

VA Area District Representative Report

Prepared for: Virginia Fall Assembly 2022

Date of Meeting: October 15-16, 2022

District Name and Number: Southside District 23

DR: Cindy Lamm

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Southside District 23 currently has:

- 6 total meetings
- 1 of those meetings is virtual.
- 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 “Experience, Strength, & Hope: From Resentment to Compassion” on September 17, 2022 in person. We followed the suggestion of our Virginia delegate and included participation from AA. This resulted in increased attendance from AA members.

Events or Projects the District is planning:

- Our district will be discussing future events at our November district meeting.

Successes:

- Our district had an in-person workshop with AA and Al-Anon participation that was well received on September 17, 2022.
- Our district meetings have grown from 4 to 6 in the past few months. Hope Seekers AFG started September 12, 2022 at West End Baptist Church in Dinwiddie Mondays at 7 PM and Farmville AFG will start on Webex November 3, 2022 Thursdays at 7 PM.

Challenges:

- Cross-talk is an issue being addressed in group conscience meetings.

Goals:

- Our district will continue to grow. Members will step up in service.

Things that are working well:

- Our new group is warm and welcoming. Members baked cookies, provided bottled water and set out pamphlets and Forums. The meeting doubled in attendance from the first week to the second week.
- One member fairly new to the program in our new meeting said she looked forward to having the joy and positive outlook that comes with time in the program. In other words, she wants what we have which is exactly the message that runs in a healthy meeting.
- Our district and groups are financially stable.
- At our upcoming district meeting, we will be discussing the possibility of having a district section on the Richmond Area Al-Anon website.

Things that need attention:

- Our new meetings need support.