



The Butterfly

A Publication of the Al-Anon Service Center of Northern Virginia



CALENDARS

Calendar of Al-Anon/Alateen Events

- January 13 Healthy Relationships Seminar
Physicians Conference Center at INOVA
Fairfax Hospital
Falls Church, 9:00am–4:00pm
- February 4 Springfield/Annandale District Meeting
Messiah Methodist Church
Springfield, 6:00pm
- March 17 Fifteenth Annual Alateen Mini-Conference
Saint James United Methodist Church
Alexandria, 9:30am–3:00pm
- June 8–10 2007 Al-Anon Convention
Soaring With Serenity
Natural Bridge
- 3rd Monday of each month – Falls Church District Meeting – Idyllwood Presbyterian Church, 7:30PM

For more information please contact:
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9401 Mathy Drive, Suite 270
Fairfax, VA 22031-5312
Phone: 703-764-0476
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Calendar for Butterfly Submissions

Please observe the following deadlines when submitting information, including announcements of upcoming events, for publication in *The Butterfly*. Send material by e-mail to butterfly@alanonva.com or snail mail to ATTN: Butterfly at the Service Center address listed previously.

SUBMISSION DEADLINE	PUBLICATION DATE
Saturday, March 3	Monday, March 12
Saturday, May 5	Monday, May 14
Saturday, June 30	Monday, July 9
Saturday, Sept. 1	Monday, Sept. 10
Saturday, Nov. 3	Monday, Nov. 12

ANNOUNCEMENTS



Springfield/Annandale District Meetings

In 2007, Springfield/Annandale District meetings will be held the first Sunday of each month at Messiah Methodist Church in Springfield (6215 Rolling Road, near Old Keene Mill Road). Meetings begin at 6:00pm in room 264.

The specific dates of each meeting are:

- | | |
|------------|-------------|
| January 7 | July 1 |
| February 4 | August 5 |
| March 4 | September 2 |
| April 1 | October 7 |
| May 6 | November 4 |
| June 3 | December 2 |

In case of calendar adjustments, however, please check with your Group Representative or with a District Officer before attending for the first time. All members from the Springfield/Annandale District are encouraged to participate!

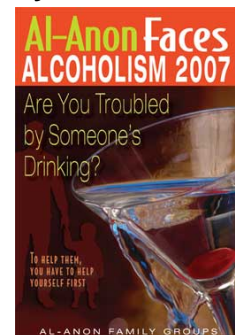
Recovering Parents AFG Begins

The new Al-Alon Family Group Recovering Parents will hold its first meeting on Friday, January 19, 2007, at Centreville United Methodist Church (6400 Old Centreville Road). The meeting will begin at 8:30pm in room 208.



Public Outreach Opportunity

Our Public Outreach Committee is offering to subsidize the purchase of Al-Anon's new brochure *Al-Anon Faces Alcoholism 2007*. This is a great opportunity for public outreach that costs just a small amount of money and takes only a little bit of effort. This attractive four-color, 32-



page brochure is filled with member sharings, testimonials from professionals, and basic information for newcomers and professional referrals.

The Springfield/Annandale District recently decided to purchase 800 English and 200 Spanish copies and pass them out to members for distribution in the community as well as placement in parks, stores, doctors' offices, police stations, and fire stations. Also, a local Giant Food store has agreed to place these brochures on their community bulletin board, which distributes free literature.

Al-Anon Faces Alcoholism 2007 is available from the World Service Office ONLY until February 15, 2007. This is a ONE-TIME opportunity because after that date this brochure will no longer be produced.

Please contact Public Outreach Coordinator Michael M. for more information about this subsidy or about ordering, or with any other questions. 🦋



IN MEMORY DAVE C.

Our trusted servant who created the "e-mail communication line," Dave regularly monitored and answered the incoming Service Center e-mails. He also served on *The Butterfly* committee, bringing "old timer" insight to our efforts and, with his wife Nancy, always helping to assemble the mailings. Please pray that his wife and family find comfort in the midst of their storm.

**DAVE ~ GONE FROM OUR PRESENCE
BUT NOT FROM OUR HEARTS.
WE LOVE AND WILL MISS YOU.**

GETTING A GRIP ON THE PROGRAM

The passing of the previous year and the beginning of a new one are a good time for me to reflect on my program. It's a good time for me to do an inventory to look at where I have been, where I am now, and where I am going. If I am unsatisfied with my progress, I can pray for acceptance and guidance. I can also do a little of my own footwork, however, by looking at my grasp of the program to ensure that I am doing my part.

I imagine my program as a nurturing hand having five fingers, each representing a program component. I have (1) literature, (2) sponsorship, (3) service work, (4) prayer and meditation, and (5) meetings to help me learn and grow. Literature brings to awareness and teaches me about the program basics, such as the steps, slogans, and program principles. Sponsorship helps me learn how to apply the steps, slogans, and principles through the loving guidance of my sponsor. When I sponsor another, I too deepen my understanding of the program tools as I guide another regarding application of the program steps, slogans, and principles. Service work gives me a nurturing environment in which to actually practice the tools of the program. Prayer and meditation improve my conscious contact with my Higher Power, which provides me with intuitive and spiritual guidance regarding how to work my program. And lastly, meetings provide me with a venue where I may share my experience, strength, and hope with others, and where I may gain wisdom from the sharing of others' experience, strength, and hope with me.

But what if I am not reading my literature daily, or even regularly? Then I am relying on only four fingers to grasp my program. Do I have a sponsor? No? Now my grasp is down to only three fingers. Am I doing service work? If not, my grasp is down to two fingers. Do I pray and meditate daily to improve my relationship with the God of my understanding? No again, and my grip on my program is down to only a single precarious finger. If all I do is attend one meeting or so a week, then I am barely holding on!

While I strive for progress, not perfection, I realize that my progress depends on the effort I put into working my program. I have also learned that my program is multifaceted. If I want to grow and learn, I have to have a good grip on the program, which means using all five fingers available to me. I have to read my literature regularly (if not daily), have a sponsor (and preferably sponsor another as well), do service work, pray and meditate daily, and go to meetings regularly (one or more a week). With this effort I am satisfied because I know that I am doing my part, and it is with humility that I accept the rate of spiritual growth that my Higher Power graciously bestows upon me.

When I reflect on my program and find dissatisfaction with my progress, the first thing I do is look at myself and ask, "How good is my grasp on the program today?" It is with me where the answer to this question generally lies, and it is with me where the power to change the things I can is also found.

—Scott A. 

FROM THE CHAIR 
**2007: "The Year of Renewal,
Rededication, and Recommitment"**

Hello Family,

I would like to give thanks to my Higher Power for bringing our Service Center through the last administration year. I especially want to thank all of the outgoing Officers (elected and appointed) for their time and effort, which allowed our Service Center to function in a manner second to none, and to introduce the following new Officers, elected at the Service Center General Meeting on December 9, 2006:

- Chairperson—Khayriyyah A. (from the Falls Church District)
- Co-chairperson—Forest B. (from the Springfield/Annandale District)
- Secretary—Kathy S. (from the Falls Church District)

- Alternate Secretary—Cindy F. (from the Potomac District)
- Treasurer—Joann O. (from the Springfield/Annandale District)
- Alternate Treasurer—Lee B. (from the Arlington District)
- Literature Distribution Center Chair—Fred M. (from the Arlington District)
- Literature Mail Out—Ann H. (from the Falls Church District)
- Procurement—Phoebe B. (from the Arlington District)
- Special Events—Jessica F. (from the Fairfax District)

For the family I've had the privilege to work with before, I look forward to a continued working relationship. To the trusted servants who have stepped forward for the first time at Service Center level, I look forward to sharing the journey with you.

Special thanks to Connie H., who headed the Nomination Committee. All the time she devoted and the many e-mails and phone calls she made allowed the election to run very smoothly. She and her committee provided the Service Center General Meeting with a full slate of trusted servants willing to serve.

As we go forth into the new year, I want to wish each of you safety, serenity, and continued love of your Higher Power. Remember that *all days are good days; some are just better than others.*

Thanks for your love and support.

—Khayriyyah A. 

EYE ON LITERATURE 

Al-Anon Family Group

Conference Approved Literature

Purpose and Suggestions

Catalog Number: P-13; Price: 25 cents

Every January I think of all the resolutions I should make for the new year: stop procrastinating, exercise more, eat healthier, spend more time with family and friends,


learn to...well, you get the picture. And every December I look back in dismay and wonder how it happened that yet again I accomplished none of the things I set out to do. This January, however, is different. I only have one thing to do in 2007—work my program more.

On paper it seems a simple enough thing but at first I felt intimidated and unsure, adrift in a sea of possibilities. Then I realized that the best way to begin was to revisit the basics, so I read the brochure *Purpose and Suggestions*. It helped reinforce some things I already knew, like growth and serenity depend upon focusing on myself and recovery involves taking responsibility for one's own actions and feelings, and helped illuminate some I didn't, like searching out and correcting my shortcomings will enable me to detach my mind from my troubles. It also contains the slogans, the Serenity Prayer, and the Twelve Steps and suggested preamble.

Purpose and Suggestions is an invaluable tool I'm sure I'll consult often in 2007. It's certainly not my only tool, but it is one that I can fold into my pocket or my purse and always have with me. I never know

throughout the day when I might need a little guidance, just like you never know when you might need an umbrella to shelter you from the rain.

The order form for Conference Approved Literature (CAL) is available on the Internet (www.alanonva.com) or by request from the Service Center (703-764-0476).

If you would like to share your thoughts about a brochure or other piece of CAL, please e-mail your comments to butterfly@alanonva.com or snail mail them to ATTN: Butterfly at the Service Center address listed previously. 

NEW ADDRESS FOR AREA CONTRIBUTIONS

Please make a note of this new address for mailing in your group contributions to the Area:

(Contact the Service Center for the new address.)

BUTTERFLY DISTRIBUTION

The Butterfly is published as a service of the Northern Virginia Service Center. Its purpose is 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
- share experience, strength, and hope in recovery

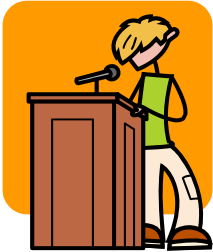
The Butterfly is distributed free of charge to Northern Virginia Al-Anon and Alateen groups via their registered Group Representatives, who are encouraged to reproduce *The Butterfly* for distribution in their groups. To receive *The Butterfly*, please make sure your group keeps its registration up-to-date. The registration form is available on the Internet (www.alanonva.com) or by request from the Service Center (703-764-0476).

Others who wish to have a copy of *The Butterfly* mailed to them may subscribe; the price is \$5 per year. Please send your subscription request to ATTN: Butterfly at the Service Center address listed previously. Please include your name, mailing address, telephone number, and a check made out to NoVA Al-Anon Service Center.

The Butterfly also may be downloaded at no cost from the Service Center website.



NORTHERN VIRGINIA FORUM



Presents an

ALATEEN/YOUNG ALATEEN MINI-CONFERENCE

15TH ANNUAL MARCHING THROUGH RECOVERY

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

TOPICS:

Finding A Solution – Let It Begin With Me - Transitions
I Can't, He Can, I Think I'll Let Him
This Too Shall Pass - HALT

And will finish with a

GOD AS WE UNDERSTAND HIM MEETING

DATE: Saturday, March 17, 2007
TIME: 9:30 a.m. – 3:00 p.m.

LOCATION

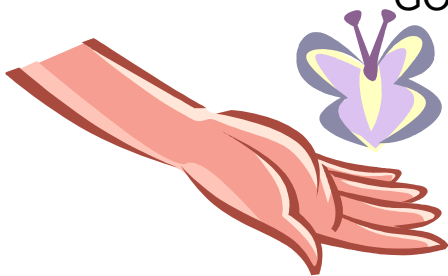
ST. JAMES UNITED METHODIST CHURCH
5000 Echols Avenue – Alexandria, VA

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 –



New Al-Anon Meeting!

“RECOVERING PARENTS AFG”

First meeting: Friday, January 19th

8:30–9:30pm

Centreville United Methodist Church

(2nd floor, room 208)

6400 Old Centreville Road

Centreville, VA 20121

Directions: Route 66 West, Route 28 South-- Exit 53-A, Right onto New Braddock Road, Left onto Centrewood Drive and Left onto Old Centreville Road. (The church is 2.1 miles from the 66 exit. You can see the church from Route 28. Don't pass it; you need to access it from New Braddock Road.)

The meeting has been registered with WSO.