

VA Area District Representative Report

Prepared for: VAWSC

Date of Meeting: March 2, 2024

District Name and Number: Southside District 23

DR: Cindy Lamm

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Southside District 23 currently has:

- 6 total meetings
- 1 meeting is hybrid.
- District meetings are hybrid.
- The district meets every other month for 1 hour and 45 minutes.

Events or Projects the District has completed since last meeting:

- We held a workshop on October 21st entitled "Gratitude in Action." Participants found it to be helpful and inspired them to get involved in service.
- We added fun to our recovery by celebrating group anniversaries. Hope Seekers celebrated their first year, Lake Country celebrated 8 years and Wednesday Night Ivey celebrated their 22nd anniversary!

Events or Projects the District is planning:

- Our district is planning a workshop for September 21, 2024 entitled "Laughter is the Best Medicine: Changing our Negative Attitudes and Exploring the Ways That We Can Heal and Grow in our Programs through Humor" which will feature Al-Anon and AA speakers.

Successes:

- All of our GR's were present for Assembly.
- We added time into our district meeting to learn about Southside's active Al-Anon history that can be shared with group members. The contributions of Southside's Louise Brockwell and the story of Anne B., co-founder of Al-Anon, are inspiring.

Challenges:

- Personality clashes and voiced frustrations at assembly and at a district meeting can be discouraging to those new to service.

Goals:

- To continue to support and encourage each other in recovery and in service

Things that are working well:

- Our district is financially sound and meetings are well attended.

Things that need attention:

- Volunteers for service are needed.