

## VA Area District Representative Report

Prepared for: **Fall Assembly**

Date of Meeting: **October 15, 2022**

District Name and Number: **District 21, Roanoke - Allegheny**

DR Name and email: **Diana A, [AbdenPropertiesLLC@gmail.com](mailto:AbdenPropertiesLLC@gmail.com)**

Submitted On: **September 27, 2022**

### Informational Items:

Meetings in District 21 : (total) 16 active meetings

Face to face: 11

Hybrid: 4

Virtual only: 1

Inactive: 1

### Events/projects completed

- Outreach presence in 2 events
- How Al-Anon Works and pamphlets:
  - 6 Roanoke County Library branches
  - 6 Roanoke City branches
  - 5 Bedford and Franklin County branches
- Connected with Mt. Regis Rehab facility coordinator with sample of pamphlets and How Al-Anon Works
- Created postcard style Outreach material with [VAAlanon.org/find-a-meeting](http://VAAlanon.org/find-a-meeting) and QR to WSO Welcome Newcomer page. Distributed 100 and printing next 100 copies
- Taking meetings to members not able to attend phone/in-person meetings

### Events/projects planned:

- Outreach presence at AA event
- November 12 - Fall Gratitude Breakfast 9-12n w/AA and Al-Anon speaker
- December 31 – New Year’s Eve potluck 6-8pm – AA and Al-Anon speakers
- Re-open 1 suspended meeting, Open new meeting in Diversity Center
- Reviewing opportunity to open additional Alateen meeting
- Initiating plans for Institutional meeting

### Goals and Challenges

- Connecting distant Covington meeting with our District
- Encouraging GR service
- Encouraging awareness of Al-Anon Traditions/Concepts for program and meeting health
- focus on joy of service as integral part of personal program work