

VA Area District Representative Report

Date of Meeting: August 5, 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 (one new in process with WSO)

Face to face: 7

Hybrid: 6.5 (one alternates hybrid and virtual)

Virtual only: 7.5

Inactive: two inactive

Updates since last meeting:

- Events or projects the District has completed since last meeting: The district held a district workshop on April 29, entitled “From Stumbling Blocks to Stepping Stones: Despair, Denial, Doubts, and Defects.” Approximately 40 members participated.
- Events or projects the District is planning: A workshop is currently being planned for October; while the title is TBD, it will be a fellowship workshop based on Al-Anon-related games. The district is also in the early planning stages for a series of outreach workshops for various professionals (health care providers, therapists, first responders, among others) to get the word out about Al-Anon.
- Successes: The outreach committee has been providing Al-Anon information to a variety of different local organizations including therapy centers and a non-profit that works with inmates and families in local county adult detention centers. A new GR has come forward to re-activate the previously inactive Spanish-speaking meeting in Leesburg. The DR has been contacted by a member interested in starting a new meeting in South Riding where there currently are no meetings; that meeting is in process with the WSO.
- Challenges: Getting GRs to attend the district meeting continues to be a problem.
- 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.