

THE 2023 VIRGINIA AREA AL-ANON FALL ASSEMBLY
MINUTES
May 13-14, 2023
Hybrid Meeting (In-Person DoubleTree, Midlothian, VA and Webex)

“Back to Basics – Panel 62”

S A T U R D A Y, May 13, 1:00 PM

GENERAL SESSION

Welcome (Debbie P.)

- The general session was opened with the Serenity Prayer and reading of the Assembly Purpose from the Service Manual, pg. 67.

Notes/Reminders (Debbie P.)

- Covid comfort dots.
- Sharing from GRs – new item on the agenda. GRs share comments about successes.
- Scavenger Hunt.
- Ask it Basket.
- Public Outreach position is vacant.

Fun Facts/Area Updates:

- 3rd hybrid Assembly.
- Literature table by the NoVA Service Center.
- On the VA Area website, under Members, is a lot of valuable info.
- Cecily offering Webex training.
- Laura L. and Wendy R. put on Treasurer workshop in April.
- Next Convention August 9-11, 2024.
- Face-to-face – 132, up 11; hybrid 67, up 6; virtual 71, down 12; 12 beginner; 13 Alateen.
- 25 Districts; 254 registered groups; 270 meetings.
- 5 districts without DRs; VA started in 1952; longest active meeting is the Central AFG, Roanoke.

12 Steps – Ava B.

12 Traditions – Catherine P.

12 Concepts of Service – Maria N.

New Groups (Debbie P.) 13 new groups. Debbie P. read the group/district names.

Introductions (Debbie P.) All past Delegates, guests, Officers and Coordinators were introduced.

GEA Alt Delegate – Nieta G., Global Electronic Area Acting Delegate. Nieta attended virtually and spoke about the progress of the Global Electronic Area.

Scavenger Hunt (Gina B.) Link on VA Assembly web page to the scavenger hunt document. Open the link and keep it open to fill in answers. Also, a paper version is available to the in-person attendees, use the bar code on the paper form to access the scavenger hunt online form.

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DR AND GR ROLL CALL (Deb T.) Attendance was taken using the list of those registered, both in-person and virtual attendees with a verbal response. Deb T. called out First name, last initial, group name and district so members could correct any misinformation by talking to Cheryl L., Group Records.

APPROVAL OF 2022 FALL ASSEMBLY MINUTES (Deb T.) Minutes are posted on Area website.

MOTION:

That the 2022 Fall Assembly Minutes be approved as corrected.

Made by: Deb T

Second by: Lynn F.

Voting results: majority approved with standing in-person vote and Webex poll. Approved majority; Abstained – 1; Opposed - 0

APPROVAL OF TREASURER'S REPORT FOR THE FIRST QUARTER OF 2023 (Laura L.) Report posted on Area website. Prepared April 25, 2023:

The Drupal invoice came in 2023 rather than 2022, so the website expenses appear high but has been budgeted. Taxes filed on time. Convention account at \$15000. The new use of QuickBooks adds a class to every transaction, allowing us to look at individual line items. Regarding the question to invest reserve funds in Treasury Bonds, the Officers decided not to do this. The return rates on Treasury bonds are not much more than our bank account provides and simplicity of accounts makes transitioning easier.

Peter M. – doesn't agree with decision on T-bills and asked if consideration could be given to moving the reserve fund to an institution that pays more current interest rates or getting a CD that pays more than what we're getting. Willing to discuss with Laura. Laura L. – considered changing banks but staying with Bank of America which is more convenient in location. Benefits don't outweigh changing. Open to hearing suggestions.

MOTION: *That the Treasurer's report, prepared for the First Quarter 2023, be approved as written.*

Made by: Laura L.

Second by: Catherine B.

Voting results: majority approved with standing in-person vote and Webex poll. Approved majority; Abstained – 0; Opposed - 0

AREA DELEGATE'S REPORT (Stacy L.)

- Stacy gave update on her health. Will give full report in fall. No written report for this Assembly.
- 91 voting members at WSC. 1 from Germany.
- Revenue - 52% from contributions 38% from literature.
- Get new service manual.
- Costs WSO \$321 per year to support each meeting.
- For the first time, the WSC had an outside presenter. Debbie Irving, Diversity.
- WSO projects: consolidate electronic groups into database; upgrading mobile app; International Convention; Road Trip, Sept 2023, Southern CA;
- Electronic meetings – challenge all to try an electronic meeting. Meetings anytime at your schedule.

COORDINATOR AND LIAISON REPORTS

- Assembly (Mitch M.) - Report on website.
- Literature / The Forum (Ann S.) – Report on website.
- Website (Bruce B.) - Report on website.
 - Gail – can we add a button for Spanish speaking meetings under find a meeting rather than use filters;
 - Wendy – same for electronic meetings;
 - Troy – include contact info for meetings; a group meeting email can be created that is generic and matches group name; personal emails cannot be listed according WSO.
- Group Records (Cheryl L.) - Report on website.
- Communications (Becky B.) - Report on website.
- AAPP (Patty M.) – Report on website.
- Alateen (Lisa R.) – Report on website.
- Area Convention (Diana A.) - Report on website.
- Public Outreach – vacant
- Archives (Margaret R.) – No report.

DR Highlights

- 1 Albemarle- Ed W.: Report on website.
- 2 Springfield/Annandale – Barb L.: Report on website.
- 3 Arlington - Sophie L.: Report on website.
- 4 Blue Ridge – Lisa R.: Report on website.
- 5 Bull Run – Charlene B.: Report on website.
- 8 Fairfax – Terry W.: Report on website.
- 9 Falls Church/Vienna/Mclean – Maria N.: Report on website.
- 10 Loudon – Emily M.: Report on website.
- 12 Nansemond – Meg P.: Report on website.
- 14 Norfolk - Merrie M.: Report on website.

Sharing from GRs (Highlights)

- Our group is hybrid and the people on the phone just didn't seem to be included as much. So had a group conscience and we adopted a new format and have a rotation of technicians to include the people on the phone.
- We have voted to stay virtual and it really has been a wonderful thing for us. We have people that used to go face to face, but have moved and still come to our meeting virtually.
- We also voted to give out the electronic newcomer packet.
- As a result of going virtual, a new in-person group was formed and some people are in both groups.
- Hybrid groups have the ability to connect from seven and a half hours away with people.
- We held an anniversary event with wonderful attendance and long-time members shared their experience strength and hope. We recorded the speakers and have those links available on the Area website.
- Our district meetings are hybrid and the day before we ask who will be able to make it in person meeting and who will be virtual.
- Our virtual meeting is later in the evening so we do get a lot of drop-ins from out of the area. We do have a lot of regular members that are from other areas. We do miss the in- person aspect, so we started a spinoff fellowship group that meets for lunch occasionally.
- Our group used to be a hybrid group and over time we got separated, so we took a group conscience and decided they wanted to split. The virtual group doesn't have a treasurer and the in-person groups doesn't have a GR, so my

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solution is whenever I get announcements or anything I send out all the information to both groups. I was wondering if we could have sister groups and have their treasurer cover both groups even though we don't interface.

- We had a pizza party with both in-person and virtual members. I think that it would be good for virtual groups to meet once a month for coffee for those able to come in-person.
- In a virtual meeting it's easier to stalk people. We have a situation where a member's spouse joins the meeting anonymously. I don't know if anyone has suggestions on how to handle that. Suggestion: we have a document on safety guidelines in meetings.

SUNDAY, May 14

GENERAL SESSION

- Debbie P. opened the second day of Assembly with the Serenity Prayer
- Spiritual speaker, Claire R., Retired WSO Employee and Past Delegate Panel 24 New Mexico, El Paso.

COORDINATOR AND LIAISON REPORTS cont'd

- Northern Virginia Service Center (Lisa R.) – Report on website.
- Tidewater Service Center (Lee N.) – Report on website.
- LRPC (Terry W.) - Report on website.
- MEAC (Wendy R.) – Report on website.
- ESAC (Rob R.) – No report.

DR Highlights

- 16 Peninsula – Robert C.: Report on website.
- 17 Piedmont – Janice G.: Report on website.
- 18 Alexandria - Gayle E.: Report on website.
- 19 Rappahannock - Amanda R.: Report on website.
- 20 Richmond N - Rick A.: Report on website.
- 21 Roanoke – Diana A.: Report on website.
- 22 Seven Hills – Katherine P.: Report on website.
- 23 Southside - Cindy L.: Report on website.
- 24 Southwest - Becky D.: Report on website.
- 27 Virginia Beach - Ava B.: Report on website.
- 29 James River South - Sue T.: Report on website.

Sharing from GRs (Highlights)

- Have a group conscience.
- When members have opinions ask if they want to make a motion, doing this seems to get more participation in business meeting.
- Don't present a lot of information, make brief.
- Go on vacation and others will step up.
- Anniversary event gave service opportunities. Engage new members.
- Ask the groups how to handle things, find resolution.
- Get more people to step up and help with tech side.
- Instead of going hybrid, members created a separate group at a different time.

- Purchase electronic newcomer packets to forward to newcomers.

7th Tradition – Baskets were passed. Use donate button on VA area website.

ASSEMBLY EVALUATIONS (Mitch M.)

Evaluation is on the website.

Questions and Comments (Ask-it Basket and Floor)

- Can groups setup their own bank accounts and is interest attributed to the individual who opened the account? Laura – yes groups should have a bank account. Interest should not be attributed to an individual.
- We have a new Alateen group with 0 members, how do we attract members? Wendy R. - Give it a few months, but up to group to decide how long to keep the group open. Use social media and schools. It takes time.
- This is my third Assembly; I would like to have daytime meeting around 4 pm. Debbie P. – the officers will discuss this idea for next Assembly. Depends on the number of necessary topics to cover.

CLOSING REMARKS (Debbie P.)

- Special thanks to tech team; Mitch M.; Encore; Past Delegates; Claire; Nieta; Loudon for registration; Peninsula and Nansemond for hospitality.
- Mother's Day plaques (made by Debbie P. sponsee) were given to the member at table with the least amount of time in Al-Anon.
- Return lanyards
- Encourage service, reach out and reach in.
- DR101 and GR101 – encourage attendance.
- Step 12 carry the message. Take what happened here to your groups.

Raffle and Scavenger Hunt Drawing (Debbie P.)

- 2 Reaching for Personal Freedom – Sterling D.; Teri A.
- 2 Service Manual – Joyce L.; Claire C.
- Scavenger Hunt – Forum subscription: Liz B.

Closing with declaration said facing in and out to those who've yet to find the rooms. 12:05 pm

Let it Begin with Me.....

When anyone, anywhere, reaches out for help, let the hand of Al-Anon and Alateen always be there, and let it begin with me.

Respectfully submitted,
Deb Teer
Panel 62 Area Secretary

Upcoming Dates: 2023

2023		
June 10	Area Officer's Meeting	Webex
June 29-July 2	International Convention	Albuquerque, NM
August 5	Fall VAWSC	Webex
October 13-15	Fall Assembly	(Format TBD)
2024		
January 13	Area Officer's Meeting	Webex
March 2	Spring VAWSC	Webex
May 3-5	Spring Assembly	(Format TBD)
June 8	Area Officer's Meeting	Webex
August 3	Fall VAWSC	Webex
August 9-11	Virginia Area Convention	Natural Bridge
October 25-27	Fall Assembly	(Format TBD)