



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

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

May 30, 2009
Springfield-Annandale
District Workshop
First Presbyterian Church
of Annandale
Annandale, VA

June 15, 2009
District Meeting
Idylwood Presbyterian
Church, Falls Church

June 19-21, 2009
34th Annual Virginia Area
Al-Anon Convention
Koger South Conference
Center
Richmond VA

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

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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 by email at nominate@alanonva.com or call Connie H. at 703-759-5300. For more information, see attachment below with list of Officer positions and job descriptions.

Springfield-Annandale District Workshop

The Springfield-Annandale District is sponsoring a workshop titled "Opening Our Hearts---Transforming Losses" from 9:15am–2:00pm on Saturday, May 30, 2009, at the First Presbyterian Church of Annandale, 7610 Newcastle Drive, Annandale, Virginia. Four sessions and a potluck picnic lunch. Please see the attached flyer for more information. We look forward to joining you for food and fellowship at this great event!

Service Position

Available: Group Records Coordinator

The Northern Virginia Service Center's Group Records Coordinator position is filled by a volunteer. The term of service is two (2) years. The primary duties of this position are to maintain the group records database and publish the Directory of Meetings. If you like working with computers and are ready to hold a valuable service position, please call Debbie T at 703-924-5828. "When people are serving, life is no longer meaningless." –John Gardner

Conference Approved Literature (CAL)—Ordering and Sharing

Ordering CAL

I have found links on the internet for ordering Conference Approved Literature CAL on-line so I can actually buy direct from the World Service Office (WSO). CAL can be ordered on-line from the World Service Office but now the minimum order from the WSO has been raised to \$500.00. I understand that the WSO greatly prefers not to fill the smaller orders so our Service Center in Falls Church is our best source for smaller orders for groups. That is why I think it is critical to keep the Service Center open so groups can be supplied with fresh supply of brochures, beginner packets, and books. Each group may wish to have one copy of each book for sale, plenty of brochures, and bookmarks. As literature chairperson for my group, I check our stock of CAL. I find ordering materials once every two or three months is about right for our needs. Either I pay for the books myself and am reimbursed by our group or our treasurer may cut me a check before I mail in the group's order once I have filled out the order form. I make sure to include shipping and sales tax if applicable.

Group Lending Library

If you can't afford to buy Al-Anon books, ask if your group has a lending library. If your group doesn't have a lending library, ask if one can be started. If not enough money is available, then if you ask, often long time members are willing to bring in books, old Forums, and CD's they have bought for

Themselves and loan or donate them for the lending library. Then as your group is able, a newly purchased book may be added to the lending library once a year or whenever the group is able. A business meeting is a good time to put the idea of starting a lending library on your meeting agenda after the treasurer's report.

I find it useful to label the lending library books so people can tell them apart from the books in our inventory that are for sale. I suggest putting a label on each library item with the Group's name, its meeting location and time, and a contact number for the group. The lending library for the Joy Of Living AFG, for example, includes books, Forum Magazines, and CD's from various Al-Anon conferences. We can sign out an item for three weeks by putting our first name, email, and phone number in a library check out log book. When we return an item to the library, we cross out our name in the log book. In this way, our group applies the "Keep it Simple" principle to loaning of CAL.

Wishing you joy in service,

— Jackie M 

~Events, continued from page 1~

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

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

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

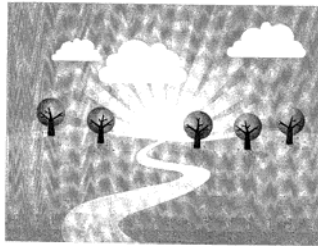
The Butterfly is a publication of the Northern Virginia Service Center intended to communicate information about upcoming Al-Anon and Alateen events in the area; share "best practices" and logistics information that help groups stay healthy, vital, and dynamic; and share experience, strength, and hope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

For information, please call Harriet at 703 451-7160



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.

If you are "willing" to serve in any of these positions, please contact the Nominating Committee by email at connie.herrmann@cox.net or call:

Connie H. (703) 759-5300

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

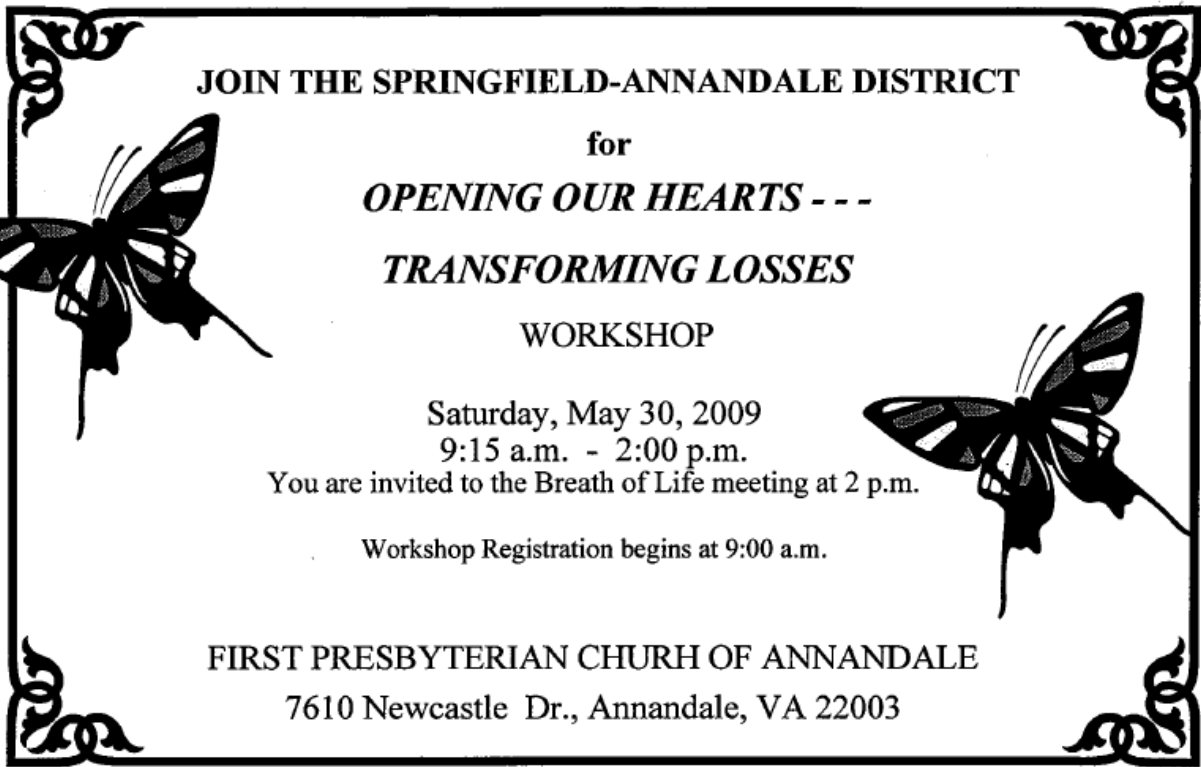
This is one of the oldest meetings in No, Va. Begun shortly after the beginning of Al-Anon. It was originally designed as a Newcomers meeting, many members were referred by the Alcoholism Treatment Center in local Hospitals. Traditionally such newcomers were encouraged to find a home group and to keep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



JOIN THE SPRINGFIELD-ANNANDALE DISTRICT

for

OPENING OUR HEARTS - - -

TRANSFORMING LOSSES

WORKSHOP

Saturday, May 30, 2009
9:15 a.m. - 2:00 p.m.

You are invited to the Breath of Life meeting at 2 p.m.

Workshop Registration begins at 9:00 a.m.

FIRST PRESBYTERIAN CHURCH OF ANNANDALE
7610 Newcastle Dr., Annandale, VA 22003

“Much like a compass, our slogans, Steps, Traditions, and Concepts of service can help us navigate through the turbulent waters of grief and loss.”

Opening our Hearts, Transforming our Losses, p. 8

Topics to be offered:

GRIEF AS A PROCESS

(Based on Chapter 1)

DEALING WITH OUR FEELINGS

(Based on Chapter 7)

LOSS IN RELATIONSHIPS

(Based on Chapter 5)

TAKING CARE OF OURSELVES

(Based on Chapter 8)

Light morning refreshments will be provided
Please bring a dish to share for potluck picnic lunch

For information, please phone Rhonda 703 385 4658 (OK to leave detailed message)

In keeping with Tradition 7 - Donations will be accepted

From points north or west: take 495 exit LITTLE RIVER TURNPIKE (EAST); turn right onto RAVENSWORTH, turn right onto NEWCASTLE Dr.

From points south or east, take 495 exit for BRADDOCK ROAD east (exit 54B); turn left onto RAVENSWORTH, turn left onto NEWCASTLE Dr.

OR Follow your GPS!!

