



UPCOMING EVENTS

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

Request for Attendance,
2:30pm–3:30pm
Sunday Afternoons
First Christian Church
Falls Church/Seven
Corners

April 11, 2009
NVSC Steering Committee
Meeting
Holy Trinity Lutheran
Church
Falls Church

April 18, 2009
Bull Run District Spring
Workshop
8:30am-3:30pm
8730 Sudley Rd,
Manassas

April 25, 2009
NVSC Steering Committee
Meeting
Holy Trinity Lutheran
Church
Falls Church

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

May 18, 2009
District Meeting
Idylwood Presbyterian
Church, Falls Church

June 11, 2009
NVSC Steering Committee
Meeting
Holy Trinity Lutheran
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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 last day of the even months.** Timely publishing of late submissions cannot be guaranteed.

Request for Attendance

The Sunday AFG invites you to join them for fellowship on Sundays at 2:30 PM-3:30 PM, at the First Christian Church, Falls Church at Seven Corners. This meeting is one of the oldest in Northern Virginia and is the only daytime open meeting. Please consider attending this meeting as it rebuilds its membership. See the attached announcement below 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.

2009 NVSC Elections Notice

The NVSC will be holding elections for its officers in November 2009. If willing to serve, you may contact the Nominating Committee through the Service Center at info@alanonva.com or call (703) 534-4357. For more information, see attachment below with list of Officer positions and job descriptions.

Steppin' Fine in '09, Bull Run District Spring Workshop

The Bull Run District is sponsoring its 2009 Spring Workshop from 8:30am–3:30pm on Saturday, April 18, 2009, at the Rock, 8730 Sudley Rd, Manassas, Virginia. Four sessions and a raffle. Please see the attached flyer for more information. We look forward to joining you for some fun and fellowship at this great event!

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 in January 2009. This meeting is presently being held at the Haymarket Town Hall, 15000 Washington St # 230 Haymarket, VA 20169 (703) 754-4816. For more information, call the Service Center at (703) 534-4357.

How my life changed as a Group Representative?

I grew up in an Alcoholic home. My parents were in the program while I was growing up. Neither one of them stayed and embraced their respective programs. I also attended a few Alateen meetings myself. I quit going and can't remember why. I never really understood how the disease of Alcoholism affected me.

This is how living with the disease of Alcoholism affected me.

It's lonely. It's wanting so desperately to be part of something, yet pushing people so far away I couldn't possibly feel connected. It's isolating myself and then being the outsider looking in and never fitting in. I often feel ashamed. (From Survival to Recovery, pg. 20)

Being a Group Representative (GR) these last 2 ½ years have been very rewarding to me. I've met wonderful people in our District Al-anon monthly meetings. I car pool with 3 other gals, twice a year, to our two day Al-Anon assemblies. Last year I came up with a theme for our road trips. The Gilligan's Island, TV show. I named my GPS, "Ginger," because these road trips are, "a three hour tour." There are many giggles to and from these weekend trips. Today I feel connected to people in my life, thanks to Al-Anon service.


My 3-year term is ending Nov. 14-15, 2009 at the Fall Election Assembly. I can't wait to meet all the new GR's, from all over Virginia. Being a GR helped me

develop self-confidence, spiritual growth, and improved self-esteem. Serving Al-Anon gives me a way to "Let it begin with me," and along the way I have discovered that while my best may not be perfect, it is good enough.

I am a grateful member.

– Georgianna 

Frivolity

"He says it's time to let go."
---Dori, Finding Nemo 

~Events, continued
from page 1~

Church
Falls Church

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

June 25, 2009
NVSC Steering Committee
Meeting
Holy Trinity Lutheran
Church
Falls Church

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

October 31, 2009
NVSC Steering Committee
Meeting
Holy Trinity Lutheran
Church
Falls Church

November 7, 2009
Gratitude Brunch
Alexandria, VA

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

November 21, 2009
NVSC Steering Committee
Meeting
Holy Trinity Lutheran
Church
Falls Church

*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

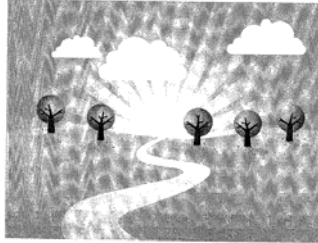
The Butterfly is a publication of the Northern Virginia Service Center intended to communicate information about upcoming Al-Anon and Alateen events in the area; share "best practices" and logistics information that help groups stay healthy, vital, and dynamic; and share experience, strength, and hope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

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



The Al-anon Service Center of Northern Virginia
100 N. Washington Street, Suite 212
Falls Church, VA 22046

ARE YOU "WILLING "TO SERVE?"

Elections for Service Center Officer positions are coming up...

Did you know that there are 10 Districts in the Northern Virginia area and that they are all serviced and supported by the Service Center in Falls Church? At "last count", the Service Center was the only fully functioning Area Information Service (AIS) Office in the state of Virginia.

In fact, we have been told that the Service Center fills literature orders for groups outside the United States. So we are known "both far and wide..."

Trusted servants (members like you and me) have been Officers of the Service Center for 30+ years. The only requirements for serving as an Officer are that we have been Al-Anon members for at least two years and are not a dual member in AA.

Competent past officers of the service center are ready and willing to train new members to guarantee success and are just a phone call away anytime. Elections of Service Center Officers are coming up in 2009, and right now we are in the process of soliciting nominees for each of the eight (8) elected positions. The term for each of these positions is three (3) years.

FYI --- Here's a list of the Officer positions and related responsibilities:

1. **Chairperson** -- Presides at all regular and special meetings of the Service Center and Steering Committee; responsible for the administration of the Service Center appoints chairpersons of all Standing and Special Committees, except the Alateen Forum; appoints an active or past member of the Steering Committee as Chairperson of the Nominating Committee; and maintains contact with the Standing and Special Committees. The Chairperson is an ex-officio member of all Standing and Special Committees. The Chairperson is a liaison member of the Virginia Area World Service Committee. The Chairperson shall automatically become an ex-officio member of the Steering Committee for one term of office and shall have a voice but no vote.

2. **Co-Chairperson** -- Officiates in the absence of the Chairperson, assist: the Chairperson in the administration of the Service Center, as delegated; responsible for the annual Gratitude Brunch/ Lunch; and responsible for setting up special committees for any workshops and special activities as requested by the Chairperson.

3. **Secretary** -- Records proceedings of General and Steering Committee Meetings of the Service Center (copies to be submitted to the Chairperson and the Service Center office); responsible for notices and correspondence to members of the Service Center and the Steering Committee; develops correspondence at the request of the Chairperson; maintains all changes to the Bylaws and provides a copy to the Officers, Steering Committee members, and General Meeting members; provides and is responsible for a sign-in sheet for those attending Steering Committee and General Meetings, and is responsible for mailing of the Newsletter and Service Center notices in accordance with prescribed distribution lists.

4. **Alternate Secretary** -- Assumes duties in the absence of the Secretary; assists the secretary as requested; and attends both General and Steering Committee meetings.

5. **Treasurer** -- Responsible for the receipt and deposit of all Service Center funds (deposits to be made into an account under the name, AL-ANON SERVICE CENTER OF NORTHERN VIRGINIA, INC.), in such bank as may be designated by the Steering Committee; maintains accurate records of all transactions; provides receipts for contributions; prepares an annual report of the treasury; prepares a list of all individual and Group contributions; prepares a budget for the Service Center to be approved by the Steering Committee and voted on by the ISRs at the General Meeting held in the last quarter of the year; reimburses expenses incurred by members of the Steering Committee in the implementation of Service Center business; and prepares all financial and tax reports required to ensure legal compliance.

6. **Alternate Treasurer** -- Assumes duties in the absence of the treasurer; and assists the Treasurer as requested.

7. **Literature Distribution Center (LDC) Chairperson** -- Administers the LDC; advises the member Groups on matters relating to the contents, usage, and ordering of Conference Approved Literature (CAL); provides the Service Center with an updated order form; makes available new CAL publication; provides a starter package of literature to new Al-Anon and Alateen Groups on a one-time basis; orders literature used by PUBLIC OUTREACH, ALATEEN, PI, and INSTITUTIONS Committees as provided by the approved budget; provides for the mailing of Literature orders, keeps an updated accounting of Literature inventory; maintains contact and cooperation with the Virginia Area Literature Coordinator and WSO; and is responsible for selling literature at Service Center meetings, special events, and Area functions as requested.

8. **Alternate Literature Distribution Center (LDC) Chairperson** Assumes duties in the absence of the LDC Chair; and assists the LDC Chair as requested.

2009 Timetable:

- ❖ The Service Center Nominating Committee (Connie H., Ann H., Alice L., Sally R. and Hank I.) is responsible for presenting a composite list of all members of Al-Anon willing to serve in each of the 8 elected positions. This committee will be presenting a list of interested members to the SC Steering Committee and the General Service Center Committee in July 2009
- ❖ A final slate of nominees will be presented to the General Service Center Committee representing the 10 Districts in Northern Virginia in October 2009. Incoming SC Officers will be elected in November 2009.
- ❖ Al-Anon members elected by the General Service Center Committee will assume their three (3) year respective Officer positions effective January 1, 2010.

Special note: Initial transition training will be provided to newly elected officers by outgoing officers in December 2009.

REQUEST FOR ATTENDANCE

The Sunday Al-Anon meeting takes place at the First Christian Church located just beyond 7 Corners, traveling east on Rt 7. At 2:30 P M

This is one of the oldest meetings in No, Va. Begun shortly after the beginning of Al-Anon. It was originally designed as a Newcomers meeting, many members were referred by the Alcoholism Treatment Center in local Hospitals. Traditionally such newcomers were encouraged to find a home group and to keep attending the Sunday meeting if convenient.

In the recent year, membership in this historically important meeting has fallen off as members have retired, moved way or are deceased. In an effort to meet this challenge the group has decided to become a home group itself, complete with a calling list.

The group is Open in the sense that we invite visitors; students, counselors, people who may not have a relative or friend with the disease This policy provides knowledge about Al-Anon principles to many not familiar with our program. These participants have gone on to impart Al-Anon knowledge and principles to their contacts in wider community.

We believe that the Sunday meeting is the only Open daytime meeting in No Va. This historic meeting has played a significant role in 12 step work, particularly newcomers over the years. We hope that you will consider attending the meeting so that we will be able to carry our long standing mission of service to the Al-Anon fellowship of No. Va.

Steve A 3/8/09

Bull Run District
Al-Anon Family Groups

Steppin' Fine

in '09

2009 Spring Workshop

Saturday, April 18, 2009

8:30 am – 3:30 pm

The Rock

8730 Sudley Rd, Manassas, VA

Topics (4 Sessions)

Step into Serenity * Step into Service with Commitment

Step into the Slogans * Step into Sponsorship

Step into Forgiveness * Step into the Legacies

Feel free to bring:

Bag Lunch

Snack or Dessert to Share

Items for the Drawing

Friends

Schedule:

8:30 Registration

9:00 Open

9:45 Workshops

3:30 Adjourn

Directions to The Rock:

From I-95: Take Exit 158, Prince William Parkway, towards Manassas. Go approximately 12 miles . Turn Right on Liberia Avenue. Turn left on to Centreville Rd. (Rt. 28S) Turn right on to Sudley Rd (Rt. 234N) Turn left at light at Plantation Lane into parking lot for The Rock.

From I-66W: Take Exit 47A (Rt. 234 Business) towards Hospital. Go approximately 4 miles to light at Plantation Lane. Turn right into parking lot for The Rock.

From 28: Take 234N, Sudley Rd.