

VA Area District Representative Report

Date of Meeting: May 13-15, 2022

District Name and Number: Southside District 23

DR: Cindy Lamm

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Southside District 23 currently has:

- 4 total meetings
- 1 of those meetings is hybrid.
- The district meetings are hybrid.
- The district meets every other month for 1 hour and 45 minutes.

Events or Projects the District has completed since last meeting:

- Our district had a workshop on Relationships based on *Opening our Hearts, Transforming our Losses* held on September 18, 2021 in person. We had approximately 25 in attendance including many from outside our district. Participant feedback indicated they were pleased and thoroughly enjoyed it.

Events or Projects the District is planning:

- Our district is planning a workshop on September 17, 2022 at Kenwood Methodist Church in Dinwiddie, Virginia. Possible topic is Turning Resentments into Compassion.

Successes:

- Our district had an in-person workshop that was well received on September 18, 2021.
- All of our groups have GR/CMA's.
- Our hybrid group has members joining us from as far away as New Jersey and Montana.
- Our district has a potential new group forming in Crewe, Virginia.
- One of our groups had an excess of funds and was able to contribute additional monies to the district and WSO.
- Our district digitalized our archives and created a District Archives Index. Members can access any of the listed items. The index includes all of the conference approved literature owned by the district and available to our groups, the Sentinel Newsletter collection, skits used by the district, flyers from events, celebrations, workshops, meeting minutes and many historical items.

Challenges:

- Our district had 6 meetings but 2 have become inactive.

Goals:

- Our district will bring alanon information to schools, correctional facilities, sheriff's offices, and area medical and counseling professionals.

Things that are working well:

- Our groups are healthy with strong core groups and report regularly having newcomers.
- Having the district meeting and one of our meetings as hybrid has allowed more participation from members who cannot physically attend the meeting for a variety of reasons as well as from those who have moved out of state but want to continue to meet.
- One new member commented that he had been to other alanon groups where there was a lot of sadness and pain shared but he felt that the group he attends in our district exhibits more joy, hopefulness, and recovery than he has seen elsewhere.

Things that need attention:

- Our district needs an Alternate DR.