

## VA Area District Representative Report

### District 29

District: James River South

#VA570279

DR Name: Fran B. [ftbrune@gmail.com](mailto:ftbrune@gmail.com)

#### Events completed:

Each December, in lieu of our regular district meeting, we have been hosting a *Celebrate Recovery* event that includes a speaker and refreshments. It was held on December 5, 2018 and was again well attended. Prior to that event, our Social Committee organized a bookmark making event and the bookmarks were given to attendees.

Our *Early Tuesday* meeting had their 41<sup>st</sup> anniversary celebration and the *12 & 12* meeting marked their 30<sup>th</sup> year this March. The new meeting in our district, *Help & Hope*, recently celebrated their first anniversary. They had a very successful speaker meeting to celebrate this event. This meeting has steady attendance and has filled their leadership positions.

#### Events in planning stage:

Our workshop committee is planning an *Intimacy in Recovery* workshop on Saturday April 27, 2019 from 10:30 to 12:30. The new book *Intimacy in Alcoholic Relationships* will be used as a guide for the three presenters. We will have a question and answer time after the final speaker and we will have copies of the book for sale.

The Social Committee has begun planning our second Al-Anon Family District Picnic in July 2019 at the Robious Landing Park. The district will provide chicken and drinks and attendees will bring sides.

Two of our district members have been working on various committees for the 2019 Virginia Al-Anon Convention this August and have put in many hours of work to support this event. They have helped choose the speakers and one of them has led a merchandizing campaign along with working on creating the convention logo and flyers. Also, we are in the process of creating craft projects to be used as boutique items for sale at the convention.

In early October we will again host our *Gratitude Breakfast*. This is a speaker event and a full breakfast is served. It has been very well supported by the entire district for several years.

#### Successes:

Public Outreach has been going well and we have a new coordinator who will expand the work that committee has already done. In addition to our "Adopt a Doc" program, we have provided literature to the Chesterfield County Jail and the Women's Detention Center. We were invited to do a presentation on Family Night at the jail. We also have placed *Al-Anon Faces Alcoholism* in approximately forty (40) different locations to include libraries, doctor's offices, school counselor offices, restaurants, drug stores and gyms. We are still deciding on our next campaign.

One last thing is the excitement we have about launching our new website. It has just gone “live” and it is being well received.

**Challenges:**

The attendance at most of the meetings in our district have been growing slowly. We do have one meeting in Powhatan that is struggling with only three (3) members. The Alternate DR & I have agreed to work with our GR to do what we can to support the meeting and will discuss it at our May meeting.

We recently changed our district meeting night to Tuesday. Because of this change, we now need a new Group Representative for the *Early Tuesday* meeting. They also do not have an Alternate GR. Their group continues to send a substitute to the meetings while they work to fill these positions.

Due to the change in the meeting night, we also lost our secretary. We have a member that has assumed the responsibilities until we find a full-time replacement.

**Goals:**

Our primary goal is to grow the program while providing “healthy” meetings. For example, our Thursday night meeting, *Courage to Be*, has been using the 12 Steps, the 12 Traditions and *The Forum* as topics for one of their monthly meetings. They are now using *The Blueprint for Progress*. In addition, we have encouraged groups in our district to do Group Inventories. In order to model this, we did a District Inventory at the end of our last panel. We are now implementing some of the changes that were discussed and suggested.

We recognize some members have some anxiety about getting a Sponsor. Our, *Parents with Hope* meeting on Wednesday night is encouraging Sponsorship among their group members by having a quarterly meeting on the topic. They will read from the *Sponsorship* brochure, and other related CAL, for reference. We hope to encourage other meetings to use a similar format.

In light of the fact that we have representation from all of our meetings, we feel we can help the smaller meetings grow as we continue to get stronger and healthier ourselves. I am very grateful to be a part of such a vibrant and cohesive district.

**Things That Are Working Well:**

I think our successes speak for themselves. We have an active, engaged district and I hope we continue throughout the year, and the panel, with the same enthusiasm.

**Things That Need Attention:**

Like many districts, we have a few positions that need to be filled. It can be a challenge to get new people, other than those that continue to serve, to step up to service.

Respectfully submitted,

Fran B. DR, James River South