

## District 30 Representative Report

With a final, intentional push in December 2024, I was able to finish the "2024 District 30 Tour" with success. Woohoo! Making the rounds, visiting an Al-Anon Family Group here and there, throughout the year, truly filled my emotional tank, while emptying my gas tank. Not once did I visit an AFG, leaving with the thought my time and energy could have been better spent. Whether four attendees occupied the room or over ten people sat around the available tables, every AFG meeting met a personal need within me. I'm grateful. Genuinely grateful!

Throughout 2025, it is my hope to deepen the relationship with each AFG, specifically asking how I can better serve their AFG, as their District Representative.

I made a few mental notes when visiting AFGs in 2024 and plan to speak up with a suggestion or two for that AFG's consideration. Might I add, it truly takes the pressure off, knowing each AFG is autonomous. It's not my role to be the Al-Anon Police or the Al-Anon Dictator. But, gently mentioning areas of noted weakness and speaking up, with the hope of being heard, is a responsibility I take seriously.

As the link between groups and the Area Assembly, it would be foolhardy of me to be lax in my duties. Having a basic knowledge of the Al-Anon Traditions and Concepts of Service and how to apply them in the links of service is but one challenge being a DR presents. The learning curve is ongoing. And...for me, I regard it with importance.

This journey isn't one I need a travel agent for. It's a journey spelled out and organized by the World Service Office. There are clearly defined responsibilities for District Representatives, but the World Service Office has already identified the destination. It's a destination of meeting and engaging with fellow travelers, some serving as Group Representatives, other District Representatives, Delegates, Alternate Delegates, Area World Service Committee, some as Coordinators, to name a few.

This journey requires deciding to make the trip, and choosing to utilize the countless tools of Al-Anon. Invaluable tools. Tools of hope. Tools of discipline. Tools of self-examination. Boundary setting tools. Life-changing tools. Not having access to these tools adds weightiness to life, making facing another day seemingly unbearable. But...with Al-Anon there is hope. Bountiful hope.

It is with much gratitude that I have served as the District 30 Representative. And with much gratitude that journey continues.

Respectfully submitted,  
Karen P.  
District 30 Representative