Rarotonga AA & Al-Anon Outreach 2026 – Report

I just wanted to share with you a brief report on my recent experience attending the **3rd Annual Rarotonga AA & Al-Anon Outreach**, alongside approximately 30 members from New Zealand, Australia, Samoa and the United States, including four members from Area E. This is a brief report for Area E. I was also asked to write a full article about the outreach, which is featured in the October issue of AA Around Australia for anyone who would like to read more.

The purpose of the outreach was simple: **to let the people of the Cook Islands know who we are, that AA and Al-Anon are here, and that help and support are available whenever they need us.**

Rarotonga has a population of approximately 11,000 people and a strong religious community, with around 15 churches. Alcohol is a major problem on the island, and with a culture that places great importance on family and privacy, these struggles are often kept within the family.

The local fellowship is small, with four AA members and two Al-Anon members. AA meetings are held every Tuesday and Friday evening, with prison visits taking place every second Wednesday.

The outreach was coordinated by Matt, who divides his time between the Blue Mountains and Rarotonga.

Outreach Activities

Throughout the week, we held several meetings and outreach activities:

- **Friday:** A public AA meeting.
- **Sunday:** An Al-Anon meeting.
- **Monday**: A meeting followed by an Island Night dinner.
- **Tuesday:** Two open meetings at 10 am and 6 pm, welcoming members, families and the wider community.
- **Wednesday night :** A visit to Aorangi Prison, where AA and Al-Anon members shared their experience, strength and hope with approximately 20 inmates. We were welcomed with a beautiful song and prayer, and the warmth, kindness and hospitality shown by the prison group was truly touching. Following the meeting, we had the wonderful opportunity to mingle with the inmates, sharing one-on-one

conversations in fellowship. It was a beautiful evening of connection, love and service, and an experience I will always treasure.

- **Friday:** A meeting attended by approximately 60 people, including parole officers, parolees and their loved ones and families. It was wonderful to see such a great turnout and the opportunity to share our message of hope.

Fellowship Beyond the Meetings

Alongside the outreach, Matt organised optional activities that gave members the chance to enjoy Rarotonga's beauty and culture, including hikes to The Needle, an Island night dinner and show and a traditional Umu Feast and Fire Show

Reflections

Overall, what an incredible week of fellowship, connection, love and service. I feel truly blessed and privileged to have been part of this outreach, to be welcomed so warmly by the beautiful people of Rarotonga, and to share our experience, strength and hope.

We came away feeling that we had made a difference and hopefully planted a seed — **for those who are still suffering, those who haven't found us yet, and those yet to come.**

My heart is so full of love and gratitude. What a gift to have shared this experience with such beautiful people, all coming together with one common purpose. So many magical moments and memories I will treasure forever.

A beautiful reminder that we do together what we could never do alone.