

# VA Area District Representative Report

**Prepared for:** Spring Assembly 2026  
**Date of Meeting:** 1 May 2026  
**District Name and Number:** 19 Rappahannock  
**DR Name and email:** Mandy A.; [Rappahannock@vaalanon.org](mailto:Rappahannock@vaalanon.org);  
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**Submitted On:** 05/01/2026

## Informational Items:

Meetings in your District: 13 AL-ANON, 1 ALATEEN

Face to face: 5 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**
  - Women's Day of Recovery (Nov 1, 2025)
    - Speakers, Speaker Panels, fellowship, meal prepared & served by AA – service project, art projects to 're-enforce' AL-ANON slogans/acronyms
  - Serenity Seekers AFT 27<sup>th</sup> Anniversary Celebration (5 Jan, 2026) –
    - Extended meeting one hour (10 am – 12pm), speaker panel, refreshments and fellowship.
  - AL-Entines Social Event (Feb 14, 2026)
    - Idea sparked from one of our AFGs holding a successful 'social event'

- Fellowship, “tea party” theme [bring tea and tea-snacks to share], games and fun
  - Outreach Business Cards w/ District, Area and WSO information
    - Created to share in our area with first responders, schools, etc. Numerous AL-ANON members distribute these cards
  - [Annual] Spring Pot Luck (April 18, 2026)
    - Basket Raffle fundraiser, baskets provided by AFGs and individuals; sometimes a 50/50 raffle (proceeds go to ALATEEN)
    - Fellowship and AL-ANON and AA Speakers
    - Raised about \$600 for the district
- **Events or projects the District is planning**
  - Summer Workshop (TBD)
    - If we gain momentum – would be 3<sup>rd</sup> consecutive year
  - [Annual] Women’s Day of Recovery (Fall, 4<sup>th</sup> year)
  - Planning a District Inventory for mid-late Summer
  - Establish a budget committee (gaining some momentum on participants)
- **Successes – none too small or too large to share!**
  - Provided support to NVSC – district member stepped into service to open NVSC 9/13/25 (including taking training on an earlier date).
  - Sisters Day in Recovery – about 35 attendees, it was beautiful, safe day of sharing and love.
  - AL-Entines Social Event – about 25 attendees, lots of fun, people asking to have more events like this
  - 2 Candidates for ALATEEN sponsors, 3 attended training in Dec 2025, paperwork submitted for 2 at this time.
  - AFGs – some success in resolving dominance challenges, some meetings planning group inventories this year.
  - Spring Pot Luck had around 60 persons, very successful event
  - 2 new AMAIS sponsors approved for our district; looking at options for re-opening ALATEEN meeting.
- **Challenges**
  - No ALATEENs attending meetings when held for over a year
  - Some AFG’s attendance has been very low for a year or more

- Several Newcomers not returning
  - 2 GRs recently stepped down (March & April) - looking for replacements.
- **Goals**
    - Re-establish regular Links-of-Service 'donations' from our District;
      - March District meeting did not close on a budget; did close on donations for 2026 for Links-of-Service; overall budget vote pushed to a later meeting once committee is established.
    - Re-establish our ALATEEN meeting, hopefully growing a strong ALATEEN presence
    - Add a 14<sup>th</sup> meeting to our district in downtown Fredericksburg, initial discussions have been held
    - Establish a meeting in King George County
      - Initially discussed during January District Meeting
      - Need someone who lives in or near the county to be a champion for this in order to make progress
    - Help meetings with low attendance to reestablish more consistent, higher levels of attendance
- **Things that are working well**
    - District meetings well attended by GRs, communication among DR/Alt DR and GRs
    - Purchasing literature via the NVSC
- **Things that need attention**
    - Refer to the challenges and goals sections above.