, 2013)