

VA Area District Representative Report

Prepared for: VAWSC
Date of Meeting: 12 October 2026
District Name and Number: 19 Rappahannock
DR Name and email: Mandy A.; Rappahannock@vaalanon.org;
ajanderson429@gmail.com
Submitted On: 10/12/2026

Informational Items:

Meetings in your District: 12 AL-ANON, 1 ALATEEN

Face to face: 4 AL-ANON

Hybrid: 8 AL-ANON

Virtual only: none

Inactive: 1 ALATEEN (Face to Face when resumed)

Updates since last meeting:

- **Events or projects the District has completed since last meeting**
 - Summer Social / Game Day
 - Saturday, 15 August
 - Bingo (white elephant prizes); AL-ANON Trivia
 - [Annual] Women's Day of Recovery (4th year)
 - Saturday, 26 September; Ladysmith
 - "My Recovery is Bone Deep"
- **Events or projects the District is planning**
 - Planning a District Inventory for mid-late Summer
- **Successes – none too small or too large to share!**
 - District meetings held monthly
 - Conducted Survey for focus areas for meeting topics – 12 Steps and Service Manual tied. Will focus on Service

Manual Studies through 2027 and re-assess (starting Oct 2026).

- Kicked off a district-level budget committee
 - August Social event was well attended (30-40 persons), and people said they'd love to have more events like this
 - Sister's Day was well attended (30-40 persons), included participation from neighboring district(s)
 - Meetings needing GRs to step into service now have GRs
 - 10 of 12 Meetings will be represented at Fall Assembly
 - Communication flow-down to the group levels appears to be occurring more regularly across most meetings.
- **Challenges**
 - We have been unable to restart our ALATEEN meeting (we have 3 approved AMIAS)
 - District 19 consists of 4 counties and the city of Fredericksburg
 - Caroline County: only AFG Closed in July (Ladysmith)
 - King George County: No meetings
 - We have a few meetings that consistently have under 8 attendees regularly
 - District meeting attendance has been lower than usual the last few months
 - People want activities, workshops, but few willing to step up to lead a committee for such an event
- **Goals**
 - Re-establish regular Links-of-Service 'donations' from our District;
 - March District meeting will focus on budget and setting amounts for these line items
 - Re-establish our ALATEEN meeting, hopefully growing a strong ALATEEN presence
 - Establish a meetings in King George and/or Caroline Counties
 - Help meetings with low attendance to reestablish more consistent, higher levels of attendance
- **Things that are working well**
 - Purchasing literature via the NVSC
 - Participation/attendance in district-held events
- **Things that need attention**
 - Refer to challenges and goals sections above.