

VA Area District Representative Report

Prepared for: Spring Assembly 2023

Date of Meeting: May 13-14, 2023

District Name and Number: Norfolk, #14

DR Name and email: Cyndy Ehrhart, cynthia.ehrhart@cox.net

Submitted On: 5.9.23

Informational Items

Meetings in your District: 8,

Alateen: 1

Face to face: 6

Hybrid: 2

Virtual only: 0

Updates since last meeting:

- District Holiday Gathering which included an outreach activity. We added Norfolk Meeting QR Code labels to AI-Anon Bookmarks and AI-Anon Faces Alcoholism to hand out at meetings and for professionals, two 5th Wednesday Eating/Speaker meetings
- Events or projects- the District is planning a Self-Care Workshop in January with Nansemond District
- Challenges-Our DR needed to resign, our Alt DR position was vacant which created a break in the service chain, Alateen meeting is struggling with teen participation. Three dedicated, motivated sponsors, no teens
- Successes – Members stepped into the positions of DR and Alt DR, all positions at the district level are filled. As GRs had to step out new GRs have stepped in. We now have only one meeting without a GR. Attendance at Norfolk AI-Anon has grown a lot, doubled and tripled in some groups.
- Goals: We would like to increase participation at the District Meetings, Encourage and recruit Alternate GRs for our groups, Have a GR for every Group
- Things that are working well – Attendance, Traditions in use in meetings
- Things that need attention – Support for Current GRs