



The Butterfly

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



CALENDARS

Calendar of Al-Anon/Alateen Events

- Nov. 19 Alateen Forum Meeting
Springfield, 2:00–4:00pm
- Nov. 19 Annandale/Springfield
District Meeting
Messiah Methodist Church
Springfield, 6:15pm
- Dec. 1–3 Harpers Ferry Retreat
Quality Inn and
Conference Center
Route 340
Harpers Ferry, WV
- Dec. 9 Northern Virginia Service
Center General Meeting
(Service Center Committee
and Group Representatives)
Holy Trinity Lutheran Church
Falls Church, 9:30am
- Dec. 10 Alateen Forum Meeting
Springfield, 2:00–4:00pm
- Dec. 16 Friendship AFG's First
Annual Spirituality Meeting
Trinity Episcopal Church
Manassas, 7:00pm
- Jan. 13 Healthy Relationships
Seminar
Physicians Conference
Center at INOVA
Fairfax Hospital
Falls Church, 9:00am–4:00pm

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

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, Jan. 6	Monday, Jan. 15
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

Falls Church City Al-Anon Family Group Fifty-Fifth Anniversary Dinner

Friday, December 1, 2006
 Falls Church Episcopal Church
 115 East Fairfax Street
 (just off Route 7 near Seven Corners)
 Falls Church

Turkey, ham, and beverages will be served at 7:00pm, and the speaker (TBA) will begin at 8:30pm. Bring a side dish if you wish, but most importantly bring yourself, your spouse, your kids, your friends, and other loved ones—all are welcome!



Service Center Elections Reminder

Officers for the Northern Virginia Service Center will be elected at the General Meeting on December 9, 2006. Alternate Group Representatives (or GR's) elect the officers, so plan now to attend! The meeting will be held at Holy Trinity Lutheran Church (3022 Woodlawn Ave., Falls Church) at 10:00am. Fellowship begins at 9:30am.

For more information please contact your District Representative.



ACRONYMS FOR FEAR

Fear, doubt, and insecurity plague many of us as we search for serenity through the Al-Anon program of recovery. Here is one member's reflection on the first of these obstacles—fear.

Some say that FEAR stands for “False Evidence Appearing Real.” This acronym reminds me that, in reality, most of my fear is imaginary. This helps me put my fear into perspective and helps me to let go of phantom fear.


Some say that FEAR stands for “Face Everything and Recover.” This acronym reminds me that avoidance and running away from my fear does not help me heal. Instead, this sort of procrastination may even transform my fear into chronic anxiety. I have found that it is better for me to face my fear today than to bury it and let it build within me into an ever present sense of dread.

Others say that FEAR stands for “First Eagerly Accept Responsibility.” This acronym reminds me that fear is a choice. I cannot blame others for my fear, nor can I properly address my fear through denial, rationalization, self-justification, self-righteousness, or projection. I use such attitudes and machinations to avoid taking responsibility for my feelings, which only masks my fear. By taking responsibility for my feelings, I give myself choices. I can choose to live in fear, or I can choose to ground my life in some other emotion, such as love. By eagerly accepting responsibility for my feelings, I can learn to become aware of my fear, to feel and accept my fear, and then to let it go.

Still others say the FEAR stands for “Faith Eases Anxious Rambling.” This acronym reminds me that faith is the antidote for much of my fear. When I have faith in my Higher Power, I can let go of outcomes and wait patiently for life to unfold as it should. When I let go of trying to control people, places, things, and results, I have no need to burden myself with worry over that which is not my responsibility in the first place. Through faith and prayer my mind is freed

from anxious and ineffectual rambling, which makes room instead for serenity.

Regardless of whichever acronym for FEAR I employ at the moment, I have grown to realize that I don't have to use my imagination to create or magnify my fear. I can face my fear and heal instead of hiding from it and letting it fester, and I can accept that fear is a feeling for which I can take responsibility. By taking responsibility for my fear and facing my fear, I have learned that fear is a choice and that I am free to choose to be afraid and to worry, or I can choose some other emotional attitude about my circumstances. Furthermore, I can choose to let my mind ramble anxiously over any number of bad outcomes—most of which will never occur—or I can choose to put away such ineffectual thinking and to have faith that things are progressing in accordance with God's plan. Faith thus quiets the chaos that fear creates in my mind and heart and opens the doorway to the path to my serenity.

—Scott A. 

PUBLIC OUTREACH

Al-Anon's new brochure *Al-Anon Faces Alcoholism 2007* 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.

One local District purchased 400 copies of *Al-Anon Faces Alcoholism 2007* and distributed them, via Group Representatives, to all the members of the District. Each member was asked to find an appropriate place to leave one or more of these brochures, such as doctors' offices, psychologists' offices, school counselors' offices, fire stations, police stations, community bulletin boards, libraries, or any other public locations.

One member easily received permission to place *Al-Anon Faces Alcoholism 2007* on the

community bulletin board at Fairfax County's Oak Marr Recreation Center. Our member explained to Oak Marr's manager that he was a member of Al-Anon, and asked if she was familiar with our organization, which she was. He showed the manager the brochure and asked if he could place it on the community bulletin board. She agreed, and more than 50 copies have disappeared from there in the last three months. Mission accomplished!

A few copies from the first printing of this brochure are still available at the Service Center for 50 cents each, while supplies last. To reserve copies from the next printing, place an order with the Service Center by February 1, 2007. Or order in bulk directly from the World Service Office (minimum bulk order of 100 booklets for \$50.00). They must receive your payment before February 15, 2007.

To find out more, please call the Service Center (703-764-0476) or visit in person. Doing public outreach can be lots of fun! Grab a friend, grab your group, grab your district—work together as you encounter problems, find solutions, and practice your program. 🦋

EYE ON LITERATURE

Al-Anon Family Group

Conference Approved Literature

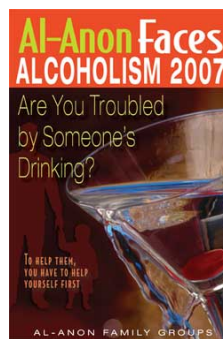
Al-Anon Spoken Here

Catalog Number: P-53; Price: 35 cents

I remember how angry, hurt, and alone I felt when I came to my first Al-Anon meeting. I remember the worry over what my family and friends would think of me. But mostly I remember the sense of personal failure at needing to turn to others for help. In fact, it took me several false starts before I finally made it to that first meeting, and a lot of deep breaths before I actually got out of my car, walked into the building, and sat down in the room. Even though I came not knowing what to expect, I left knowing it had been the right thing to do and the right place to be.

So why then did I have all sorts of questions afterwards, like what is the point of the slogans and the Serenity Prayer and why are sponsorship and one-to-one sharing necessary? I felt disloyal somehow for needing answers and afraid that I was doing something wrong...again.

Fortunately, I saw the brochure *Al-Anon Spoken Here* among the literature available at that same meeting when I returned the following week. I read the whole thing right there and then, and learned I wasn't the only person who had asked such things. *Al-Anon Spoken Here* is a collection of detailed answers to 15 questions newcomers to the program may have about the Al-Anon Family Groups. These questions cover a wide variety of topics, including what members talk about at meetings, why anonymity is so important, how to focus on ourselves, and the appropriateness of outside readings on



NEW!

Al Anon Faces Alcoholism 2007

Special outreach magazine (available in English, French, and Spanish) includes information for newcomers and for professionals, such as member sharings and articles from professionals about how Al Anon helps their clients.

alcoholism and outside speakers.

What a relief to be reassured about having questions! It's an even better feeling knowing that there's no need to be concerned about finding answers—I always have this brochure, and of course I always have my fellow members, no matter how many questions arise and no matter how many times I need to ask.

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. 🦋

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.

ANNOUNCEMENT!



The Al-Anon Falls Church City Family Group
will celebrate its 55th anniversary on
December 1, 2006
at the
Falls Church Episcopal Church
Fellowship Hall
115 East Fairfax Street, Falls Church, VA

Please join us for a potluck supper beginning at 7:15 p.m.

Program follows from 8:30 - 9:30 p.m.

Speaker:

Sheryl T.

Let's celebrate our blessings together
and share our stories of hope