



UPCOMING EVENTS

January 19, 10:00-11:15 am, followed by lunch, 10 AM Monday Morning Serenity Seekers AFG 30th Anniversary Celebration at St. Barnabas Episcopal Church, Annandale

January 19, 7:30pm Falls Church District Meeting Idylwood Presbyterian Church, Falls Church

January 23, 8:30–9:30pm Recovering Parents AFG 2nd Anniversary, with Special Guest Speaker Centreville United Methodist Church, Centreville

New Beginner's Meeting, 7:00–8:00pm Saturday Nights Messiah Methodist Church Springfield

February 14, 2009 9:00am–4:00pm Healthy Relationships Workshop Physicians Conference Center at INOVA Fairfax Hospital, 3300 Gallows Rd.

February 16, 7:30pm Falls Church District Meeting Idylwood Presbyterian Church, Falls Church

~continued on page 2~

~Events, continued



ANNOUNCEMENTS

Request for Submissions!

Use the Butterfly to help get the word out about Al-Anon events in the NOVA area. Also, use the Butterfly to share your experience, strength and hope. Kindly send your Group/District announcements and other submissions via email to "Butterfly Editor" at freeradical1138@aol.com. You may also send submissions by regular mail to the "Butterfly Editor" c/o Northern Virginia Al-Anon Service Center. Due date for announcements/submissions is the first Friday of the odd months. Timely publishing of late submissions can not be guaranteed.

Anniversary Celebration

The 10 AM Monday Morning Serenity Seekers AFG invites you to join them for their 30th Anniversary potluck luncheon on January 19, 2009 at 10:00am at the Falls Church. Please bring a dish to share. See the attached flyer for additional details.

Anniversary Celebration

The Recovering Parents AFG invites you to join them for their 2nd Anniversary meeting, on January 23, 2009 at 8:30 pm at the Centreville United Methodist Church, with special guest speaker, Ruth B. from Catlett, VA. See attached flyer for additional details.

New Beginner's Meeting

There is a new beginner's meeting on Saturday Nights, from 7-8 PM at the Messiah Methodist Church, 6215 Rolling Road, Rm. 212, Springfield, VA. See the attached flyer for more information.

Eighth Annual Healthy Relationships Workshop

The Falls Church/McLean District, is sponsoring a "Recovery Through Our Relationships" workshop from 9:00am–4:00pm on Saturday, February 14, 2008, at the Physicians Conference Center at INOVA Fairfax Hospital. Please note that speakers are still needed for some topics, so if you are interested please see the attached flyer for contact information. We look forward to joining you for some fun and fellowship at this great event!

Ground Hog Day Celebration

The Ladies Nite Out AFG invites you to join them for their Annual Ground Hogs Day Celebration on February 22, 2009 at 6:00 pm at Fairfax Hospital, Falls Church. Please bring a dish to share. See the attached flyer for additional details.

Meeting on the Move

The Just for Today AFG, Haymarket, Virginia meeting that meets at 8 PM on Sunday nights has moved to a new location for January 2009. This meeting is presently being held at the Haymarket Town Hall, 15000 Washington St # 230 Haymarket, VA 20169 (703) 754-4816.

What is a Group Conscience?

You may hear the phrase "the group conscience requests..." at a meeting. Just what is this group conscience? I understand that each Al-Anon group is autonomous and has the power to manage itself. According to Tradition One: "Our common welfare should come first; personal progress for the greatest number depends on unity". No one member has the right to make a decision for the group. If problems repeatedly arise during meetings and members are frustrated, it may be time to stop and talk about what is not working. If it is not clear what is wrong, then a Group Inventory may help identify what could be improved. See the Conference Approved Literature G-8 "Taking a Group Inventory" for guidelines on what kind of questions to think about. When something needs to be discussed, we set aside time dedicated to the definition of the problem. Putting principals above personalities, as Tradition 12 says, helps achieve this task.

"Individually and together, members seek to be guided by a Higher Power to the decision that will achieve the greatest good for the greatest number." (Living with an Alcoholic, Al-Anon Family Group Headquarters Inc., 1980).

It is said that "From the clash of differing opinions the spark of truth shall arise." (Summary of the 1980 World Service Conference). The traditions are the backbone needed to develop a group conscience.

Once the problem has been identified, then schedule a Group Conscience meeting to

discuss, ask questions, propose, and vote on a particular motion intended to improve the group's functionality. Examples of group conscience topics may include discussing the use of offensive language or limiting the time each member may speak. The impetus for a Group Conscience may be a very healthy thing such as when a group grows and new guidelines may need to be put in place. "Trust, open mindedness, and all other positive attitudes, exercised with love, encourage a healthy group conscience to prevail." (Anonymous Source)

Once a group votes on a topic, the result becomes part of the "Group Conscience." Members may state the requests of the group conscience when a meeting begins. Once a decision is reached: "It is also important that members accept without resentment, any decision made contrary to one's own opinion." (Anonymous Source).

—Jackie M. 

Frivolity

"Some say that the path from inner turmoil begins with a friendly ear." ---Master Splinter, Teenage Mutant Ninja Turtles



from page 1~

February 22, 6 PM
Annual Ground Hog Day
Celebration
Ladies Nite Out AFG
Fairfax Hospital
Falls Church, VA

May 2-3, 2009,
Virginia Assembly,
Massanetta Springs VA

June 19-21, 2009
Virginia Area
Al-Anon Convention
Koger South Conference
Center
Richmond VA

July 17-19, 2009
Mid-Eastern Alateen
Conference
Front Royal, VA

Nov 14-15, 2009
Virginia Area Assembly
(Election Assembly)
Blackstone, VA

*For more information
contact the
Northern Virginia Al-Anon
Service Center*

100 N Washington St.,
Suite 212
Falls Church, VA 22046
Tel: 703-534-HELP (4357)
E-mail: info@alanonva.com
Web: www.alanonva.com

Hours: 12:30–4:00pm M–F
and the second Saturday
of each month

BUTTERFLY DISTRIBUTION

The Butterfly is a publication of the Northern Virginia Service Center intended to communicate information about upcoming Al-Anon and Alateen events in the area; share "best practices" and logistics information that help groups stay healthy, vital, and dynamic; and share experience, strength, and hope in recovery.

It is available on the Service Center website and also mailed to Group Representatives, who are encouraged to make copies for distribution in their groups. Please make sure your group keeps its registration up-to-date, using the form available on the website or by request from the Service Center.

Individual mail subscriptions to *The Butterfly* are \$5 per year. Please include your name, mailing address, telephone number, and a check made out to NoVA Al-Anon Service Center in your request and send it to ATTN: Butterfly at the Service Center address listed on page 3.

It all started December 14, 1978
now
Our 30th Anniversary !

The 10 AM Monday Morning serenity seekers
AFG
St. Barnabas Episcopal Church
4801 Ravensworth Road
Annandale, VA

to Celebrate
Join us for a Potluck Luncheon

January 19^h
meeting from 10 until 11:15 and
lunch thereafter!

Along with food to share, please
bring a sense of fun and recovery
No paper products needed - cake
provided

**Please come help us celebrate our
2nd anniversary**

**Recovering Parents AFG
Friday, January 23rd 8:30-9:30**



**Centreville United Methodist Church
6400 old Centreville Road
Centreville
(2nd floor, Room 208)**

**Special Guest speaker ☺
Ruth B from Catlett, Virginia**



please join

LADIES NITE OUT

AL-ANON FAMILY GROUP

for our

ANNUAL GROUND HOG DAY CELEBRATION

Sunday, February 22, 2009 ~ 6:00 pm

RUSS S.
RIXEYVILLE, VA
Al-Anon

JACKIE J.
ARLINGTON, VA
AA



**COVERED
DISH**

(with your favorite recipe)



FAIRFAX HOSPITAL

3300 GALLOWS ROAD ~ FALLS CHURCH, VA

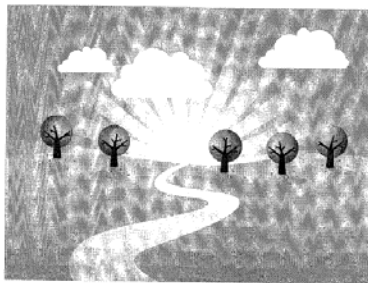
Physicians Conference Center ~ First Floor (Enter Door & Turn Right)

(Enter the Blue Entrance ~ Women's & Children's Entrance)

For Parking ~ Drive to end of Road, Turn Right and Enter into " Lot 11" at the Ronald McDonald House

NEW BEGINNER'S MEETING

MESSIAH METHODIST CHURCH



6215 Rolling Rd
ROOM 212
SPRINGFIELD, VA
22152

SATURDAY, 7-8 PM

Located just north of Old Keene Mill Rd near McDonald's, across from the Bank, Post office, and Police Station.

Week 1 (Dec 20, 2008) is a Speaker/Beginner Meeting for about 30 minutes before member sharing. Please volunteer as a speaker to share your AFG story



Weeks 2 - 4 will follow the Beginner format of the CAL pamphlet G-2

We will complete the entire 6-week Beginner series in 2 months. Then, it starts all over again! There is an AA meeting at the same location & time

JOIN THE FALLS CHURCH-MCLEAN-VIENNA DISTRICT

for

A ONE-DAY WORKSHOP ON
HEALTHY RELATIONSHIPS

DISCOVERING CHOICES

Saturday, February 14/2009

9:00 a.m. - 4:00 p.m.

Registration begins at 8:30 a.m.

The Physicians Conference Center at INOVA Fairfax Hospital
3300 Gallows Road
Falls Church, VA



“The Steps show me how to love myself; the Traditions show me how to love others, and the Concepts show me how to love the world that I live in.”

Paths to Recovery pg. 341

All topics will run each session

♥ Choices
(New Book B-30)

♥ Decision Making
(Based on Concept 3)

♥ Living with & Learning from our
Choices (New B-30)

♥ The Power of listening
(Based on Concept 5)

We regret that child care will not be available

Refreshments will be provided in the morning -- Bring a dessert or snack to share

In keeping with Tradition 7 - Donations will be accepted
From 495 take exit 51 (Gallows Road)
Follow Hospital signs - Use the **Blue Entrance**