

2023 Spring Assembly DR Report

Date of meeting: **May 2, 2023**

District name and number: **Alexandria District 18**

DR Name & email: **Gail K: gail.kropf@gmail.com**

Submitted on: 4/26/23

District 18 in Alexandria has

- 14 Active Groups
- Of the 14 Active Groups:
 - One each of the following groups: Alateen; Parents; Spanish Speaking; Men's; Women's;
 - The other 9 Groups are non-specific; meet on different days of the week & weekends.
 - All 14 Active Groups have a GR or at least a CMA.
 - F2F = 3 ; Hybrid = 7; Virtual Only = 4
 - One group was discontinued as there was no GR/CMA/or members.

Gail K. /DR 18 visits each group at least once during the past 6 months. District Meetings are held every other month, virtually.

Treasurer (Laura R.) - recently created an email for our District (alanon.va.district18@gmail.com) and set up a VENMO Account. Funds remain stable to support Alateen, District activities, NVSC, WSO & VA Assembly.

Outreach Coordinator – Currently still Vacant.

Secretary – Susan B. continues to be instrumental in keeping up to date records of our District Meetings and other secretarial duties.

District Successes:

- We have financially supported the NVSC, VA Assembly & WSO
- We had a successful Winter Workshop (~35 attended) at St. Aidan's Presbyterian on January 20th w/4 speakers on **Grief/Loss & Boundaries/Detachment**. We served Chili, toppings, cornbread & cupcakes. A core committee planned the event with everyone present pitching in at the church to help set-up/clean-up. Great positive feedback!

Challenges:

- Reaching out to Alateens continues to be a struggle. Discussion about leaving info in some schools about Alateen. New flyer being created for District 18.
- As the COVID restrictions ease, groups are holding a "group conscience" to decide how to continue meetings, virtual, hybrid, or F2F) to meet the needs of the majority.
- Trying to engage more with our Spanish Group.

Goals:

- District 18 would like to host another picnic this summer.
- Encourage GR's/CMA's to attend Spring Assembly.

Submitted by: Gail K. DR/18

5/2/23