

## **NORFOLK DISTRICT AL-ANON MINUTES**

Date: July 11, 2023

Facilitator: Cindy

DR and GR for Courage to Change, Cindy; Treasurer, Laura; Acting Alt GR Sunday Ghent Gathering, Debby; and Monday Downtowners and Wednesday Beginners Member, and Alateen Sponsor, Ellie; attended.

The meeting opened with a moment of silence followed by the Serenity Prayer.

Debby was introduced to the group.

Cindy read Concepts of Service, Opening Paragraph and Concept 7

### **1. Old Business**

Conflict Resolution Kits purchase and distribution: Cindy will reach out to see if support is needed for distribution to GRs.

Service Manual distribution: A request for reimbursement has not been made so Cindy will reach out to see if support is needed.

Norfolk Al-Anon History: Wednesday Beginners is working on the history of its group. Are other groups working on their histories?

Goals: Ideas on how to increase GR participation in district and all service levels.

Suggestion: to have Fellowship Time one hour before a scheduled meeting in-person and virtually, perhaps quarterly. We will try to reach out individually to each GR and group to encourage attendance and participation. Jess will ask Second Presbyterian, Monday at 6:00, or First Presbyterian, on Sunday at 6:00, if these times would work. What do the GRs think about this possible plan?

The International Al-Anon Convention, in Albuquerque, NM, was held June 29-July 2. Ellie reported that it was wonderful, with lots of workshops, speakers, and fellowship! The new daily reader was introduced, Time for Ourselves, and is now available.

### **2. Group Reports**

**Sunday Ghent Gathering** – Excellent, 12 -14 attend, newcomers come and some stay. There is good participation.

**Monday Downtowners** – Excellent, 16-22 attend, newcomers come and many stay. There is good participation in all group affairs.

**Monday Hampton Blvd**

**Wednesday Beginners** – Excellent rotation of leads, 12 – 18 attend, including Zoom. They need to do a group conscience about doing hybrid meetings and need more tech support.

**Thursday Roosevelt Chat**

**Courage to Change** - Excellent, 16-22 attend, including Zoom, newcomers come and many stay. There is good participation in all group affairs.

**Alateen** – One teen attended in July!!! Excitement builds.

**Saturday New Hope**

**3. New Business**

We will try to complete old business and encourage participation through Public Outreach and Member In-reach. We will start with groups and GRs.

**4. Treasurer's Report** – See the attached.

Laura proposed that we define our prudent reserve and she agreed to create a draft budget for the district to present at the August meeting for comment.

Minutes taken by Ellie on July 11, 2023

Respectfully submitted on July 21, 2023

Cathy C

Norfolk District Al-Anon Secretary