

# VA Area District Representative Report

**Date of Meeting:** October 26, 2024

**District Name and Number:** Loudoun District 10

**DR Name and email:** Emily McPhie, ebm7554@gmail.com

## Informational Items:

Meetings in your District (total): 22 (which includes: 5 lunchtime meetings with one GR that meets 5 times/week; and 2 beginners meetings which share a GR with a regular meeting – 16 meetings if only the number of groups/GRs are counted).

Face to face: 8 (6 if the two beginners meetings aren't counted as separate).

Hybrid: 7 (5.4 if the lunchtime meetings are counted as one)

Virtual only: 7 (4.6 if the lunchtime meetings are counted as one)

Inactive: none (we have one meeting – a 17th/23rd – on the official books that has never had a GR, has no meeting time or place, just a number, so it doesn't appear on our meeting list and isn't included in this accounting here)

## Updates since last meeting:

- Events or projects the District has completed since last meeting: The district held an in-person fall workshop on October 5, 2024, entitled "Tools of AI-Anon: Steps, Slogans, Sponsorship, Service". Approximately 20 members participated.
- Events or projects the District is planning: The district outreach committee has received an invitation to a Loudoun County Public Schools Mental Health and Wellness Conference in January 2025 and will plan to be an exhibitor as well as submit a proposal to do a presentation.
- Successes: The district has had two in-person workshops per year for this panel.
- Challenges: Getting GRs to attend and participate in district meetings and events continues to be a problem. Identifying the next panel of district officers is being discussed at every district meeting, but finding willing people continues to be a challenge.
- Goals: Improve the involvement of most if not all GRs in the work of the district.
- Things that are working well: Those GRs who are involved are very helpful and supportive; in particular, support in planning and organizing

workshops has been excellent. GR and member support for outreach activities has also been excellent.

- Things that need attention: Preparing for a transition in district-level leadership as we near the end of the calendar year by raising awareness of the importance of service as part of our individual and collective recovery (which was addressed as part of the fall district workshop).