VA Area District Representative Report

Date of Meeting: September 20, 2023

District Name and Number: Loudoun District 10

DR Name and email: Emily McPhie, ebm7554@gmail.com

Informational Items:

Meetings in your District (total): 23

Face to face: 8

Hybrid: 6.5 (one alternates hybrid and virtual)

Virtual only: 7.5

Inactive: one inactive

Updates since last meeting:

- Events or projects the District has completed since last meeting: None specifically, although outreach efforts are on-going.
- Events or projects the District is planning: A workshop is currently being planned for October 21, untitled Finding Unity + Finding Friends + Finding Balance + Finding Humor = The Al-Anon Fellowship, which will be an afternoon of Al-Anon-related games. Planning for a series of outreach workshops for various professionals (health care providers, therapists, first responders, among others) is moving slowly but other outreach events are taking place as they arise. For example, district participation in a recent Celebration of Recovery event by Loudoun County provided the opportunity to share about Al-Anon with a number of family members of people recently completing a treatment program and also yielded a number of new potential outreach contacts (women's shelters, health programs, etc.).
- Successes: The outreach committee continues to provide Al-Anon information to a variety of different local organizations. A new meeting in Dulles opened in early September.
- Challenges: Getting GRs to attend the district meeting continues to be a problem. In addition, one virtual meeting appears to be struggling and is considering closing, and one meeting continues to be inactive.
- Goals: Improve the involvement of GRs in the work of the district.

- Things that are working well: Those GRs who are involved are very helpful and supportive; in particular, support in planning and organizing workshops has been excellent.
- Things that need attention: Keeping track of which groups are active and which are inactive, which are hybrid and which are virtual, etc. since changes can be frequent for several meetings.