

VA Area District Representative Report

Prepared for: Fall Assembly
Date of Meeting: March 1, 2025
District Name and Number: Overlay District 11
DR Name and email: Carito S. SpanishOverlay@vaalanon.org

Informational Items:

Meetings in your District: (total) 7 meetings
Face to face: 5
Hybrid: 1
Virtual only: 1

Updates since last meeting

- Events or projects the District has completed since last meeting
- Collaborated with Annandale group to organize “First 3 steps workshop”.
- Collaborated with the Leesburg group with their workshop “Hago a otro el inventario?”
- Provided 2 partial scholarships to small groups to participate in the spring 2025 Assembly.
- Bi-monthly District meeting by zoom. Last meeting was attended by 5 groups.
- As DR, I visited 4 groups for the first time.
- The District approved the printing of 2,500 mini-directories of group meetings.

Events or projects the District is planning

- First Anniversary (May 31, 2025) - Picnic-Public outreach with professionals
- The District board will visit groups and offer a workshop based on the topics they are interested in.

- A workshop will be offered on creating digital flyers for anniversaries, workshops, or public outreach projects.

Successes – none too small or too large to share!

- The District Public Outreach Coordinator made initial contact with three professionals: one priest and two mental health professionals.
- District panel implemented biweekly quick work meetings (only 30-40 minutes) to collaborate on District projects.

Challenges

- Most of the service work in the District is carried out by the large group in Alexandria, while smaller groups have struggled to get involved. The District aims to rotate service roles, but there are currently no volunteers.
- The District budget is very limited following expenses such as (2) partial scholarships to the Assembly, the District Anniversary/Professional Outreach event, and the printing of the mini-directory of groups (2,500).
- In 2024, our groups voted to invite an Al-Anon international Spanish-speaking guest for July 2025 and assigned the event planning to a committee ("the Committee"). The District panel extended two invitations to the Committee for a joint meeting, with the intention of fostering collaboration and ensuring unified efforts in planning the event. Unfortunately, the Committee did not respond to either invitation.

Goals

- Support small groups in increasing membership through professional outreach ("adopt a doc")
- Build collaborative bridges with professionals, aiming to connect with two per group.
- Encourage members from big groups to "Adopt a Small Al-Anon Group" to provide support and strengthen participation.
- Conduct a District inventory to strengthen structure and autonomy.
- Document District activities using templates to automate future events.

Things that are working well

- Rotative bi-monthly workshop organized by the groups since 2024. This 2025 is the second round. Groups have chosen any Traditions or Concepts and are using skits for better understanding.

Things that need attention

- Recruiting volunteers to serve at the District level
- Encouraging Al-Anon members to involve their children in Alateen