



# Remote Communities Workbook

This workbook is based on the practical experience from the BC/Yukon Area 79<sup>1</sup>. The workbook has been edited and changed to suit the Australian Remote Communities Committee requirements

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### **The goal of the Remote Communities Committee**

The goal of the Remote Communities Committee is to link AA members and the professional community living in remote communities with resources and information to maintain and achieve sobriety.

### **What is it like getting/staying sober in Remote Communities**

In a Capital City or Regional Centres, there are meetings every day or at least a couple a week, other members to share their experience, strength and hope, and the ability to find and meet with a sponsor on a regular basis. This is not the case for AA members in remote locations.

In remote locations, if there is a meeting, there may be only one or two members. Where there are no meetings there is often a lone member who may/may not have their contact details in the State/Territory newsletters and travel long distances to attend a meeting. If there are one or more members, they are often responsible for keeping the meeting open, making 12 step calls, and providing information for Public Information and Cooperation with the Professional Community in their local community.

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## **The National Community Coordinator**

This role provides information between each State/Territory, General Service Office and Conference. Will update and maintain this document online for use of all Remote Community Coordinators and Committees. Provide suggestions, improvements and support to Remote Community Coordinators and Committees. Create a generic email address such as rcc.nat@gmail.com

## **State/Territory Remote Community Coordinators**

“Remote Communities are defined by any group isolated by geographic and/or cultural remoteness or isolation. The committee has a responsibility to develop policies and encourage activities to engender awareness and understanding of AA throughout a spectrum of such communities in Australia. The following lists some of the ways that a coordinator role and responsibilities.

- To be a conduit for members/professionals to connect with mainstream AA via CSO, GSO, and/or PI/CPC.
- Provide information to members on what Remote Communities are and how people can assist in carrying the message. For example create notices to generate interest.
- Persuading interested members to form a committee and encourage Districts/Areas to include Remote Communities at Assemblies.
- Write reports and articles on Remote Communities through a variety of mediums such as AA newsletters and AA service website.
- Encourage the Fellowship to provide funds to carry the message.
- Identify resources that will assist in targeting non-mainstream AA members.
- Request PI/CPC Forums include a Remote Communities section.
- Create a generic email address such as rcc.state/territory@gmail.com

## **Funding for Remote Communities**

Funds specifically donated for the Remote Communities fund should be utilised by the projects that will reap the most benefit for AA as a whole. To access the funds a committee should outline the reason for the funding, the amount required and the expected benefit and submit it to the National Coordinator and the other State/Territory Coordinator for consensus for the use of the funds. The request is then forwarded to General Service Office for the funds to be provided to the Committee.

Members or Groups who wish to make contributions to the Fund need to specify that their donation is for this Fund.

## **What Remote Community Committee Members Do:**

- The National and State/Territory Remote Communities Coordinators report at Assemblies to Area.
- Prepare a Contact List of remote people and locations.  
This contact list can then be used to assist people who want to provide this type of service with people who would like to use this service.
- Create a list of Remote Community Committee tools, which may include: AA Speaker CDs, Temporary Sponsors, phone and/or email Mates.

- Prepare a Quick Reference Guide for AA services in remote community, e.g. meeting lists of surrounding groups or all AA meetings in your district. This would also have the location (and possibly name and/or contact information) of those in remote communities. This list would also include the day, time and place of your district meetings, including a district contact list with people's names and contact information.
- Supply the contact information and explanation of the Remote Community Mate to interested groups and/or members. (More information provided below).
- Consider using Public Service Announcements (PSAs) in local media, including newspapers, radio and television to let people know where the nearest AA meeting or contact can be found.

For more information on PSA's contact: National Public Information email: [aanationalpi@gmail.com](mailto:aanationalpi@gmail.com)

## Remote AA Members

There is more information in relation to online resources for remote members at [www.aa.org.au](http://www.aa.org.au) and [aaservice@aa.org.au](mailto:aaservice@aa.org.au)

## Penpals

For members who like to writing letters an "AA meeting in print" is available for people who cannot attend regular meetings:

- Loners-Internationalists Meeting Australia:  
To subscribe write to: The Editor, PO Box 387 Milang SA 5256
- Loners International Meeting America:  
This service can be accessed through the General Service Office of USA:  
Mailing address: Box 459, Grand Central Station, New York, NY 10163 10  
Website: [www.aa.org](http://www.aa.org)  
Email: [lim@aa.org](mailto:lim@aa.org)

## Subscribe to AA Newsletters

- [AA Around Australia](#) from the GSO website
- Relevant State/Territory Newsletters contact your [State CSO](#)

## What AA Members and Groups Can Do:

The 'Responsibility Statement' (1965) states:

*"I am responsible. When anyone, anywhere, reaches out for help, I want the hand of AA always to be there. And for that: I am responsible."*

- If Members are travelling it is suggested that they carry literature with them to hand out to any new members they run into or to drop off at Medical Centres, Police Stations, Detox Centres etc.
- Coordinate Teleconference Meetings for your area.
- Organise Roaming AA Meetings: This is where a group of member's travel to a remote community for a meeting. Experience suggests that this could be done every one to three months, members traveling usually chip in to cover expenses.
- Become a Temporary Sponsor (Mentor) or a phone and/or email mate?
- Maintain a supply of AA Speaker CDs/MP3's etc bearing in mind copyright laws to send to Remote Members.

- Pass on any old AA Magazines/Newsletters.
- Join a Tag-A-Long similar to the one conducted yearly in Queensland which stops at a number of remote locations to run public or open AA meetings and book/pamphlet drop along the way. More information can be found via the [Alcoholics Anonymous in the Australian Outback](#) website.

These considerations are meant as possible tools for someone living in a remote situation, whether short-term or long-term. We would love to hear any suggestions for information that you feel could be added here.

### **Remote Community Mate**

The intent of Remote Community Mate is for a person/group to support a geographically isolated person unable to make regular face-to-face meetings or a geographically isolated group (maximum of 3 members with a meeting once a week or less frequently).

To become a mate, you and/or your group need to make a commitment to keep in touch with your nominated Remote Member. This can be achieved by any or a mixture of the following ways:

- Ringing the person/group
- Writing letters
- Skye Meetings
- Becoming a sponsor

The groups are introduced to each other by telephone or email through the Remote Communities Coordinator. The participants decide the frequency, day and time of meetings, and the format they wish to follow. A commitment is made by both groups to be there to make or receive the connection. The sponsoring group may have a list of members who would like to participate in the meeting, thereby ensuring the remote members hear a variety of experience, strength and hope.

If you wish to become a Remote Community Mate, please provide the following individual or group information to the Remote Community Email address below.

Group/Name:

If a person please also add:

Date of Sobriety:

Sex:

City/District/GSR:

Email:

Phone:

If you have any questions or concerns, contact:

[gso@aa.org.au](mailto:gso@aa.org.au)

02 9599 8866

## Remote Communities Suggested Literature

The list below is a suggested list of books and pamphlets to carry the message to Remote Communities. A full current price list can be found via the following link <http://www.aa.org.au/members/literature-price-list.php>

<b>Code</b>	<b>Description</b>
<b>Books</b>	
01B-11	Big Book – (Pocket Size)
01B-15	12 x 12 (Pocket Size)
01B-09	Daily Reflections
02BL-01	Came To Believe
02BL-02	Living Sober
<b>Cards</b>	
08S-01	Anonymity Card
08S-02	Twelve Steps and Twelve Traditions Card
08S-03	I Am Responsible Card
08S-04	Just For Today Card
<b>Pamphlets</b>	
<b>For Members/Potential Members</b>	
03R-26	Is AA for Me
03R-01	This is AA
03R-03	Is AA for You?
03R-04	Young People and AA
03R-05	AA For the Women
03R-30	AA For The Aboriginal Woman
03R-31	AA For Aboriginal People
03R-32	AA For the Indigenous Australian (26 page booklet)
<b>For Professionals</b>	
06P-02	AA as a Resource For the Health Care Professionals
06P-03	The Clergy Ask About Alcoholics Anonymous
06P-04	If You Are a Professional
06P-05	Three Talks to Medical Societies by Bill W
08GV-11	What Happened To Joe (Cartoon)
08GV-13	It Happened To Alice (Cartoon)
05PI-07	A Brief Guide To AA
05PI-03	How AA Members Co-operate
05PI-10	Let's Be Friendly With Our Friends
05PI-05	AA In Your Community
<b>Audio Material DVD</b>	
04UV-07DVD	The Journey to AA
04UV-02DVD	AA -An Inside View
04UV-01DVD	AA Rap With Us
04UV-10DVD	The Steps and What They Mean To Us

## **More Audio Resources**

### **Caring and Sharing Tape Library**

This resource has a catalogue of over 4,000 items and can do tapes, CD's and MP3's on CD or USB. <http://www.caringandsharingtapelibrary.com>

### **Caveat**

Please note not all meetings via the internet and other mediums are run in accordance with Alcoholics Anonymous twelve steps, twelve traditions or twelve concepts. If any of the information provided in this workbook do not follow these principals notify General Service Office via the following contact details:

General Service Office:

Address: 48 Firth St Arncliffe NSW 2205

Phone: (02) 9599 8866

Email: [gso@aa.org.au](mailto:gso@aa.org.au)

Website: [www.aa.org.au](http://www.aa.org.au)