



The Butterfly

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



UPCOMING EVENTS

May 19 & 20
Virginia Area
Spring Assembly
Massanetta Springs
Conference Center

May 21, 7:30pm
Falls Church
District Meeting
Idylwood Presbyterian
Church, Falls Church

June 2, 12:30pm
Springfield/Annandale
District Family Picnic
Saint Alban's Episcopal
Church, Annandale

June 3, 2pm-4pm
Alateen Forum Meeting
Springfield

June 3, 6:00pm
Springfield/Annandale
District Meeting
Messiah Methodist
Church, Springfield

June 8-10
2007 Virginia Area
Al-Anon Convention
"Soaring With Serenity"
Natural Bridge

June 18, 7:30pm
Falls Church
District Meeting
Idylwood Presbyterian
Church, Falls Church

July 1, 6:00pm
Springfield/Annandale
District Meeting
Messiah Methodist
Church, Springfield

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ANNOUNCEMENTS

Service Center Relocation

On June 2, the Al-Anon Service Center of Northern Virginia is moving to its new Falls Church address and its phone number will change. See the "From the Chair" article on page 2 or the attached flyer for more details, including contact information and office hours.


Soaring With Serenity

The 32nd annual Virginia Area Al-Anon Convention is scheduled for June 8-10 at the Natural Bridge Inn and Conference Center. Additional details and a registration form are available on the Service Center website.

Springfield/Annandale District Picnic

On June 2, the Springfield/Annandale District will host a family picnic at Saint Alban's Episcopal Church in Annandale, beginning at 12:30pm. See the attached flyer for more information.

Butterfly Submissions

Please submit information for publication in the July/August issue of *The Butterfly* no later than Saturday, June 30, 2007. Send material by e-mail to butterfly@alanonva.com or by snail mail to the Service Center, ATTN: Butterfly. 



PASSING IT ON

Last holiday season I was fortunate enough to attend a special Al-Anon candlelight meeting on spirituality as members had come to understand it. At the beginning of the meeting, the lights were dimmed and each person in the room was given an unlit candle to hold. The leader of the meeting lit her candle, then told of how her faith in a power greater than herself had grown with her program. When she was done, she opened up the meeting to whoever wanted to start. A member sitting next to me volunteered to go next, lit her candle from the flame of the leader's candle, and then shared. When this member was finished, she was given the option to choose what direction the sharing would go, either to her left or to her right. As luck

would have it, I was sitting on this woman's right and she chose the member on her left to speak next. This meant that if I was going to share, I would be last.

It was a big meeting, and everyone had so many good things to say. One by one, each member lit his or her candle using the candle of the member who had just spoken, then shared on the subject of spirituality. Some members talked about how they came to Al-Anon with no concept of a Higher Power, but somehow grew to understand and accept a power greater than themselves. Other members shared of how their pre-Al-Anon vision of a judgmental and

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FROM THE CHAIR



2007
"The Year of Renewal,
Rededication and Recommitment"

Hello Family,

GOOD NEWS! In the March/April 2007 issue of *The Butterfly*, I mentioned that the Service Center would have to relocate before June 30, 2007. A Higher Power certainly had a hand in making the move a smooth transition.

On Tuesday, I was speaking to my friend Jodi N. about looking for a place to relocate the office. We spoke about the building that houses her business and found that there was available space in the building. She then provided me with the phone number to the property management office.

When I called on Wednesday, a gentleman answered the phone and transferred me to a young woman. I gave her my name and said that I was from the Service Center and that we were looking for office space to relocate the Service Center. Was I ever surprised when the woman said that she knew me and that there was an office on the second floor of the building with 311 feet of usable space.

I called Fred M. and on a three-way conversation spoke with him and Janet about the possibility of seeing the office. After that conversation, I called our Office Manager Ann H. and found that the three of us could meet and look at the space on Thursday.

We can plan an event, but a Higher Power has to direct the outcome. In this case, a Higher Power provided a GREAT outcome. We signed a five-year lease which will begin June 1, 2007. The initial price quoted was \$636.00 per month, with an annual increase for the following four

years. Thanks to Fred M. for speaking with the owner and negotiating our first year's lease and the annual increases.

In our present office, the rent is \$504.00 per month. In order to continue to be self-supporting, it will be necessary to ask the groups to provide us with additional money for the future so that the Service Center can function in the usual manner. Following are the monthly rents for each year:

2008—\$636.00
2009—\$667.80
2010—\$743.26
2011—\$787.86

Please take this information into consideration when making your donations.

In order to secure the office at this rate, the lease must begin on June 1, 2007. This means that during June and July we will be paying rent on both the old and new offices. The reason for the double rent is that we had to give the management company that holds the lease for our old office, Foster Management, a 90-day notice to vacate.

We thank each of you for your continued support in "Letting the hand of Al-Anon and Alateen always be there."

Love in the Fellowship,
Khayriyyah A.
Chairperson



Beginning June 1, 2007, the new address and phone number will be:

Al-Anon Service Center of Northern Virginia
100 North Washington Street, Suite 212
Falls Church, VA 22046
703-534-HELP (4357)

The new office will be open for business beginning June 4, 2007. Hours will remain the same: 12:30–4:00pm Monday through Friday and 12:30–4:00pm the second Saturday of each month.

*~Passing It On, continued
from page 1~*

critical Higher Power evolved in time to a concept of a loving and gentle entity that cared for them and gave them opportunities to learn and grow. Some shared stories of personal crises that lead to greater faith in a God of their understanding. There was a lot to learn from all the heartfelt sharing.

An hour and a half later, the tiny flame had traveled around the room. Even though the meeting was scheduled for an hour, no one had left. Nobody had even mentioned the fact that the meeting had run more than 30 minutes past schedule. About 40 to 50 candles flickered in the darkness. All the candles were aglow but mine. I was going to have the last share.

I lit my candle and then I shared what I learned from the meeting. I saw that when the leader spoke, she lit her candle. When she was done, she lit the next person's candle. In doing so, she passed on light and warmth to another member. However, the act of lighting another's candle had not diminished the glow of her own candle, not even a little. She still had as much light and warmth as when she began. The only change was that where there had been a single flame, two now cast their glow in the dark. After the second person shared, she lit the candle of a third person. She passed on her flame without losing anything herself. And so it was with the third person, and the fourth person, and so on. Each member shared and then

lit the candle of someone else, bringing more light and warmth into the room.

To me, this simple candle lighting ceremony symbolizes the heart of the recovery process in Al-Anon. One person learns the steps and tools of the program, gets healthier, lights her spiritual candle, and brings warmth and love into the world. She shares her recovery with a newcomer, who comes to the meeting lugging a cold, unlit candle. Through the love and support of the recovering member, the newcomer lights her own spiritual candle too. The flame that is shared is not diminished by its transfer. The result is that now two have warmth and love to give to the world. Another newcomer enters, and in time lights his spiritual candle from the recovery and love that the other two had to give. In this way three flames come to glow in the dark, and so on and so on.

I see the Al-Anon program as teaching me how to light my own spiritual candle from those who have come before me. I learn to use the steps and tools of recovery, and by the grace of my Higher Power, I pass on my experience, strength, and hope to those who may benefit from it. Likewise, Al-Anon teaches me to love myself and how to pass on that love to others. In this way, recovery and love flow from one person to another. The more I give, the more I have to give. Like the flame of the candle, I lose nothing in passing it on.

~Scott A. 

*~Events, continued
from page 1~*

July 7, 9:30am
Steering Committee
Meeting
Holy Trinity Lutheran
Church, Falls Church

July 8
Alateen Picnic
Culpeper

July 20-22
Middle Eastern Alateen
Convention
Front Royal

July 21, 9:30am
Northern Virginia Service
Center General Meeting
(Service Center Committee
and Group
Representatives)
Holy Trinity Lutheran
Church, Falls Church

*For more information
contact the
Northern Virginia Al-Anon
Service Center*

BEFORE JUNE 2
9401 Mathy Dr, Suite 270
Fairfax, VA 22031
Tel: 703-764-0476
E-mail: info@alanonva.com
Web: www.alanonva.com

ON OR AFTER JUNE 2
100 N Washington St,
Suite 212
Falls Church, VA 22046
Tel: 703-534-HELP (4357)
E-mail: info@alanonva.com
Web: www.alanonva.com

EYE ON LITERATURE

Information for the Newcomer
(\$0.20, catalog number S-4)

Although I have been in Al-Anon for almost two years now, I still

consider myself a newcomer, fresh in from the cold and looking for help. The hurt, anger,

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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.

~Literature, continued from page 3~

and frustration have diminished over the months as the understanding, love, and peace of the program flow in from fellow members and the many pamphlets and books I take the time to read. One of the pamphlets I read early on was *Information for the Newcomer*. I breathed a sigh of relief to find inside answers to many of the questions I was asking myself then, like "Who is responsible for the group?" and "How will it help me?"

A few weeks later I put *Information for the Newcomer* away on my bookshelf, thinking that I had absorbed its wisdom

fully and no longer needed to keep it at the ready for a frantic read. Yet less than 24 hours later I had the pamphlet in my hand again. I realized then that for me this piece of literature is one I will consult often and will be most comfortable always having on my bedside table. It never hurts to have a trusted source of reassurance and guidance available, especially when I remember just how cold it can get outside.

Conference Approved Literature (CAL) may be purchased at the Service Center or by using the order form available on the website. We invite you to share your thoughts about a piece of CAL by e-mailing butterfly@alanonva.com or by writing to the Service Center, ATTN: Butterfly. 

ALATEEN ANNIVERSARY MEETING

The Carrying the Message Alateen group is celebrating its **one year anniversary** on Monday, May 21 by hosting a speaker meeting. There will be an Alateen speaker, an Al-Anon speaker and an AA speaker. The speaker meeting start at 7:30 pm at the Galilee UMC in Sterling (Rte. 7 & Rte. 28).

Drinks and paper goods will be provided. Please bring a dessert to share. Babysitting is provided.

Everyone is welcome!

Please share this information with anyone who might be interested.

Meetings In Need of Support: The following meetings are requesting support in the form of attendance. If you can possibly make these meetings, these Groups would greatly appreciate your attendance.

Search for Serenity: Tuesdays, 7:00 PM, Bethel Lutheran Church, Plantation Lane, Manassas, VA

Back to Basics: Wednesdays, 7:00 PM, Bethel Lutheran Church, Plantation Lane, Manassas, VA

The Back to Basics Group studies the Steps, Traditions, and Concepts on the first, second, and third Wednesdays of the month. The 4th Wednesday of the month is a topic meeting. Any month that has 5 Wednesdays in it, there is a speaker.





THE AL-ANON SERVICE OF NORTHERN VIRGINIA
WE'RE MOVING

"New Relocation ~ New Look ~ New Spirit"

**100 N. WASHINGTON STREET ~ SUITE 212
FALLS CHURCH, VA 22046**

(703) 534-HELP (4357)

Hours at New Location Beginning June 4, 2007
(Temporary Hours to be Announced)

To Assist with the Move or for Further Information, Please Call

SERVICE CENTER
(703) 764-0476

*The AFG
Annandale / Springfield District
Invites you and your family to an afternoon pot-luck picnic*

SATURDAY, JUNE 2, 2007

12:30 UNTIL 4:00

TO BE HELD ON THE GROUNDS OF

ST. ALBANS ESPICOPAL CHURCH

6800 COLUMBIA PIKE

ANNADALE

Fellowship Family Fun

HAMBURGERS AND HOTDOGS WILL BE PROVIDED

PLEASE BRING A SIDE DISH OR DESSERT TO SHARE AS WELL AS YOUR OWN DRINKS, CHAIRS OR BLANKETS

Al-Anon, AA, Alateen & Their Families Welcome