

VA Area District Representative Report

Prepared for: 2024 Fall Assembly

Date of Meeting: October 26-27, 2024

District Name and Number: Nansemond (District 12)

DR Name: Meg Page (megkpage@gmail.com)

Submitted on: October 13, 2024

District Meeting: 3rd Monday of each month via Zoom (except May and October)

Group Meetings:

Active Meetings: 8 Al-Anon and 1 Alateen

Face to face: 8

Hybrid: 0

Virtual only: 0

Inactive: 1

Successes:

- Outreach
 - 2 members participated in the Smithfield Rotary's Vibrant Emotional Health Expo (under the "Freedom Over Addiction" section) on May 13th. We met a lot of people, distributed literature, and made lots of contacts.
 - 2 members participated in the Impact Mental Health Services health fair on May 23rd. They talked with a lot of folks, distributed literature, and gave away some items.
 - *Thank You* to the ASCT for your generous support of our outreach efforts!
- Fellowship – We held our semi-annual in-person dinner meeting in June. It was a special time because our meeting date fell on Stacy's birthday. We invited her and surprised her with a birthday celebration.
- Alateens – 3 Alateens and 1 AMIAS attended MEAC in July and had an awesome time! Our Alateens are really sharing and growing in their program. It's a privilege to be an AMIAS and get to spend time with them.
- Guest Speaker – We were honored to have Duane F. as a guest speaker at our August District meeting. He inspired us by sharing about his Al-Anon Service and what it's done for him and his recovery, then answered our questions. *Thank you, Duane!*
- Elections – We held our elections last month and have a new DR and Treasurer.

Goals:

- Our outreach efforts identified the need for Al-Anon groups in Smithfield and Portsmouth.