

VA Area District Representative Report

Prepared for: VAWSC
Date of Meeting: 7 March 2026
District Name and Number: 19 Rappahannock
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Submitted On: 03/01/2026

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 27th 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
- **Events or projects the District is planning**
 - [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
 - Summer Workshop (TBD)
 - If we gain momentum – would be 3rd consecutive year
 - [Annual] Women’s Day of Recovery (Fall, 4th year)
 - Planning a District Inventory for mid-late Summer
- **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.
 - All AFGs have GRs at this time.
 - AFGs – some success in resolving dominance challenges, some meetings planning group inventories this year.
- **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
- **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
 - Add a 14th 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 challenges and goals sections above.