

VA Area District Representative Report

Prepared for: Fall Assembly

Date of Meeting: October 17-18, 2026

District Name and Number: Overlay District 11

DR Name and email: Carito S. ///// SpanishOverlay@vaalanon.org

Informational Items:

Meetings in your District: (total) 8 meetings

Face to face: 6

Hybrid: 1

Virtual only (phone): 1

Updates Since Last Meeting

Events or Projects the District Has Completed Since the Last Meeting

- Organized an online workshop and invited neighbor Fairfax District Rep focusing on Al-Anon as one unified structure.
- Held interactive online workshops on Sponsorship (prompting requests for a follow-up session)
- Completed an online workshop of the First 3 Steps for newcomers members.
- Strengthened public outreach by visiting AA Districts, accepting invitations from AA groups,, and sharing bi-fold Al-Anon meeting directories to increase awareness of alcoholism as a family disease.
- Conducted a virtual Canva training session empowering groups to create flyers for their public outreach, anniversaries, and events
- Group-organized anniversary events fostered unity, recovery, and public outreach.

Events or Projects the District Is Planning

- 2nd District Anniversary Celebration (October 24th): Organizing an event featuring Al-Anon/Alateen/AA speakers along with Al-Anon/AA short films.
- District Representative Election: Scheduled for November 2026 to select the new District Representative and an alternate DR..

- Sponsorship Workshop 2.0: Planning a session tailored for prospective sponsors and sponsees seeking to get a sponsor.
- Collaborative efforts between Al-Anon and AA to encourage family participation in Al-Anon and Alateen groups.

Successes – None Too Small or Too Large to Share!

- Group members opened a new group in Fredericksburg
- One group effectively completed a group inventory, while another hosted its business meeting in a park.
- Taking it one day at a time, the District panel and two GRs applied Al-Anon principles to navigate dominant group members with love, understanding, open dialogue, and unity.

Challenges

- High expectations surround the upcoming election for the new District Representative scheduled for November 2026.
- Participation issues remain, as three groups do not attend either the online biweekly or bimonthly district meetings despite the communication.
- Additionally, one group still lacks a Group Representative (GR).

Things That Are Working Well

- The District maintains brief biweekly meetings (30–40 minutes) to follow up on ongoing projects.
- Group information changes are shared with Area Group Registration and the Northern Virginia Service Center.

Goals

- Having a dedicated section on the VA Al-Anon website to serve as a comprehensive resource hub for current members to ensure continuous knowledge sharing, and preserve organizational history for future panels.
- Focus on broadening community participation, and improve newcomer retention by leading proactive outreach initiatives and hosting recovery workshops.

Things That Need Attention

- Encouraging groups contributions across all service branches, including at the District level.
- Foster unity to pursue creative and constructive resolutions whenever dual-management challenges emerge.