



CALENDARS

Calendar of Al-Anon/Alateen Events

- July 16 Annandale/Springfield District Meeting...
July 21-23 Mid-Eastern Alateen Conference...
July 29 Northern Virginia Service Center General Meeting...
August 6 Alateen Forum Meeting...
August 11-13 Virginia Area Convention...
August 20 Annandale/Springfield District Meeting...
August 26 Northern Virginia Service Center General Meeting...

For more information please contact: Northern Virginia Al-Anon Service Center 9401 Mathy Drive, Suite 270 Fairfax, VA 22031-5312 Phone: 703-764-0476 E-mail: info@alanonva.com

Calendar for Butterfly Submissions

Below are the deadlines for submission of information for publication in The Butterfly for the remainder of 2006.

Table with 2 columns: SUBMISSION DATE and PUBLICATION DATE. Rows include dates for September 2, September 9, November 4, and November 11.

Please send material by e-mail to butterfly@alanonva.com or snail mail to ATTN: Butterfly at the Service Center address above.

ANNOUNCEMENTS

31st Virginia Al-Anon/Alateen Convention

Share the Journey August 11, 12, and 13, 2006 Holiday Inn Select, Kroger South Conference Center 10800 Midlothian Turnpike at 1021 Kroger Center Blvd Richmond, Virginia 23235

Reservations: 804-379-3800 or 800-397-1034 \$84.00 + tax, 1-4 people per room Mention Friends-of-Lois Convention for special room rate

FEATURING: speakers, workshops, dance, Saturday night banquet, and more (please note the banquet costs \$33 per person)

Registrations (see conference registration form in this issue of The Butterfly) postmarked by August 1 are \$20 per person. Registrations postmarked after August 1 and walk-in registrations are \$25 per person. Alateen members are free when accompanied by a registered adult.

T-shirts will be available for \$13 each and tote bags for \$11 each.

New Literature Price List/Order Form

The new July 2006 price list and order form for Conference Approved Literature is now available on www.alanonva.com. To place an order, print the form and mail it with your check to the Service Center address listed previously. Materials are shipped immediately upon receipt of the form and check.

Don't have access to the Internet? No problem. Just call the Service Center at 703-764-0476 and ask the volunteers there to send you the new literature order form. Feel free to stop by and browse as well; the Service Center is open weekdays and the second Saturday of each month from 12:30-4:00pm.

Reston Meeting Change

Beginning July 8, the Saturday Serenity Al-Anon Family Group meeting held at 10:00am at the Reston Library will instead be held at 10:30am at St. Anne's Episcopal Church (1700 Wainwright Drive) in Reston.

Babysitting at Burke Meeting

The Joy of Living Al-Anon Family Group announces that beginning July 12 a babysitter will be available throughout the summer for their Wednesday meeting at 10:15am, located at Burke Lake Gardens (9608 Old Keene Mill Road) in Burke.

EYE ON LITERATURE

Al-Anon Family Group

Conference Approved Book

Lois Remembers

Catalog Number: B-7; Price: \$11

When it comes to books, I'm a Stephen-King-things-that-go-bump-in-the-night type of gal, which means I was not particularly enthusiastic when my husband suggested I read a biography of Alcoholics Anonymous co-founder Bill W. My husband's subtle but determined pestering eventually wore me down and I reluctantly agreed to read it.

Surprisingly, I loved every last word of that biography. I devoured every page, turning eagerly until I came to the last one and felt a sadness that there were no more. That is, until I discovered Lois W.'s autobiography. I thought to myself how appropriate it would be to read Bill's story and then his wife's so I started *Lois Remembers* right away.

The book is written entirely in Lois's own words, based on personal mementos such as diary entries and old letters. This gives the book a somewhat disorganized feel at times, but the energy and personality that they depict is well worth it. Even though I've never actually met Lois, reading her book makes I feel as though I have, thinking of her as I would a close friend I haven't talked to in a few months. She describes her childhood and adolescence in the opening chapters and (of course!) the first time she met Bill. She paints a vibrant picture of their courtship and initial years together, and the

heartrending descent "halfway to hell" that ultimately followed. The remainder of the book discusses their miraculous journey back from this hell that is the genesis and evolution of both AA and Al-Anon.

I must admit that I feel Lois wrote some passages in the book just for me. For example, when I read the sentence "I love you so, and yet my love doesn't seem to do you any good" (page 72), I stopped in astonishment. In fact, it took me several minutes to read that single paragraph because I stopped so often. How was it possible that on this page of this book were so many of the things I felt about my husband and thought about my situation but seemed never to find the words to express?

Although I may never win this struggle against alcoholism, after having read *Lois Remembers* I at least no longer feel like the lone soul who's trying.

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.

SERVICE CENTER ELECTION OF OFFICERS

During August or September, Alternate Group Representatives (AGR's) will elect new individuals to the five offices of the Northern Virginia Service Center—Chairperson, Co-chairperson, Secretary, Assistant Secretary, and Treasurer—from a previously compiled list of eligible candidates. ***If your group does not have an Alternate Group Representative (AGR) please register one as soon as possible. (The Group Rep can, however, vote in the AGR's absence.)***

Each of these officers serves a three year term. Article V, Section 4, of the *Service Center Procedures Guide* specifies that

“eligibility for office shall be those with no less than two (2) years in Al-Anon including one year of active service at the group level, and who do not have dual membership in AA”

Following are the duties of the officers, as described in Article V, Section 5, of the *Procedures Guide*.

Chairperson: Presides at all regular and special meetings of the Service Center and Steering Committee; is responsible for the administration of the Service Center; appoints chairpersons of all standing committees; appoints an Alternate District Representative to be chairperson of the Nominating Committee; and maintains contact with the standing committees. The Chairperson is ex officio a member of the Area Assembly World Service Committee. The Chairperson automatically becomes an ex-officio member of the Steering Committee the year following termination of office.

Co-chairperson: Officiates in the absence of the Chairperson; assists the Chairperson in the business of the Service Center, as delegated; at the request of the Chairperson is responsible for setting up special committees for any workshops and special activities planned by the Service Center; and reports to the Chairperson on the work of these committees.

Secretary: Records proceedings of general meetings of the Service Center and of the Steering Committee, copies to be submitted to the Chairperson and the Service Center; is responsible for notices and correspondence to members of the Service Center and the Steering Committee; provides any correspondence as requested by the Chairperson; and is responsible for registration of Alternate Group Representatives, Alternate District Representatives, and Steering Committee members at general meetings.

Assistant Secretary: Maintains and provides to the Secretary of the Virginia State Assembly a Service Center roster which

consists of up-to-date names, addresses, and telephone numbers of officers, the Standing Committee chairpersons, District Representatives, Alternate District Representatives, Group Representatives, Alternate Group Representatives, and Steering Committee members; maintains any changes to the *Procedures Guide*, a copy of which should be provided to officers, Alternate District Representatives, and Alternate Group Representatives.

Treasurer: Is responsible for the receipt and deposit of all Service Center funds in such bank as may be designated by the Steering Committee and at general meetings; maintains accurate records of all transactions; provides receipts for contributions; prepares an annual report of the treasury and a list of all individual group contributions to be distributed at the January general meeting; prepares a budget for the Service Center to be approved by the Steering Committee and voted on by the Alternate Group Representatives at the October general meeting; and reimburses Chairperson's expenses incurred at levels of local and state functions.

For more information about any of these positions, please call the Service Center (703-764-0476) for the names and contact information for current officers. If you are interested in becoming a candidate for any of these positions, please send an e-mail to chair@alanonva.com or call the Service Center.

LITERATURE COMMITTEE NEEDS CHAIR AND OTHER VOLUNTEERS

A Literature Chair is urgently needed to assemble and coordinate the activities of the Literature Committee. Additional volunteers are also needed to help fill and ship orders that come into the Service Center, to help with the annual inventory count, to update labels on Service Center shelves, and to help sell (or coordinate the sale of) literature at special Al-Anon events such as local workshops and the Virginia Area Assembly.

Many heartfelt thanks to the one volunteer who is already on board and doing an amazing job of ordering materials from the World Service Office to keep the shelves of the Northern Virginia Service Center well-stocked with literature.

If you are interested in volunteering for the Literature Committee, please send an e-mail to chair@alanonva.com or call the Service Center (703-764-0476).

Volunteers are also welcome for any of the following other standing committees: Alateen, Daytime Volunteers, Directory (Group Records), Historian, Institutions, Newsletter, Nighttime Volunteers, Public Information, and Service Center Office.

AUCTIONS AT UPCOMING AL-ANON/ALATEEN CONVENTION

A tradition of the annual conference is its auctions and this year is no exception. They are a fundraiser and a wonderful way to shop!

Silent Auction:

Written bids are accepted for items on display and the highest bidder wins the prize (this can get pretty exciting when several people want the same item!)

Social Auction:

\$5 buys you 25 chances to win any of an array of prizes (make sure you keep track of your ticket stubs—you need the number to win the prize)

Donations are gladly accepted for either of the auctions at the conference. If you or your group wish to donate items, the Conference Committee offers these recommendations:

- Program- or recovery-themed baskets such as bath, pet, garden, etc.
- Conference approved books and other literature
- Homemade items

Bring your donations to the conference or call the Service Center for more contact information.

THE BUBBLE STORY

By Jerry P., Texas

While preparing to attend my first Al-Anon Information Office Board Meeting as the newly elected Chairperson, I was careful to leave early enough so I would be on time. A growth opportunity presented itself and I ended up in the biggest traffic jam I have ever seen.

The radiator in my truck reached its boiling point about the same time I did. That was because 30 minutes before and a quarter-mile back two of my passengers, Patience and Tolerance, jumped out of the truck. I guess they didn't like my company.

Suddenly I noticed bubbles floating across the hood of my motionless truck. In the middle of a traffic nightmare I followed the path of the bubbles to its source – the woman in the car next to mine. As I watched her dip the wand into a bottle to blow another batch of bubbles, I had to laugh at myself.

An excerpt from page 91 in *Courage to Change* flashed through my mind. "An important part of the serious business of recovery involves recognizing our need to have fun – to take a trip, fly a kite, attend a concert, make noise, race down the street, or blow bubbles" Since I didn't have a bottle of bubbles, I just enjoyed watching the woman blow hers. When traffic started moving again, Patience and Tolerance climbed back into my truck.

I arrived at the meeting on time, shared the bubble story with Board members, and smiled the rest of the night. I have always wondered if that woman was an Al-Anon member, or if it was just another one of the "God things."

Reprinted with permission of The Forum, Al-Anon Family Group Hdqts, Inc. Virginia Beach, VA. Forum Magazine, January 2005.

THE “HOW TO . . .” COLUMN**How to Support Alateen Conferences**

Just what are Alateen conferences? They are similar to Al-Anon conventions in that an entire weekend is devoted to attending workshops and speakers' meetings, eating meals together, enjoying a Saturday night dance, and having fun. Alateens share with incredible openness and honesty and the spirit of the program builds to a crescendo. During these large gatherings of young people, Alateens and their sponsors experience such contagious unconditional love and enthusiasm that they are never quite the same. Sometimes it's hard for adults to fathom how important a conference can be to an Alateen member. Al-Anon members are lucky to have so many meetings to choose from. Alateens don't have as many opportunities to share with others outside their home groups. At a conference, new members are energized with hope and experienced members are empowered. Supporting Alateen conference attendance results in healthier Alateen home groups and happier relationships in your own home.

Al-Anon can support Alateen conferences by

- Announcing upcoming conferences at meetings
- Inviting Alateens to speak at Al-Anon meetings so more Al-Anon members will become aware of how the program helps young people
- Donating funds raised from within the fellowship to help Alateen members not otherwise able to attend a conference
- Bringing your children, if they are not already members of Alateen, to six meetings
- Encouraging existing Alateen members to attend conferences

And one extra suggestion: Ask an Alateen sponsor what your Al-Anon group can do to help.

—Cliff T., sponsor for the *Together We Can Make It Alateen Group*

FOCUS ON ALATEEN

Alateen, part of Al-Anon Family Groups, is a fellowship of young people whose lives have been affected by alcoholism in a family member or a close friend. We help one another by sharing our experience, strength and hope.

Please add to your calendars these upcoming Alateen events, and *remember to support your local Alateen groups!!*

July

July 21-23, MEAC (MidEastern Alateen Conference) Front Royal, VA

August

Aug 4-5, Fellowship Alateen 6th Anniversary, speakers, skit, cake, Winchester VA

Aug 6, No VA Alateen Forum at Mike's House

Aug 11-13, Virginia Area Convention, Richmond, VA, Alateens welcome

September

NO Forum meeting

Sept 16, Bull Run District Dinner with speakers

Sept 22-24, ESAC (Eastern Seaboard Alateen Conference) Mackemie Woods, VA

October

Oct 1, Northern Virginia Alateen Forum, Mike's house

Oct 14, 15th, VA Area Fall Assembly, Blackstone VA

November

Nov 4, NVSC Gratitude Brunch with speakers, Alateens welcome

Nov 19, No VA Alateen Forum at Mike's house

December

Dec 10, No VA Alateen Forum at Mike's house, usually a Social

Save the Date!
November 4, 2006
Gratitude Brunch
Great Speakers!
Great Food!
Great Fellowship!

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. The subscription price is \$5.00 US per year. Send your subscription request to the following:

*ATTN: Butterfly
NoVA Al-Anon Service Center
9401 Mathy Drive, Suite 270
Fairfax, VA 22031-5312*

Please include your name, mailing address, telephone number and a check made out to NoVA Al-Anon Service Center.