



## CALENDARS

### Calendar of Al-Anon/Alateen Events

- Sept. 16 Bull Run District Anniversary Dinner  
Manassas Baptist Church  
Manassas
- Sept. 17 Annandale/Springfield District Meeting  
Messiah Methodist Church  
Springfield, 6:15pm
- Sept. 22–24 Eastern Seaboard Alateen Conference  
Makemie Woods Camp and Conference Center  
Lanexa
- Oct. 1 Alateen Forum Meeting  
Springfield, 2–4pm
- Oct. 14 & 15 Virginia Area Fall Assembly  
Blackstone
- Oct. 15 Annandale/Springfield District Meeting  
Messiah Methodist Church  
Springfield, 6:15pm
- Oct. 21 Northern Virginia Service Center General Meeting  
(Service Center Committee and Group Representatives)  
Holy Trinity Lutheran Church  
Falls Church, 9:30am
- Nov. 4 Northern Virginia Service Center Gratitude Brunch

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](mailto:info@alanonva.com)

### Calendar for Butterfly Submissions

The deadline for submission of information for publication in the remaining 2006 issue of *The Butterfly* is Saturday, November 4. Please send material, including announcements of upcoming events, by e-mail to [info@alanonva.com](mailto:info@alanonva.com) or snail mail to ATTN: Butterfly at the Service Center address above.

## ANNOUNCEMENTS



### Coming in January 2007 Healthy Relationships Seminar

Hosted by the Falls Church–McLean District

“Learning to Love Yourself”  
 January 2007  
 Inova Fairfax Hospital  
 Physicians Conference Center  
 3300 Gallows Road  
 Falls Church, Virginia 22042

TOPICS: new tools, new me; healthy support system for personal growth; Lois’s story; and how to erase shame in our lives

The final date for the seminar will be announced later this month on the Service Center’s website ([www.alanonva.com](http://www.alanonva.com)). Flyers for the seminar will be available at the Gratitude Brunch on November 4, 2006.

### Loudoun District—Calling All GRs

The Loudoun District, after a long sleep, is finally waking and I have agreed to be District Representative.

We have had three district meetings so far. There are 17 groups in this District but only eight Group Representatives (GRs) have attended the district meetings. We ask that all GRs try to attend. Anyone else who would like to attend is welcome. There are lots of things we would like to do and we need everyone’s support and input.


District meetings are held at 7:30pm on the second Thursday of each month at Galilee Methodist Church located at Route 7 and Route 28.

I would like thank the Bull Run District and the Springfield–Annandale District for sending me their notes to help us get our district going. The notes have been a great help and we hope to see lots of people at our meetings.  
 –Peggy E.

## Spirituality Weekend in Maryland


The 2006 Al-Anon Spirituality Weekend, sponsored by Al-Anon District 13 in Maryland, will be taking place September 29 thru October 1. This will be the eighth annual Spirituality Weekend and the second time that I chair it!

For more information about this event, please see the Maryland Al-Anon Area 24 website ([www.marylanddc-alanon.org/calendar\\_of\\_events.htm](http://www.marylanddc-alanon.org/calendar_of_events.htm)) or the Virginia Area Al-Anon/Alateen website ([www.va-al-anon.org/calendar.htm](http://www.va-al-anon.org/calendar.htm)).

—Daniel P., Chair of Maryland Al-Anon District 13 Spirituality Weekend 

## Correction to Service Center Election Notice

Please note that the election dates and terms for the five offices of the Northern Virginia Service Center—Chairperson, Co-chairperson, Secretary, Assistant Secretary, and Treasurer—printed in the June/August issue of *The Butterfly* were incorrect. The elections will be held **December 9, 2006** (at the Northern Virginia Service Center General Meeting), and each of the five officers serves a **two year term**.

For more information, please contact your District Representative or the Service Center 

## PUBLIC OUTREACH


One of our members asked his doctor if he ever had patients with a drinking problem. The doctor said yes, so our member mentioned his association with Al-Anon and wondered if the doctor would like to have some of our “Prescription Pads” for recommending Al-Anon for his patients’ family or friends. The doctor said he thought his patients and their families would benefit from his referring them to Al-Anon. A few days later our member dropped off some Prescription Pads and on a subsequent visit discovered his doctor is using them. Our member feels a WOW! every time he reaches out to help others. You can also have this WOW! by joining in the fun.

Another member and her district are working on a project after discovering the Fairfax County libraries give away a bookmark with every book that is checked out. This member and her district provided Al-Anon “Crying House” Bookmarks to the libraries and they’ve been going like hotcakes! Imagine how many people you could affect if you and some of your friends offered these bookmarks to your local library.

These stories have helped me to learn that I don’t have to be a salesperson to “sell” public outreach. All I need to do is ask a question, offer to help, or invite someone else to help. Most importantly, I have fun by helping others to help themselves. Your Higher Power will put the opportunities in your path; all you have to do is keep your eyes and ears open.

Prescription Pads and “Crying House” Bookmarks are both available at the Service Center: the former are 50 cents each and the latter are free.

Each of us can be an effective, influential person in public outreach and make a difference in someone’s life. In fact, the life you affect just might be your own!

—Michael M., Public Outreach Coordinator 




## THE “HOW TO . . .” COLUMN

### How To Sign Up to Receive E-mail Notices for *The Butterfly*

Thanks to the great work of the Service Center’s webmaster, George T., you can now subscribe to Butterfly e-mail alerts through the Service Center’s website at [www.alanonva.com](http://www.alanonva.com). When you reach the site’s home page, you’ll find among the blue boxes on the lefthand side a box labeled “Newsletter.” Click on that box and you will be taken to the newsletter page. On the bottom of the newsletter page, look for the yellow box titled “Subscribe to E-mail Alerts” and follow the directions: Enter your e-mail address; click “Sign Up”; read the confirmation page; confirm your subscription by clicking on the link in an e-mail that will be sent to you.

Each time a new issue of *The Butterfly* is published, you will automatically receive an e-mail alert. The e-mail will include a link to the latest issue. You can then go to the website to download an electronic copy of *The Butterfly*.

**For those of you now receiving a hard copy of *The Butterfly* through the postal service:** If you would prefer to access *The Butterfly* electronically rather than receive it by snail mail, please call the Service Center or send an e-mail to [info@alanonva.com](mailto:info@alanonva.com) so we can take your name off the hard copy mailing list. 

## EYE ON LITERATURE

Al-Anon Family Group

Conference Approved Literature

### **So You Love an Alcoholic**

Catalog Number: P-14; Price: 25 cents

As a little girl in pigtails growing up and gradually leaving behind the lemonade stands, rollerskates, and pink-tassled bicycles, I never thought I would marry an alcoholic. How could I? What would attract me to that person? Yet here I am, pretending for yet another night to watch television but really wondering when my husband's coming home and what condition he'll be in when he does. I decided it was time for me to read the pamphlet *So You Love an Alcoholic*.


Thank goodness I did. The pamphlet's six sections—Alcoholism Is an Illness, Learn the Facts, Help Yourself Now, Some Important "Do's" and "Don'ts," If the Alcoholic Asks for Help, and The Road Back—are brief but very informative. They offer simple yet effective

strategies to improve your knowledge of alcoholism and develop wiser, healthier attitudes toward the alcoholic. I found the "Do's" and "Don'ts" particularly helpful. Though it's tough to about your inappropriate behaviors and even tougher to actually change them, it's comforting to be able to refer to this pamphlet as often as necessary to help achieve recovery from the effects of alcoholism.

The offering of advice can sometimes seem pushy or condescending, but *So You Love an Alcoholic* certainly does not have that feel. It's more like listening to a close friend or hearing someone share at a meeting. The wisdom in these pages is gentle and patient, and will help you "let go of the disappointments and setbacks and push forward" at your own pace and only when you're ready.

Having read this pamphlet, I now understand and accept that loving someone has nothing to do with smarts and everything to do with things you have no control over. Some days these things you have no control over will take you on a great trip and other days a pretty crummy one. Right now I'm just trying to get the hang of enjoying the ride no matter what kind of day it is.

*The order form for Conference Approved Literature (CAL) is available on the Internet ([www.alanonva.com](http://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 [info@alanonva.com](mailto:info@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; and 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 GRs, who are authorized and encouraged to reproduce *The Butterfly* for distribution in their groups. Please make sure your group keeps its registration up-to-date. The registration form is available on the Internet ([www.alanonva.com](http://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.