

VA Area District Representative Report

Prepared for: VAWSC
Date of Meeting: 2 Aug 2025
District Name and Number: 19 Rappahannock
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Submitted On: 7/27/2025

Informational Items:

Meetings in your District: 13 AL-ANON, 1 ALATEEN (mtg 1x month at this time)

Face to face: 5 AL-ANON, 1 ALATEEN

Hybrid: 8 AL-ANON

Virtual only: none

Inactive: none

Updates since last meeting:

- Events or projects the District has completed since last meeting
 - Spring Potluck
- Events or projects the District is planning
 - Summer Workshop
 - “Meetings as a Tool for my Recovery”
 - 9 August 2025, 2:00-5:30 pm
 - University of Mary Washington, 125 University Blvd., Fredericksburg, VA 22406
 - Zoom also
 - Sisters in Recovery (3rd annual workshop)
 - “Personal Healing & Growth through the Garden of AL-ANON”

- Butterfly Garden Theme
 - November 2025 - (a Saturday)
 - Date, time and venue TBD
- Successes – none too small or too large to share!
 - All meetings have a GR
 - All District roles filled except Alt Treasurer
 - Spring Potluck - raised over \$400
- Challenges
 - Dominance challenges in meetings heavily attended by dual members
 - Attempted a “Brothers in Recovery” day - but not enough interest within the male membership to take forward
 - Only 2 Alateen Sponsors, no Alateen attendees in over a year
- Goals
 - More outreach
 - Increasing interest in a Brothers in Recovery event
 - Reduce complaints about unhealthy meetings by educating members in general about AL-ANON steps, traditions and concepts
 - Resurrect Alateen
- Things that are working well
 - Monthly District meetings are good for sharing information and discussing topics of successes and concerns alike
- Things that need attention
 - Understand why several newcomers do not return
 - Ensuring all meetings in district use only CAL for meeting format readings