

# VA Area District Representative Report

**Date of Meeting:** March 2, 2024

**District Name and Number:** Loudoun District 10

**DR Name and email:** Emily McPhie, ebm7554@gmail.com

## Informational Items:

Meetings in your District (total): 24 (which includes: 5 lunchtime meetings with one GR that meets 5 times/week; and 2 beginners meetings which share a GR with a regular meeting – 18 meetings if only the number of GRs are counted)

Face to face: 10 (8 if the two beginners meetings aren't counted as separate)

Hybrid: 7 (5.4 if the lunchtime meetings are counted as one)

Virtual only: 7 (4.6 if the lunchtime meetings are counted as one)

Inactive: none (we have one meeting – a 19th/25th – on the official books that has no GR, no meeting time or place, just a number, so it doesn't appear on our meeting list and isn't included in this accounting here)

## Updates since last meeting:

- Events or projects the District has completed since last meeting: The district held an in-person workshop on October 21, 2023, entitled "Finding Unity + Finding Friends + Finding Balance = Finding Humor," an afternoon of Al-Anon themed games and fun. Approximately 25 members participated.
- Events or projects the District is planning: A workshop is currently being planned for April 13, 2024 entitled "Harmony in Communications: Talking and Listening" (to our Higher Power, with Al-Anon members, with family/friends/others, and with ourselves). The district's outreach committee is also responding to an on-going series of invitations to talk about the program to various professional groups and organizations. The district committee is planning to have a presentation on the Twelve Concepts to better raise our awareness of this important legacy.
- Successes: The outreach committee has been providing Al-Anon information to a different local organizations including therapy centers and non-profits that work with a variety of different communities.
- 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. GR and member support for outreach activities has also been excellent.
- Things that need attention: Preparing for a transition in district-level leadership as we near the end of the calendar year by raising awareness of the importance of service as part of our individual and collective recovery.