

Hello from the Norfolk District, located on the shores of the Chesapeake Bay and the Elizabeth River. This has been a challenging time as well as a time of growth for Al-Anon in Norfolk. We had three meetings close due to the pandemic. Two of our meetings do not have GRs AND they have a strong core who continue to offer solid Al-Anon. We retain a thriving and growing spirit among our members and groups. Our Beginners group has voted to be in-person only. It does continue to grow and newcomers come and stay and get sponsors and attend other meetings. We continue to host a 5th Wednesday speaker meeting, which has been in person and well attended. We have two newer GRs who started during virtual only meetings which shows a certain robust energy. One has facilitated a return to in person meetings and the other facilitated a group inventory. They both hold regular business meetings. All our groups uphold the traditions and are focused on "personal progress for the greatest number". Two sponsors attended an Alateen recertification workshop, and we continue to offer in person Alateen to our youngest members. We have four in person and four virtual meetings, all attended by loving, creative and welcoming members. District elections will be held on October 11, and I am happy to report that we have a full slate of nominees. The health of our district is stable, and we are flexible enough to continue to weather the battering winds of our times with joy and gratitude.

Love,  
Ellie