

Virginia Area District Representative Report

Prepared for: 2026 Fall Assembly

Date of Meeting: October 17, 2026

District Name and Number: Southside District 23

DR: Cindy Lamm

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Southside District 23 currently has:

- 5 total meetings
- The district meets in person every other month for one hour and 45 minutes

Events or Projects the District has completed since last meeting:

- Everybody had their bellies full of barbeque and chicken, their hearts full of joy and their spirits uplifted at the Recovery Picnic hosted by Southside District Al-Anon and New Hope AA Group on September 19th. Over 30 participants enjoyed a hilarious recovery skit written by a creative mind in Al-Anon well as an Al-Anon and an AA speaker sharing the positive impact of Al-Anon on their lives and the lives of their families.
- Our Southside District Archives have continued to enrich our recovery. A collection of skit ideas from our archives was shared at our most recent district meeting for members to consider for future events.
- Several of our members toured WSO and attended Al-Anon's 75th Anniversary Gala. They shared their experiences and photos with members at our district meeting.

Events or Projects the District is planning:

- Southside will be discussing a Recovery Breakfast with panelists sharing humor in their recovery.

Successes:

- Several of our groups are growing in membership.
- There is a great spirit with a growing cultivation of leadership in our newest group, Hope Seekers.
- Great camaraderie and respect among members reported in Tuesday Night group.

Challenges:

- Keeping communication flowing in the links of service to our morning group is challenging.
- Our DR has an hour and a half commute to district meetings. Online district meetings may be considered in the future.

Goals:

- DR will continue to visit all our group meetings in the district.

Things that are working well:

- Member reports indicate our meetings have great spirit, camaraderie, and respect.

Things that need attention:

- Our district continues to need 3 GR's.