

Butterfly Distribution

The Butterfly is published as a service of the NoVA Service Center. Its purpose is as follows:

- To communicate information about upcoming Al-Anon/Alateen events in the area
- To share “best practices” and logistics information that help groups stay healthy, vital, and dynamic
- To share experience, strength, and hope in recovery

In keeping with Service Center By-Laws, The Butterfly is distributed free of charge to NoVA Al-Anon/Alateen Groups via their registered group representatives (GR's). **To receive The Butterfly, please make sure your group keeps its registration up-to-date.** The registration form is on the website, or the Service Center can mail you one.

GR's are authorized (and encouraged) to reproduce The Butterfly for distribution in their groups. It is also published on the Service Center's website, and may be downloaded from that site at no charge. The NoVA Service Center website address is as follows:

www.alanonva.com

Per Service Center By-Laws, others who wish a hard copy of The Butterfly to be mailed to them may subscribe for that service at a cost yet to be established, but we'll let you know once it has been determined.

Getting Your Event in the Butterfly

Please send your announcements of upcoming events via e-mail to: butterfly@alanonva.com
Or by snail mail to:

NoVA Service Center
9401 Mathy Drive, Suite 270
Fairfax, VA 22031-5312

Telephone: 703-764-0476

Please announce to your group . . .

14th ANNUAL ALATEEN MINI-CONFERENCE

Announcing the 14th annual ALATEEN Mini-conference to be held Saturday, March 18, 2006, 9:30 a.m. -3:00 p.m. at ST. JAMES UNITED METHODIST CHURCH 5000 Echols Avenue – Alexandria, VA.

Directions: 395 North to Seminary Road West. Right on Echols Avenue, to end of the street

Topics: Honesty, Positive Attitude, Finding the Courage to Be Me, Detachment with Love, Hope vs. Expectations. Why Do I Laugh On the Outside When I'm Crying On The Inside? And ...we will finish with a GOD AS WE UNDERSTAND HIM MEETING. Don't miss this great day of fellowship.

Primary Contact:

Nancy D.
Back-up Contact: Mike M.

Please announce to your group . . .

The Butterfly Meeting

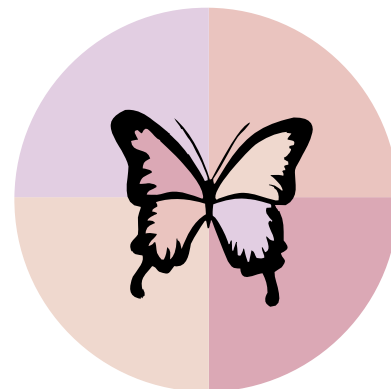
For anyone interested in working on The Butterfly, or who would like to provide input for or about The Butterfly, a committee meeting will be held at 1:00PM the second Saturday of March (the 11th) at the Service Center.

What we need help with:

Copy Editing
Formatting
E-mail checking and response
Article writing or coordination
Calendar Prep
Production for hard copy mailings

Here's looking forward to seeing you the 2nd Saturday of March!

Beverly M., Butterfly Editor



The “How To . . .” Column

As an acronym in the program, HOW stands for

**Honest
Open, and
Willing**

In another context, it is simply a question – How do I do this, that or the other? In that context, the “How” column provides helpful “how to’s” on a variety logistics involved with keeping Al-Anon alive, well, and thriving in our area. Here’s the first installment.

For Group Treasurers – How to Get an EIN

Number . . . As the treasurer for an Al-Anon meeting, I was distressed (as was the group) when the Bank we dealt with decided to impose service charges on our account. An officer of the bank suggested that if we had an EIN (employer identification number) that proved we were a non-profit they could give us a non-profit rate which would result in no service charges.

We did not have such a number so I called the WSO for guidance and was told to do the following which turned out to be very easy. I also called the IRS and was given a telephonic means of getting a number assigned. I wanted to pass this information on to other group treasurers who might be facing a similar situation.

Go to the IRS website www.irs.gov and download form SS-4 (application for an employer identification number). Fill out this form as follows:

1. Name of Group
3. Your name (this is optional)
4. The mailing address for the bank statement
- 8a. Check "other" and fill in "mutual support group meeting weekly"
9. Check "banking purpose" and write in "group meeting expenses and income"
14. Check "other" and write in "mutual support group"
15. N/A
- 16a. Check "no"

This form can be mailed. Or, as the helpful IRS contact told me, once the form is filled out, you can call 1-800-829-4933 and a number will be assigned to you after you answer the questions which have been filled out. A letter will follow which you can take to your bank.

By JoAnn O

Eye on Literature

AFG Conference Approve Brochure:

A Guide for the Family of the Alcoholic

A visitor to the Service Center on a recent 2nd Saturday pointed out to me this terrific brochure. I really appreciated its “bad check” example of how a family’s “helping” actually hurts the alcoholic. It also suggests some “do’s and don’ts” I found helpful. To decide if this piece of literature is one that might help you, try answering these questions:

What are the two primary weapons the alcoholic uses to control others?

What happens when the family is unable to cope with the anxiety aroused by the alcoholic?

What are some of the “automatic escapes” the family provides the alcoholic? Why do these harm rather than help?

If you are unsure of the answers to the above, this brochure may be a good one to read. Ask your group literature coordinator to order one for the group, or visit the Service Center to pick one up:

Title: “A Guide for the Family of the Alcoholic”

Catalog Number: P-7

Price: 30 cents

You can find an order form for CAL literature on the Service Center website at www.alanonva.com, or you can call the Service center to request a form be sent to you. The telephone number is 703-764-0476.

Note: If there is a brochure or other piece of CAL literature that particularly spoke to you and you would like to share it with others, please send your thoughts by e-mail to butterfly@alanova.com, or by mail to the Service Center, ATTN: Butterfly.

Thank you, Angela L. . . . I’d like to take this bit of space to thank the previous Butterfly editor, Angela L., for the many hours and years she put into The Butterfly. You provided a great service to the Al-Anon fellowship in Northern Virginia. Thank you!

NORTHERN VIRGINIA FORUM
Presents an
ALATEEN/YOUNG ALATEEN MINI-CONFERENCE

14TH ANNUAL
MARCHING THROUGH RECOVERY

(THIS IS A MINI-CONFERENCE PLANNED AND PRESENTED BY
ALATEENS FOR ALATEENS AND YOUNG ALATEENS)

TOPICS:

Honesty, Positive Attitude, Finding The Courage To Be Me
Detachment With Love, Hope vs. Expectations,
Why Do I Laugh On The Outside When I'm Crying On The Inside?
And will finish with a

GOD AS WE UNDERSTAND HIM MEETING

DATE: Saturday, March 18, 2006

TIME: 9:30 a.m. – 3:00 p.m.

LOCATION

ST. JAMES UNITED METHODIST CHURCH
5000 Echols Avenue – Alexandria, VA

Directions: 395 North to Seminary Road West
Right on Echols Avenue
To end of the street

Pizza and Beverages will be provided

ALL GROUPS ARE ENCOURAGED TO BRING A DISH TO SHARE
(i.e., Pastries, Fruits, Veggies and Dips, Desserts)

- DONATIONS LOVINGLY APPRECIATED –