



THE BUTTERFLY

May/June 2006

Published by the Al-Anon Service Center of Northern Virginia

CALENDAR OF AL-ANON/ALATEEN EVENTS

- June 2-4 52nd Annual Four State & DC Spring Get-Together – AA with Al-Anon participation
- June 4 Alateen Forum Meeting
Springfield, 2-4 pm
- June 13 Bull Run District Meeting, second Tuesday of each month, 7 pm
Bethel Lutheran (on Plantation Lane) Manassas Falls Church McLean District
- June 19 Meets the third Monday of each month, 7:30 pm
Idylwood Presbyterian Church
- June 11 Annandale/Springfield District Meeting
Messiah Methodist Church
Springfield, 6:15 pm
- July 9 Alateen Picnic
Culpepper
- July 16 Annandale/Springfield District Meeting
Messiah Methodist Church
Springfield, 6:15 pm
- July 21-23 MEAC
Front Royal
- July 29 Northern Virginia Service Center General Meeting (Service Center Committee and Group Representatives)
Holy Trinity Lutheran Church
Falls Church, 9:30 am

Calendar for Butterfly Submissions

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

2006 Submission Deadline	For Butterfly Publication Date
Saturday, July 1	Saturday, July 8
Saturday, September 2	Saturday, September 9
Saturday, November 4	Saturday, November 11

ANNOUNCEMENTS

2006 Virginia Area Spring

Al-Anon Assembly - "Shared Leadership: Moving Forward with Confidence, Collaboration, and Clarity"

May 20 & 21, 2006. Al-Anon and Alateen members share information and ideas about service activities as well as enjoy the special fellowship assemblies provide. Group Representatives vote their groups' conscience on various issues.

Woodstock Al-Anon Family Group

Second Anniversary Speakers' Meeting -

May 23, 2006. Fellowship and refreshments begin at 7 pm, to be followed by the meeting at 7:30 pm.

Fellowship Hall of the Saint John Bosco Catholic Church, 315 North Main Street (Route 11), Woodstock. Speakers include Clyde D. of Wardensville, WV, and Hillary B. of Berryville, VA.

"Serenity One" Now an Adult Child

Meeting - This meeting remains first and foremost an Al-Anon group, but with particular attention to adult child issues: Wednesdays at 8 pm, 2036 Westmoreland St., Falls Church, at the Chesterbrook Taiwanese Presbyterian Church (next to Longfellow Middle School).

For more information on calendar events and announcements, 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

SERVICE ANYONE?

Night Volunteers: If you are looking to do service from the comfort of your home and "return the favor" for the voice that led you to your first meeting, how about being a

night volunteer? It's easy and gratifying. Answer calls at your home and direct those in need to local Northern Virginia area Al-Anon meetings. All you need is a will to help and a current directory. Once a month, once a quarter, once a year—it's your schedule.

Contact the Service Center (703-764-0476) to learn more or to sign-up.

Service Center Substitutes: While a dedicated group of volunteers staff the Service Center 5 days a week, they sometimes go on vacation and need substitutes to cover for them. If you can lend a day or week of your time to cover for the regular volunteers, please call the Service Center to let them know your availability. Thanks!!

EYE ON LITERATURE

Al-Anon Family Group
Conference Approved Brochure
Understanding Ourselves and Alcoholism
Catalog Number: P-48
Price: 20 cents

What do you really know about alcoholism and alcoholics? The other day I asked this question of myself and found I didn't have much of an answer, so I decided to do a little reading and picked up this brochure. I found out that "the American Medical Association recognizes alcoholism as a disease, which can be arrested but not cured" and that "it is the nature of this disease that alcoholics do not believe they are ill." I also found out that "all kinds of people are alcoholics—young and old, rich and poor, well-educated and ignorant."

Yet even more enlightening for me was the portion of the brochure discussing how insidiously this disease is affecting me as well. I found myself nodding in agreement while reading about obsession, anxiety, anger, denial, and feelings of guilt. While I admit I'm well acquainted with all of these

things, I certainly don't want to continue to be. Fortunately, this brochure also discusses the help and hope that are available through Al-Anon, empowering us to "learn about our responsibilities to ourselves, ... discover feelings of self-worth and love, and ... grow spiritually."

There are many things about alcoholism I still don't know, but having read this brochure there are now many I do. Even more importantly, I have a greater understanding of myself and the Al-Anon program, and recognize that knowledge is a powerful tool for change and recovery.

The order form for Conference Approved Literature (CAL) may be printed from the Service Center website (www.alanonva.com) or you can call the Service Center (703-764-0476) to request a form be mailed to you.

If there is a brochure or other piece of CAL that particularly spoke to you and you would like to share your thoughts about it with others, please send your comments by e-mail to butterfly@alanonva.com or by regular mail to ATTN: Butterfly at the Service Center address listed previously.

LESSONS

Connie H. led a session at the recent Bull Run District workshop, closing with these thoughts which she has kindly allowed us to print.

I have learned to turn my thoughts and conversations around to be more positive and filled with faith, hope, and love. I have learned not to be afraid to believe that I can have much of what I want and deserve, and all of what I need. I have learned to watch my thoughts—they become my words. I have learned to watch my words as they become my actions, and to watch my actions because they become my habits. I have learned to watch my habits as they become my character. I have learned to watch my character for it becomes my destiny. Whenever I settle for less than I deserve, I get even less than I settle for. In my search of me, I am discovering more truth about myself. In the search for more truth, I am discovering all types of love. In a

continuing search for all types of love, I am discovering a personal relationship with the God of my understanding at a deeper and deeper level. And in a deeper relationship with this higher power, I am finding everything I need.

CALL FOR CANDIDATES

Elections for Service Center officers are upcoming. We are trying to put together a slate of candidates for the following positions: Chairperson, Co-Chairperson, Secretary, Treasurer, Alternate Treasurer, Literature Distribution Center Chairperson.

If you are willing to serve in any of these positions please contact the Service Center (703-764-0476). The service center can also provide information about what the various positions do.

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.

HOW TO FIND OUT WHAT DISTRICT YOUR GROUP IS IN

The communication chain in Al-Anon flows from the Groups (at the top) to the District to the Area (in our case, the Area is the state of Virginia) to the World Service Organization (WSO). Each group is assigned to a district. Each district is assigned an area. The groups within a district select who they want to be their District Representative (DR), and the DR serves those groups as a critical link in the communication chain.

The group’s representative (GR), or Alternate Group Representative (AGR) , attend district meetings coordinated by the DR. Just as the individuals in every Al-Anon group find support from others attending the meeting, so too do groups – through their GR/AGR - receive support by meeting with other GRs from other meetings through the

district meetings. DR’s coordinate certain activities, such as the background screenings for Alateen sponsors. DRs can be a great source of information and support for GRs/AGRs, and we are all encouraged to call on our DRs.

The first step in identifying your DR, however, is to find your district. To that end the following listing of Northern Virginia districts is listed below. You can then call the Service Center (703-764-0476) to find out who is the DR for your district.

With this issue of the Butterfly we are also including the dates of any district meetings we know about, so let us know when yours is coming up.

VIRGINIA AREA DISTRICTS (As of March 1, 2006): This is a generic listing of the district boundaries within the Virginia Area. There are currently 27 districts. A Group may choose (by Group Conscience) to belong to a District that is contiguous to the District assigned by this document.

DISTRICT NUMBER/NAME:

57-002. Annandale/Springfield

The residential area known as Annandale and Springfield.

57-003. Arlington

County of Arlington.

57-004. Blue Ridge

Counties of Clark, Frederick, Shenandoah and Warren.

57-005. Bull Run

County of Prince William; the town of Catlett.

57-008 Fairfax

County of Fairfax, excluding the “independent towns/cities/suburbs” of Alexandria, Annandale, Falls Church, Great Falls, Herndon, Vienna-Oakton, Reston and Springfield.

57-009. Falls Church

The incorporated city of Falls Church.

57-010. Loudoun

The county of Loudoun, and all the area of Fairfax District south of the Potomac River, west of the Beltway (Route 495), north of the Washington/Dulles access toll road (Route 267) to include the residential areas of Great Falls, Herndon, Reston and Leesburg.

57-011. Vienna/Oakton

The residential area known as Vienna/Oakton.

57-017. Piedmont

Counties of Culpeper, Fauquier, Greene, Madison, Orange and Rappahannock.

57-018. Potomac

The independent city of Alexandria.

57-019. Rappahannock

Counties/Cities of Caroline, King George, Spotsylvania, Stafford and Fredericksburg.

57-025. (Springfield/Annandale)

Consolidated and now listed as District Nr 57-002, Annandale/Springfield.

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

In keeping with Service Center Bylaws, *The Butterfly* is distributed free of charge to Northern Virginia Al-Anon and Alateen groups via their registered Group Representatives. These representatives are authorized (and 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 may be printed from the Service Center website (www.alanonva.com) or you can call the Service Center (703-764-0476) to request a form be mailed to you.

Per Service Center Bylaws, others who wish to have a copy of *The Butterfly* mailed to them may subscribe; the price is \$5.00 per year. Please send your subscription request to

ATTN: *Butterfly*
Northern Virginia 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.

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

FOR YOUR INFORMATION

E-mail addresses you can use to contact Service Center coordinators directly:

- Service Center Chair: chair@alanonva.com
- Service Center Secretary: secretary@alanonva.com
- Service Center Treasurer: treasurer@alanonva.com
- Group Records Chair: grouprecords@alanonva.com
- Literature: literature@alanonva.com
- Butterfly Submissions: butterfly@alanonva.com
- Webmaster: webmaster@alanonva.com
(submit electronic versions of items you want posted on the website to this address)

The Process Continues

This sharing comes from the Hawaiian Al-Anon website www.geocities.com/afghawaii.

My life was affected by neglect, belittling, and apathy. I am a past boyfriend of an alcoholic, and I am the son of a pair of alcoholics.

I started with the slogans and the Serenity Prayer. "Live and let live" was my first challenge because I was so focused on the alcoholic that I was not living my life. Realizing this, I turned to the Serenity Prayer to help guide me. The value of peace before a decision helped me to support and acknowledge myself. I could ask "How important is it?" This helped me to prioritize things in my life, and I began to take care of myself. I started to do service and got recognition and encouragement. This diminished the effect of neglect. And the process continues.

I express my gratitude by doing service, by encouraging other members, and by supporting my district. I express the love that was given to me.

--Dwight M.