

**Date of Meeting:** Fall Assembly - October 26, 2024  
**District Name and Number:** Southwest District 24  
**DR Name and email:** BECKY BRANHAM DIMON, bdimon@gmail.com

### Informational Items:

Meetings in your District: 2 active Groups

Hybrid: A New Hope Abingdon AFG, Tuesdays evenings

Virtual only: We Care Bristol AFG, Mondays evenings

### District 24 Groups:

**A New Hope Abingdon AFG:** Mark H. continues to serve as the CMA. We have a new Group Treasurer, Alissa C. This Group meets on Tuesdays at 7:30 p.m. The Group (#13760) was registered with WSO on 12/01/1974. They have continued face-to-face meetings. This Group continues to contribute to the District Treasury as well as to the Area and WSO.

**We Care Bristol AFG:** Jean L. continues to serve as the Group Representative. This Group continues to meet on Zoom Mondays at 8:00 p.m. The latest report is the "Bristol Group is really nonexistent now."

### Updates since the last meeting:

Having one of two Groups struggling to meet makes me sad, but confirms my belief that I need to be more DR than Coordinator for the upcoming Panel 65. I will visit both Groups again in Spring or Summer 2025.

**Conference Approved Literature:** As DR, I have supplied both of the Groups with the newest CAL Daily Reader, *A Little Time for Myself*. I have recently order several copies of the new booklet to distribute copies to each Group as well. *Healing within Our Alcoholic Relationships (P-95)* - <https://ecomm.al-anon.org/ItemDetail?iProductCode=P95>.

### Panel 65 Opportunities:

#### Duffield Combined Breakfast Meeting:

The monthly AA/Al-Anon Breakfast gathering in Duffield meets the second Saturday of each month at 9:30 a.m. at 236 Kaylor's Chapel Dr, Duffield VA, in the rectangle building with a porch on it. At 10:00 a.m. the Groups split into their respective meetings. This is a great opportunity for me, as DR for Southwest District to support and grow our Al-Anon presence in SWVA.

Panel 65 Opportunities (continued):

**Appalachian Highlands District, Tennessee:**

Another Opportunity for DR Support is the Tennessee Area 52, Appalachian Highlands District, which has added a private Facebook Group, <https://www.facebook.com/groups/737921834751474>. This District has an Alateen meeting, so I have an opportunity to support them as an AMIAS.

**Appalachian Regional Roundup** - <https://www.appalachianregionalroundup.com/>  
This AA Convention will be held in Kingsport, TN, May 16-18, 2025 – the theme is "Realm of the Spirit." I plan to attend this weekend event, as I did in 2023. We have been given a room for Al-Anon meetings and CAL in the past.

**Challenges:**

- Low Attendance
- Vacant Service Roles

**Goals:**           ACHIEVED!!

Attended both of the Southwest Group meetings during July 2023, meeting my goal of visiting each Group at least once during this panel.