

## 2019 PRAASA Remote Communities Round Table Notes

Friday March 1, 2019

Chair: Paul T

Notes: Kathy R

There were eight attendees at the roundtable. The roundtable was opened with a moment of silence followed by the Serenity Prayer. We then went around the room and introduced ourselves. In attendance were Paul, Kathy, Darrel, Jim, Ginger, Danielle, Eileen, and Gary. We then asked for one topic from each person and then went over the topics.

- 1) What does a Remote Communities Coordinator (Chair etc.) do? Paul read his business card from Area 3 which defines his mandate in Area 3. Discussed providing workshops, usually with other coordinators. Outreach to community, i.e. military-on-base. A question was asked about who covers the military that are deployed? Another question was if the coordinator does outreach, use contacts, or wait for a call. The answer was all of the above. In Area 3 the coordinator is also trying to establish contacts locally throughout the Area 3 to be better able to serve the area.
- 2) What does Remote Communities do?
  - a. Native American contacts to reach out to Rancherias. This is a tribe member who is serving as a liaison.
  - b. Local Forum for Native Americans. Voted in an Ad-Hoc Native American committee as a pilot program. If successful, may turn into a standing committee.
  - c. What do you do with people who don't look like they fit into an RC? Female vet, she felt "less than" with vet status after poor treatment from miss-informed group when she mentioned that she was taking prescription medication for her anxiety for vet related issues. Is there something we should do to better welcome vets into the rooms? Yes
    - i. Read the military pamphlets
    - ii. Read medical treatment in AA
    - iii. WE (AA) need to stop pretending to be doctors
    - iv. Share openly if I am in RC.
    - v. Leave judgmental groups/meetingsIn the military, they cannot be discharged "broken." What is kept "secret" during active duty must be "fixed" before they can be discharged. This usually involves medications for pain and/or anxiety. We need to learn about mental illness and find common ground (alcohol).
- 3) What is a Remote Community? AAs separated by geography, culture, religion, race, age, language, reading disability. Elder participation is a challenge. Rotate the assembly there, offer via Zoom and include voting later. Elder don't/won't travel, how do we deal with

this. Perhaps treat these communities as “jails,” meaning an “outside” person can adopt the community and act as GSR or a liaison to them.

- 4) How to start a meeting for Native Americans? Get to know the Native Americans. Ask how we can support the community. Native Americans as shut down to AA, generally. Make sure committee that supports is a mix of people to bridge the culture. The format of the meeting should be designed by the Native Americans. Come in neutral. Very important WHO is involved and WHY. Ceremonies are NOT for display, take it seriously. Resentment the white man is something that Native Americans come by honestly. But it, as an attitude, can be stopped by service. Native Americans need to get past their own conflicts. Grapevine had an article on Native American meeting in BC. We in AA need to prove the desire to be inclusive. A Native American is needed to make initial contact on the reservations.

The Roundtable closed at 11:30 with the Responsibility Declaration

For Reference: Area 3 Remote Communities Business Card

*To foster unity within the fellowship of Area 03 by creating an awareness of the needs of alcoholics in remote communities. To assist those who are unable to make it to regular face-to-face meetings on a consistent basis. Members may be faced with travel or geographic challenges or may face barriers such as language, cultural considerations, and/or anything else that could separate a person who needs A.A. from our lifesaving program of recovery.*