

## **Report on district 009 (Falls Church, Vienna, McLean, Oakton) 4/30/2021**

Since the Fall Assembly report, we had monthly District meetings, usually had 3 or 4 Group reps who attended each month.

Most of our District's Al-anon meetings are meeting virtually, either via Zoom or Web ex.

Meeting Virtually:

**Ladies Night Out Sunday at 5:30 pm (This**

**Monday night Half Measures Aailed Us Nothing 7:00 pm (a few are separately meeting in person at the Unity Club in Falls Church for the past month or two)**

**Tuesday am Courage to Change at 6:00 am.**

**Tuesday night meeting, Courage to Change AFG** that started last spring. (We are having a group conscience to discuss the title of the meeting, since there is another meeting in our district with the same name. on Tuesday am. I unfortunately avoided this issue for a while, since I thought this meeting would be only for a few months, now it has been over a year! )

**McLean AFG Tuesday Night 7:00 pm**

**Fortaleza & Esperanza GFA (may be meeting by phone, will check into this!!)**

**Thursday evening Meditation group at 5:30 pm (Lynn Dreyer started in early 2021)**

**First Things First - Friday 7:15 am**

**Healthy Relationships Friday night 7:00pm**

**Valor Para Cambiar GFA: Reuniones Telefonicas-telephone meetings only**  
**Telefono Numero: (712) 770-5505 Codigo Acceso: 513468#**

Maria Nobile, one of the GRs, has been keeping us updated on the monthly Saturday New York City Al-Anon multi-hour virtual workshops from 12 noon to 4 pm.

We planned for and held a Virtual Healthy Relationships Workshop, with 3 speakers for 3 hours, on February 6<sup>th</sup>, 2021. We had 117 people who attended, not counting duplicate attendees who had logged out and back in again, etc. Janyce from a Delaware district and Kya from a Connecticut district were two of our speakers, as well as Bill Weimar from a Northern Virginia district (Arlington?).

A few of our meetings are just closed during the pandemic, though I did call and speak with the GRs of those meetings. Some of their members are attending other virtual meetings, and one is just speaking with her sponsor and didn't want to try Zoom.

