

## VA Area District Representative Report

Prepared for: Fall Assembly

Date of Meeting: October 13-15, 2023

District Name and Number: Southside District 23

DR: Cindy Lamm

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Southside District 23 currently has:

- 6 total meetings
- 1 meeting is hybrid.
- District meetings are hybrid.
- The district meets every other month for 1 hour and 45 minutes.

Events or Projects the District has completed since last meeting:

- A QR code has been created which can be scanned with any smartphone's camera app to open our "web corner" of the Richmond Area Website containing Southside District meetings, events and other information.
- The new QR code has been added to our Southside Tri-Fold Brochure which is being used for outreach.
- Our "web corner" can also be accessed at <https://sites.google.com/view/afgsouthside23>

Events or Projects the District is planning:

- "Gratitude in Action," our upcoming Fall district workshop, is scheduled for Saturday, October 21, 2023 from 9 to 10:45 AM at 6506 Boydton Plank Road in Petersburg. Our workshop is open to all Al-Anon friends and family.

Successes:

- We now have GR's representing all but one of our groups!

Challenges:

- Several of our groups indicated a growing number of newcomers with children addicted to fentanyl.

Goals:

- Our groups have indicated a desire to add fun to our recovery by planning and celebrating group anniversaries and set this as a goal for the upcoming year.

Things that are working well:

- All groups in our district are represented at district meetings. There is a sense of comfort and safety in sharing.

Things that need attention:

- The Alternate DR position remains vacant.