

The Elusive Origins of the Serenity Prayer

For many years, long after the Serenity Prayer became attached to the very fabric of the Fellowship's life and thought, its exact origin, its actual author, have played a tantalizing game of hide and seek with researchers, both in and out of A.A. The facts of how it came to be used by A.A. a half century ago, are much easier to pinpoint.

Early in 1942, writes Bill W., in *A.A. Comes of Age*, a New York member, Jack, brought to everyone's attention a caption in a routine *New York Herald Tribune* obituary that read:

God grant us the serenity to accept
the things we cannot change,
courage to change the things we can,
and wisdom to know the difference.

Everyone in A.A.'s burgeoning office on Manhattan's Vesey Street was struck by the power and wisdom contained in the prayer's thoughts. "Never had we seen so much A.A. in so few words," Bill writes. Someone suggested that the prayer be printed on a small, wallet-sized card, to be included in every piece of outgoing mail. Ruth Hock, the Fellowship's first (and nonalcoholic) secretary, contacted Henry S., a Washington D.C. member, and a professional printer, asking him what it would cost to order a bulk printing.

Henry's enthusiastic response was to print 500 copies of the prayer, with the remark: "Incidentally, I am only a heel when I'm drunk . . . so naturally, there could be no charge for anything of this nature."

"With amazing speed," writes Bill, "the Serenity Prayer came into general use and took its place alongside our two other favorites, the Lord's Prayer and the Prayer of St. Francis."

Thus did the "accidental" noticing of an unattributed prayer, printed alongside a simple obituary of an unknown individual, open the way toward the prayer's daily use by thousands upon thousands of A.A.s worldwide.

But despite years of research by numerous individuals, the exact origin of the prayer is shrouded in overlays of history, even mystery. Moreover, every time a researcher appears to uncover the definitive source, another one crops up to refute the former's claim, at

the same time that it raises new, intriguing facts.

What is undisputed is the claim of authorship by the theologian Dr. Reinhold Niebuhr, who recounted to interviewers on several occasions that he had written the prayer as a "tag line" to a sermon he had delivered on Practical Christianity. Yet even Dr. Niebuhr added at least a touch of doubt to his claim, when he told one interviewer, "Of course, it may have been spooking around for years, even centuries, but I don't think so. I honestly do believe that I wrote it myself."

Early in World War II, with Dr. Niebuhr's permission, the prayer was printed on cards and distributed to the troops by the U.S.O. By then it had also been reprinted by the National Council of Churches, as well as Alcoholics Anonymous.

Dr. Niebuhr was quite accurate in suggesting that the prayer may have been "spooking around" for centuries. "No one can tell for sure who first wrote the Serenity Prayer," writes Bill in *A.A. Comes of Age*. "Some say it came from the early Greeks; others think it was from the pen of an anonymous English poet; still others claim it was written by an American Naval officer. . . ." Other attributions have gone as far afield as ancient Sanskrit texts, Aristotle, St. Augustine, St. Thomas Aquinas and Spinoza. One A.A. member came across the Roman philosopher Cicero's Six Mistakes of Man, one of which reads: "The tendency to worry about things



This display, in the reception area at G.S.O., presents the Serenity Prayer in 21 languages.

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that cannot be changed or corrected.”

No one has actually found the prayer's text among the writings of these alleged, original sources. What *are* probably truly ancient, as with the above quote from Cicero, are the prayer's themes of acceptance, courage to change what can be changed and the free letting go of what is out of one's ability to change.

The search for pinpointing origins of the prayer has been like the peeling of an onion. For example, in July 1964, the A.A. Grapevine received a clipping of an article that had appeared in the *Paris Herald Tribune*, by the paper's correspondent in Koblenz, then in West Germany. “In a rather dreary hall of a converted hotel, overlooking the Rhine at Koblenz,” the correspondent wrote, “. . . is a tablet inscribed with the following words:

‘God give me the detachment to accept those things I cannot alter; the courage to alter those things I can alter; and the wisdom to distinguish the one thing from the other.’ ”

These words were attributed, the correspondent wrote, to an 18th century pietist, Friedrich Oetinger (1702-1782). Moreover, the plaque was affixed to a wall in a hall where modern day troops and company commanders of the new German army were trained “in the principles of management and . . . behavior of the soldier citizen in a democratic state.”

Here, at last, thought A.A. researchers, was concrete evidence—quote, author, date—of the Serenity Prayer's original source. That conviction went unchallenged for fifteen years. Then in 1979 came material, shared with G.S.O.'s Beth K., by Peter T., of Berlin. Peter's research threw the authenticity of 18th century authorship out the window. But it also added more tantalizing facts about the plaque's origin.

“The first form of the prayer,” Beth wrote back, originated with Boethius, the Roman philosopher (480-524 A.D.), and author of the book, *Consolations of Philosophy*. The prayer's thoughts were used from then on by “religious-like people who had to suffer first by the English, later the Prussian puritans . . . then the Pietists from southwest Germany . . . then A.A.s . . . and through them, the West Germans after the Second World War.”

Moreover, Beth continued, after the war, a north German university professor, Dr. Theodor Wilhelm, who had started a revival of spiritual life in West Germany, had acquired the “little prayer” from Canadian soldiers. He had written a book in which he had included the prayer, without attribution, but which resulted in the prayer's appearance in many different places, such as army officer's halls, schools and other institutions. The professor's *nom de plume*? Friedrich Oetinger, the 18th century pietist! Wilhelm had apparently selected the pseudonym Oetinger out of admiration of his south German forebears.

Back in 1957, another G.S.O. staff member, Anita R., browsing in a New York bookstore, came upon a beautifully bordered card, on which was printed:

“Almighty God, our Heavenly Father, give us Serenity to accept what cannot be changed, Courage to change what should be changed, and Wisdom to know the one from the other; through Jesus Christ, our Lord.”

The card, which came from a bookshop in England, called it the “General's Prayer,” dating it back to the fourteenth century!

There are still other claims, and no doubt more unearthings will continue for years to come. In any event, Mrs. Reinhold Niebuhr told an interviewer that her husband was definitely the prayer's author, that she had seen the piece of paper on which he had written it, and that her husband—now that there were numerous variations of wording—“used and preferred” the following form:

“God, give us grace to accept with serenity the things that cannot be changed,
Courage to change the things which should be changed,
and the wisdom to distinguish the one from the other.”

While all of these searchings are intriguing, challenging, even mysterious, they pale in significance when compared to the fact that, for fifty years, the prayer has become so deeply imbedded into the heart and soul of A.A. thinking, living, as well as its philosophy, that one could almost believe that the prayer originated in the A.A. experience itself.

Bill made this very point years ago, in thanking an A.A. friend for the plaque upon which the prayer was inscribed: “In creating A.A., the Serenity Prayer has been a most valuable building block—indeed a cornerstone.”

And speaking of cornerstones, and mysteries and “coincidences”—the building where G.S.O. is now located borders on a stretch of New York City's 120th St., between Riverside Drive and Broadway (where the Union Theological Seminary is situated). It's called Reinhold Niebuhr Place.

Northern Virginia Puts Big Books in Libraries

"The way our area groups responded to a need is one of those wonderful service stories that I shall always cherish," says Dic B., Public Information Committee chairperson, the Northern Virginia Intergroup in Springfield. "It makes me feel proud to be a part of this wonderful Fellowship."

Early in 1991, Dic recalls, "the P.I. committee conducted an informal survey of our 34 public libraries comprising six main systems, and what a shock. Some systems actually had less than half a Big Book per library, and it was obvious that more were needed.

"Our initial idea was to include Big Books in all available languages so that a cross-section of the public could have access to A.A.'s message of hope and recovery. But when we contacted the librarians, they said they were interested only in one existent foreign-language edition: Spanish. A quick calculation showed that for about \$40, we could contribute eight Big Books to each library—four in English, three in Spanish, and one English large-print edition. The plan seemed great, but the P.I. budget could cover only a small part of the total cost, which was approximately \$1,360. Where would the rest come from?"

Unfazed, the P.I. committee decided to approach the groups with a request for \$40 from each. "We prepared a letter explaining the Library Big Book Project," Dic explains, "and distributed it at the Northern Virginia Intergroup meeting to intergroup representatives and the 11 district committee members.

"The response was overwhelming. Not all groups were in a position to donate the full \$40, but they gave what they could. A total of 39 individual groups and two districts contributed anywhere from \$18.40 to \$45 each. The total collection exceeded the \$1,360 needed by \$177—extra funds that have enabled us to give two copies of *Living Sober* to each library in addition to the Big Books."

In the course of distributing books to the various library systems, Dic explains, "we would arrange to make a formal presentation at a meeting of the Library Board. Invariably, we were warmly received. We also furnished an A.A. information kit to help the board prepare a press release announcing the contribution. In a typical release, the Fairfax County Public Library Administration stated: 'We are very happy to have this important donation. The Northern Virginia Intergroup of Alcoholics Anonymous has performed a real service for the Library and its branches, as well as for the residents of Fairfax County.' The release notes that the Library 'respects the individual's right to privacy and keeps all patrons' records confidential.' "

New Trustees and Directors

Elaine M. Johnson, Ph.D., has been approved by the General Service Board, at their May meeting, as new Class A (nonalcoholic) trustee. "Alcoholics Anonymous is a world renowned organization whose success rate is unparalleled," Elaine said. "Therefore, for me, there is no greater personal honor than my selection as a Class A trustee. I am most appreciative to the Conference for granting me this trust which I will honor to the utmost of my ability." Elaine is acting administrator of the Alcohol, Drug Abuse and Mental Health Administration in Washington; she replaced Joan Jackson, Ph.D., who rotated in May. Class A trustees may serve three three-year terms.



Elaine M. Johnson, Ph.D.

The new West Central regional trustee (Class B, alcoholic) is Les L., of Scottsbluff, Nebraska, who is replacing Don B. A former Panel 30 delegate, Les is sober over 25 years and "would not be alive today were it not for A.A. I see being a trustee as another expansion of service."

Gerry F., new Western Canada regional trustee, says he sees the focus of the job of trustee as "just passing on A.A. to the next generation." Gerry, a Panel 38 delegate, is from Humboldt, Saskatchewan, and replaces Phil C.

Fran P., of Spokane, Washington, was elected general service trustee, after serving four years as a Grapevine director. Fran, the first general service trustee from outside the New York City area, fondly remembers the words of his first sponsor, "Sobriety can be found in the Steps; deep joy is found in service." A Panel 27 delegate, Fran has served on the trustees' Literature and Interna-

tional Committees during his time as a director.

The two newly elected nontrustee directors are: Peter B., of Arlington, Virginia, who will serve on the A.A.W.S. Board; Francine W., of New York City, will be a new director on the Grapevine Corporate Board.

Computerized Birthday Plan Discontinued

In keeping with the group conscience, as expressed by A.A.'s 42nd General Service Conference, the new computer-monitored Happy Birthday Contribution Plan, instituted in 1991, is being discontinued.

The Conference Finance Committee recommended to the Conference that the Plan be discontinued immediately and that any data base of A.A. members' names, addresses, and sobriety dates that may have been created, be destroyed. This recommendation was accepted by the entire Conference, resulting in an Advisory Action. The Conference felt that A.A.s do not need to be reminded of their A.A. birthdays; that we ought not create a data base of sobriety dates; and that there already are individual contribution plans in existence.

We are grateful to all who wrote in to place their names on the Birthday Plan (which generated an additional \$8,000 in individual contributions) to celebrate their sobriety by carrying the A.A. message. The discontinuation of the computer-monitored A.A. Birthday Plan does not mean, of course, that you cannot continue to contribute to G.S.O.'s traditional birthday plan.

Grapevine Index Now Available

Since June 1944 when the first issue of an eight-page newsletter called the Grapevine came off press, A.A.'s "meeting in print" has published more than ten thousand articles and letters sharing the experience, strength, and hope of individual A.A. members. Many readers use the Grapevine as a source of background information for service workshops or discussion meetings, and the history-minded find in the magazine a wealth of material available nowhere else. Yet until very recently, it has not always been possible for present-day alcoholics to search out what their counterparts in the 1950s wrote about, say, anonymity or resentments, or to look at meeting formats and customs from the '40s.

With the publication in May of a comprehensive Index to Grapevine articles from the first issue through

the end of 1990, such a search has become far easier. The Index has been over two years in preparation, starting in January 1989 when the Grapevine Corporate Board voted to set aside enough money to fund this long-needed and often-requested service to the Fellowship. A professional indexer was hired, and worked closely with the editorial staff to bring the project to fruition.

The 330 page Index is available in soft cover at a cost of \$40.00. Supplements will be published each year, and the entire Index will be updated periodically.

Have You Hugged Your G.S.R. Today?

"When I was a new General Service Representative and walked into my first district meeting, I felt as I did at my first A.A. meeting—shy, out-of-it and a bit negative. But then someone asked if there were any newcomers and I got the chance to introduce myself. After the meeting, a small group of us went out for coffee and conversation. Some of the discussion I had heard came into focus, and I began the process of making new friends with whom I had a common bond in service as well as in recovery from alcoholism."

Writing in *CNCA Comments*, the newsletter of the California Northern Coastal Area, Bob K. continues: "One of the problems in service work is that, outside of the business-meeting setting, we tend not to see each other. That's what the 'meeting after the meeting' is all about. If I cannot see you at a regular A.A. meeting, I need to find another way to get in touch with the human side of you and to show the human in me."

Bob, who has served as a D.C.M. (district committee member) and presently chairs his district's Committee on Cooperation With the Professional Community, notes that "there has been much talk about why we lose so many G.S.R.s. I stayed in general service at the beginning because I really felt the people there cared about me. They went out of their way to let me know it, and they talked with as much interest about *The A.A. Service Manual/Twelve Concepts for World Service* as they did about the Twelve Steps and the Big Book."

Being an officer entails a good deal of responsibility and homework. "In my experience," Bob notes, "the job of G.S.R. was sometimes lonely, and it was the loving reinforcement, or sponsorship, I received that kept me from getting discouraged and straying away. In turn, I have tried to pass on to newer service workers some of the love I was given. It's my way of taking a Twelfth Step to the Fellowship's future."

Native Canadians Embrace A.A. Life with Some Help From Their Friends

On Moose Factory, an island at the bottom of James Bay in the heart of Eastern Canada, a small community of about 1,200 Native North Americans is making A.A.'s program of recovery its own with some help from neighboring friends.

It all started early last year when Northeast Ontario delegate Scotty McL. was updating group records. Noting that the Moose Factory Group hadn't been contacted since 1985, he decided to make the long journey to the island from his home in Sault Ste. Marie, Ontario—and, with the blessing and financial support of his area assembly, set in motion a Twelfth Step experience he won't forget.

After making the arduous trip by plane and helicopter, Scotty "connected with Earl C., an A.A. member who also serves as the crisis worker at a local alcohol abuse center. We talked at length about Moose Factory and the natives' ways and beliefs. Earl traces his family back to the 16th century, although most of their native customs have disappeared. Some of the elders still speak Cree, but most of them communicate in English.

"As Earl explained, most of the A.A.s were out of a treatment center a good 500 miles away. They would come home knowing that they needed A.A. but foggy about how the program and its meetings work. Literature was at a premium."

Just hours after his arrival, Scotty relates, "we had an A.A. meeting. Our immediate past delegate Hazel K. was the speaker and I served as chair. Earl shared that for several months he had been the only person in attendance, he kept listening to Big Book and Twelve and Twelve tapes from G.S.O. and waiting for someone else to come. Word traveled and soon there were five more people on hand.

"Several of the members asked us to explain dealing with anger, greed, jealousy and resentment. Others had gone as far as Step Five in treatment and now wanted to know, 'How do you work the whole Twelve Steps of A.A.?' They were eager for information about sponsorship, G.S.O., and anything else concerning the Fellowship."

During the course of his week-long visit, Scotty shared the A.A. message with high school students, joined in the festivities of Drummers and Native Dancers Night, and set up a display of A.A. literature, books and information at a health fair in the community center. "Much of my Twelfth Step work was done around that table," he says, "and it continued while I ate supper at Moose Factory's only restaurant. I found a table off in the corner, but guess I wasn't meant to eat alone. Five

nurses came over, and they expressed sadness for the many drunks who kept stumbling through the hospital's revolving door. One of them asked me, 'How does A.A. happen? What do you do?'

"At a subsequent meeting, we came up with the idea of having two A.A. members visit the hospital every day, and to hold a monthly informational meeting about what A.A. is and isn't. We also launched a sponsorship meeting in a member's kitchen that is now well-attended."

Since his visit to Moose Factory, Scotty has stayed in constant communication with Earl; he also sponsors another native Canadian who can't read. The fellow picks the number of a page in the Big Book, and they discuss the contents during phone calls that may last an hour or more.

"This past May," Scotty reports, "we held an A.A. roundup, the first of many to come, I hope, in Moosonee, about 200 miles up the bay from Moose Factory. We were welcomed with open arms by all the native people who believe in A.A. and want more of it in their lives.

"The message is simple and it works. The love and caring are there and the meeting starts at 7 p.m. with the Big Book on the table and the coffee pot hot. We've helped a little and will keep it up. The native A.A.s themselves feel sure that, with the help of the Higher Power, they can do the rest."

New From G.S.O.

- *Final Conference Report* (M-23). Detailed report of the 42nd General Service Conference, including presentations; board reports; G.S.O. and Grapevine staff reports; and financial statements. Confidential; for A.A. members only. \$2.00.
- Hungarian pamphlets: "Is A.A. for You?" (SJ-4) .75; "44 Questions" (SJ-12) \$2.35; "Letter to a Woman Alcoholic." (SJ-14) \$1.95.

20% sales discount applies to each of the above.

Twelfth A.A. World Service Meeting

"Service: Everyone's Privilege" will be the theme of the twelfth World Service Meeting, which will meet in New York City, October 25-29. Held every two years, the meeting location alternates between New York and a country selected by a site-selection committee. Approximately 40 delegates from 25 countries are expected. The primary purpose of the World Service Meeting is to carry the message to all alcoholics—wherever they may be; whatever language they speak.

Among the many presentation/discussion and workshop topics throughout the week are: How Does "I Am Responsible" Work in Your Country?; Communication Between Countries; The Spiritual Value of Giving (Power of the Purse); The Spiritual Aspects of the Twelve Concepts; and reports on European and Ibero-American Service meetings.

How A.A. Chooses Some of Its Most Trusted Servants

How does A.A. select its nontrustee directors and appointed committee members of the 11 standing trustees' committees? How can prospective candidates make their willingness to serve known? And what do those who have served in this capacity feel about this phase of their A.A. service experience?

For many members, these and other questions surround what are among A.A.'s most pivotal, and least talked-about, volunteer jobs. Speaking of A.A.'s nontrustee committee members and corporate service directors, along with its managers and staff members, Bill W. observes in Concept XI: "Their quality and dedication, or their lack of these characteristics, will make or break our structure of service. Our final dependency on them will always be great indeed."

Guidelines describing how A.A. chooses appointed committee members and directors for A.A. World Services and the Grapevine can be found in *The A.A. Service Manual*. Candidates are drawn from resumes on file; recommendations from past and present trustees, directors, delegates, G.S.O. and Grapevine staffs. Some of the criteria considered for the four-year terms of office: length of sobriety, A.A. service experience and dedication; and special qualifications.

Jacques F. of Pointe Claire, Quebec, Canada, with long experience in communications and marketing, is a member of the trustees' Public Information Committee. "Over the past decade, my sobriety and service have gone hand-in-hand," he relates. "When our delegate and trustee for Eastern Canada received a letter from G.S.O. asking for suggested candidates, they thought of me. I filled out an application and here I am."

At his first P.I. Committee meeting, Jacques recalls, "I looked at my fellow members. Counting the eight of us, plus the trustee chairperson and G.S.O. staff member serving as secretary, there were about 200 years of sobriety gathered around the table. I'm finding it a great privilege, mentally and spiritually, to work with this wonderful group of people on behalf of A.A."

Newly appointed A.A.W.S. director Peter B. of Arlington, Virginia, has served on the trustees' Committee on Cooperation With the Professional Community and is a professional in the field of alcoholism. In view of the changes occurring in A.A., such as the greater numbers of members coming in after treatment with a therapist, counselor, court or institution, "the work of the C.P.C. Committee is increasingly important," Peter points out. "If we are to carry a consistent and accurate message on how A.A. can cooperate but not affiliate with the professional community, we need to fully support our committees at the local level where the work gets done."

Like Canada's Jacques F., Terry L. of Bloomington, Minnesota, became a trustees' committee member after referral by his area delegate. As a past chairperson of the Southern Minnesota Treatment Facilities Committee, he has long been active in the area's Bridge the Gap program. He hopes that working on the trustees' T.F. Committee will help to further his vision of a vast A.A. volunteer network.

Terry says he is mindful of his responsibility to A.A. "When I think about the drunk I was 16 years ago and where I am now in sobriety," he muses, "I'm amazed and grateful. The least I can do is to try to give back some of what I've been given."

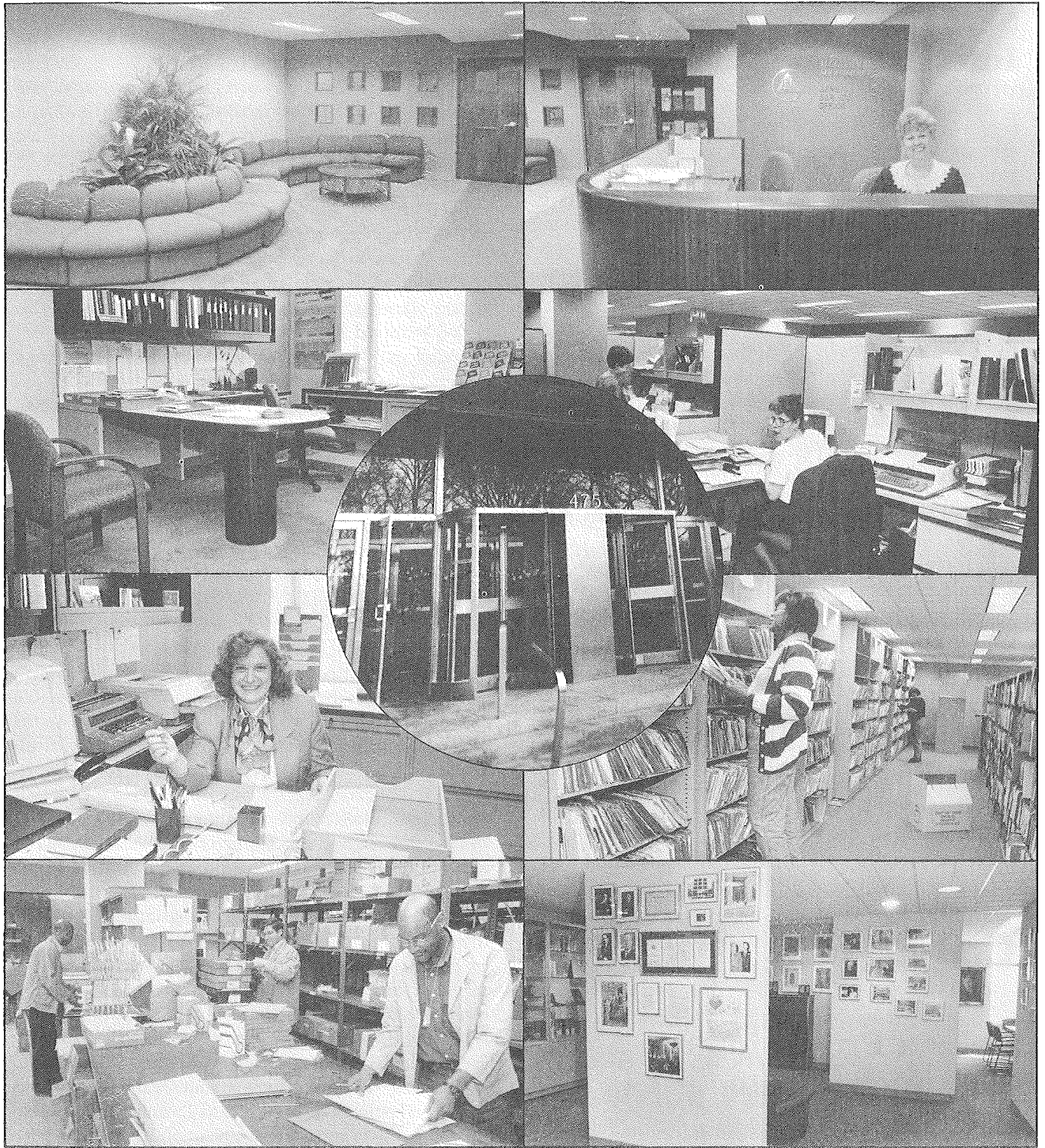
In a similar vein, Olga M. of Friendswood, Texas, a recently rotated member of the trustees' Correctional Facilities Committee, observes that she "did things drinking I probably should have been locked up for but wasn't. Today, if I can use those experiences to touch just one person with the A.A. message of sobriety, love and hope, that's what counts."

Speaking from the vantage of 25 years' experience as an A.A. volunteer in correctional facilities, Olga says that serving on the trustees' C.F. Committee "allowed me to be more knowledgeable about the General Service Conference and the entire Fellowship."

Another recent member of the trustees' C.F. Committee who, like Olga, served from 1988-1992, is Dennis R. of Freehold, New Jersey. "I feel like I'm related to everyone I served with on the committee," he says. "My sponsor, Sonny J., suggested me for the committee, and he taught me to see my work on it as an extension of my A.A. Twelfth-Stepping."

"I am committed to taking two meetings a week, one into the local prison and the other into our county jail. Fortunately my wife, Connie, has never objected to my serving my A.A. commitments, no matter how time-consuming."

He grins. "Connie's an angel, very understanding and supportive. And I'm in A.A. trying to be just like her."



Welcome to the General Service Office. Beginning top left we enter the reception area on the 11th floor. Many visitors are well-acquainted with Margie Janicek, a nonalcoholic, who has been greeting visitors, giving tours and selling literature for many years. Proceeding clockwise, the modular work stations in the staff assistants' area are similar to the work areas in the records, files and accounting departments; Wilma Joseph (nonalcoholic), supervisor of the files department; the A.A. archives; assembling orders in our mailroom; Madeline Jordan (nonalcoholic), secretary to the A.A.W.S. Board; a G.S.O. staff member's office. Since moving day, March 23, more than 500 A.A. members and friends have visited us. We hope you will too!

Seventh Central Office/ Intergroup Seminar

East Valley Intergroup, Mesa, Arizona, will host the seventh annual Intergroup/A.A.W.S. Seminar, September 18-20, 1992, at the Hilton Pavilion.

This will be the first year that the Intergroups have organized and taken full responsibility for the Seminar. A few A.A.W.S. directors and G.S.O. staff will attend the weekend of sharing to answer questions and provide information as needed. There will be many workshops, general meetings and sharing sessions; a surprise event is scheduled for Saturday evening.

It is hoped that as many intergroups as possible will be represented. To keep things at a manageable size it is suggested that one person—manager and/or personnel or committee member—from each office attend.

Registration fee for the Seminar is \$15, which will defray the cost of printing and mailing material. In order to guarantee a room at the special-event rate reservations should be made by August 17. Write or call: Hilton Pavilion, 1011 W. Holmes Ave., Mesa, AZ 85210. Tel: 1-800-544-5866.

"We are trying to find a way for every intergroup to participate," says Dave F., manager of East Valley Intergroup. "Participation should be based on willingness rather than financial resource. If you can get there we will expend every effort to find a place for you to stay. The more participation we have, the better our experience will be."

For more information, or to register: East Valley Intergroup, 137 S. MacDonald, Suite #33, Mesa, AZ 85210. Tel: (602) 834-9033.

C.P.C.

Take a Professional To Lunch—or to A Presentation

A.A.s in service are always thinking up effective ways to carry the message to our professional friends, who often are first to help the suffering alcoholic. Now, from Missouri and Washington State, come heartwarming success stories that their respective committees on Cooperation With the Professional Community are pleased to share.

"Months of preparation, a lot of anticipation, some

perspiration and a little procrastination went into our first presentation to the public," writes Jeanne E., secretary of the Warren County C.P.C. Committee in Eastern Missouri. "We moved forward one step at a time, one meeting at a time. We mailed invitations, gathered literature, read pamphlets on addressing non-A.A. meetings, and chose speakers and greeters. We gained valuable experience and a deep sense of purpose as we worked together and separately."

Finally, the big night arrived. Jim chaired the presentation, which included a non-A.A. view of the effects of alcoholism by a member of the clergy; a talk by Jeanne about women in A.A.; and a question/answer period followed by refreshments. "The event was well attended and the feedback afterward was great," Jeanne reports. "We were wishing it would last all night."

Up north in Tacoma, Washington, the local C.P.C. committee also has been busy reaching out to professionals. Their most recent effort, called "Take a Professional to Lunch," has been a resounding success. Says Mike B., who chairs the Washington Area C.P.C. Committee West and recently sat in at a Tacoma C.P.C. luncheon for members of the clergy: "Our entire area is really running with the concept, but this deserves to be singled out because it was especially well-planned and carried out."

Describing how the program works, he explains that the local committee "targets a specific group of professionals to invite; then arranges for a restaurant capable of seating 50 to 100 people and serving a luncheon for \$7-\$10 per person. The method of payment varies from district to district. The Tacoma members, for example, footed the bill for their own lunches, while the district C.P.C. committee took care of the guests."

When he arrived for the luncheon, Mike relates, "I was impressed with the warmth of the group and the sound of their laughter. These people were comfortable and obviously interested in what was to happen." Immediately following lunch, three A.A.s conducted the equivalent of an open meeting, he notes, "and when they had finished, I saw some guests wiping away their tears."

"Then three nonalcoholic members of the clergy spoke. One, a minister who runs the 'Night Watch' program in Tacoma, spends four hours each night between the hours of 10 p.m. and 2 a.m. with the street people in the roughest areas of town. As he talked, he seemed to be addressing his colleagues, but we A.A.s also felt the power of his words. He said that we have to go to these people. We have to sit with them on the sidewalks. We can't stand over them and preach. If they are sitting in a doorway, we have to sit in a doorway with them. If they are lying on the sidewalk, then we need to lie down next to them and offer help."

In conclusion, Mike stresses that "time is always at a premium at this type of function, and the Tacoma

C.P.C.s used it superbly. The luncheon started and ended on time; the A.A. speakers were concise and to the point and, in so doing, carried the message as well as it can be done.

"Why is this so important? Because these professionals are busy people. They have chosen to offer us some of their precious time that we might try to explain our simple yet complex program in just an hour or two. It's also essential, I feel, to present A.A. in the clearest light possible, always remembering that the impression we leave with our friends may affect their approach to alcoholics for years to come."

P.I.

Toronto Transit Signs: Let the Message Roll

IF DRINKING HAS BECOME A PROBLEM CALL FOR HELP 487-5591 ALCOHOLICS ANONYMOUS

Starting in October, this message will appear in more than a thousand buses and streetcars in greater Toronto, Ontario, Canada. "The signs are public service announcements (p.s.a.'s)," explains Bruce B., chairperson of the Toronto Intergroup's Public Information Committee. "Like TV and radio stations, the companies controlling public-transit advertising must by law allot a certain amount of public service space to tax-exempt organizations. That's where we fit in."

The transit project has not gone unstirred by controversy, he reports. "A couple of our P.I. committee members felt that it constituted out-and-out advertising and as such violated A.A. Traditions. But we listened to some experienced voices and got positive feedback. We then moved forward, mindful of co-founder Bill W.'s clear observation that while we refrain from publicizing individual A.A. members, we do need to inform the public about A.A. itself. Otherwise, how will the suffering alcoholic know we're here?"

The idea for the p.s.a.'s came, Bruce explains, while he was reading a page in the Public Information Workbook that talks about the efficacy of announcements placed in the media. He was further impressed by Bill W.'s explanation that "public information takes many

forms—the simple sign outside a meeting place that says 'A.A. meeting tonight'; listings in local phone directories; distribution of A.A. literature; and radio and TV shows using sophisticated media techniques. Whatever the form, it comes down to 'one drunk carrying the message to another drunk,' whether through personal contact or through the use of third parties and the media."

Bruce adds that Bill W., who was ever savvy when it came to the ABCs of sharing information on A.A., "always stressed the importance of stating our *intent*. Thus, a sign that carries just the name Alcoholics Anonymous and a phone number is not enough—people seeing it might think we're a club for drunks! So our transit signs state what we do, which is to provide help if you have a problem with drinking."

Printed in easy-to-read block letters, blue on white, the 11" x 35" polystyrene (plastic) cards were produced at a cost of \$1.12 each, for a total of about \$1,200. "Our budget was tight," Bruce says, "but God and my fellow P.I. committee members work much better than I do, and everything came together with donations from various groups and P.I. committees in the Toronto area."

Bruce points out that the signs can be used year after year and thinks they could be put to good use in other areas. "We may think we're already doing a lot to carry the message," he adds, "but there are still so many alcoholics out there who don't know about A.A. We are quiet, we are low-key, and that has been good over the years. While preserving our personal anonymity at the public level, we do not want to be invisible. What we do want is for the hand of A.A. to be there for any alcoholic who wants our help."

Correctional Facilities

Colorado Court Class Helps to Slow the Revolving Prison Door

What started out six years ago in Colorado Springs as a project of the Committee on Cooperation With the Professional Community has now become so big that the Correctional Facilities Committee has joined in.

Writing about the very successful Court Class in her area, C.F. chairperson Linda F. reports that "it definitely has helped to cut down the number of repeat offenders. To show their pleasure and appreciation, the judges presented us with a cake on our last birthday." Classes

are now being held in other parts of the state, she adds. "Pueblo, Dela and Boulder are going strong, and Denver is readying start-up plans."

Court Class has but one purpose: "to inform 'court-ordered' people about what A.A. is and is not, and can and cannot do . . . and to share our experience, strength and hope. . . . We do not promote A.A. We are not there to recruit new members or to judge anyone as alcoholic. We try to be loving and tolerant at all times."

Together, the Colorado C.P.C./C.F. Committees have developed suggested guidelines for Court Class, which they gladly share. Some excerpts:

- "The Court Class belongs to the judicial system, *not* A.A., and is held in the judicial building. All A.A. volunteers are there at the invitation of the court. We cooperate with the judicial system but do not affiliate.
- "The judicial system determines who will attend class and appoints a deputy from the sheriff's office to monitor it. A.A. volunteers provide the coffee pot and supplies, and all literature. We pass the basket to help defray the costs; if we run short of being self-supporting, the C.P.C./C.F. committees make up the difference. The courts do *not* contribute.
- "Members of the judicial system are invited to attend and are given time at the beginning of class to say a few words. This has a profound effect on the court-ordered 'students.' Most do not recognize their judge, arresting officer or even lawyer when dressed in blue-jeans!
- "Two A.A. volunteers, usually a man and a woman, use the Beginners Meeting Guidelines prepared by the General Service Office. They chair for three weeks, then rotate out. Since attendees must go to two consecutive three-week sessions (the judges believe in the value of repetition), they are exposed to the shared experience of four different A.A.s. Literature and meeting schedules are distributed free of charge; books are for sale.
- "The classes number anywhere from 25–50 people and are held once a week, usually in the early evening. Topics for discussion include: 'How to Stay Away from a Drink One Day at a Time'; 'The Disease Concept'; 'The Twelve Steps'; 'The Twelve Traditions'; and 'Literature and Service.' At the final session, a mock A.A. meeting is held, followed by a video of 'It Sure Beats Sitting in a Cell,' 'Young People and A.A.' or 'A.A.: An Inside View.'
- "It is important to allow time for questions and discussion. Remember, these people may be angry, resentful or sure that they don't have a problem with alcohol. Stick to the topic—if it isn't the topic, it's an outside issue!
- "We need to keep the professional community informed about A.A. Be aware that new judges, probation officers and lawyers are entering the judicial system on a daily basis. It is suggested that C.P.C. and C.F. committee members meet with judicial personnel regularly in order to keep the channels of communication open."

Treatment Facilities

A.A. Recovery Has Ripple Effect in Southeast Michigan

When alcoholics first venture into an A.A. meeting, our common bond enables us to be there for them all the way. But what of those who are sent because of an addiction to something other than alcohol? What do we do then?

"Even as we stick to A.A.'s singleness of purpose," believes Southeast Michigan delegate Ken K., "unconditional love is still the answer. By that, I mean that we can take the time, trouble and caring to help steer these people into programs of recovery that specifically address their afflictions. It's what the hospital-based 7:15 Samaritan Group in our area has done with considerable success."

In 1987, when the group was more than a year old, he relates, "we started seeing people whose addiction was to drugs. Required to attend our A.A. meetings, they were of course resistant to the program, not to mention being called 'alcoholics.' Then a counselor who also was an A.A. member contacted Narcotics Anonymous. The response was immediate and warm; and the N.A. people started a Saturday night meeting that is now well-attended.

"The benefits were soon apparent. Recidivism among the drug addicts exposed to N.A. has slowed," Ken relates. "Before, when they were forced to attend the A.A. meetings, they were out of the hospital and back in no time. Now when they leave, fewer return. An increasing number find a home in N.A. meetings outside and get the help they need to start putting their lives back on track."

The presence of both A.A. and N.A. groups in the hospital has benefited another group—those who are addicted to drugs in *addition* to alcohol. Says Ken: "They are welcome to attend our open A.A. meetings on Fridays, N.A. meetings on Saturdays, and decide for themselves where they belong." The spirit of cooperation that exists between the A.A. and N.A. members is "very strong," he reports. "However, it would not be possible without the support of the hospital administrators. We work closely with them and make an effort to understand their problems as well as our own. Every week at our A.A. meetings, we explain that we are guests of the facility and must adhere to its rules if we want to carry the message here. For sure, we do."

Calendar of Events

Events listed here are presented solely as a service to readers, not as an endorsement by the General Service Office. For any additional information, please use the addresses provided.

August

- 1-2 — *Campbell River, British Columbia, Canada.* 18th Annual Rally. Write: Ch., Box 652, Campbell River, BC V9W 6J3
- 5-9 — *Grand Rapids, Missouri.* 43rd IDAA Meeting. Write: Ch., Box 199, Augusta, MO
- 7-8 — *Granby, Quebec, Canada.* 14e Congrès De L'Estrie à Granby. Write: Ch., 218 Blvd. Barré, Cowansville, PQ J2K 2H4
- 7-9 — *Ft. Mitchell, Kentucky.* Second Annual Rule 62 Round-Up. Write: Ch., Box 62, Covington, KY 41011
- 7-9 — *Mankato, Minnesota.* Southern Minnesota Roundup. Write: Ch., Box 2205, Mankato, MN 56003
- 7-9 — *Moorhead, Minnesota.* Red River Valley. Write: Ch., Box 558, Moorhead, MN 56560
- 7-9 — *Glendive, Montana.* Eighth Lower Yellowstone Soberfest. Write: Ch., 217 E. Hughes, Glendive, MT 59330
- 7-9 — *Havre, Montana.* Havre Mini Conf. Write: Ch., Box 1603, Havre, MT 59501
- 7-9 — *Buffalo, New York.* Information Workshop. Write: Ch., 97 Willowlawn Parkway, Buffalo, NY 14206
- 7-9 — *Fort Assiniboine, Alberta, Canada.* District 9 Roundup. Write: Ch., Box 772, Barrhead, AB T0G 0E0
- 7-9 — *Guelph, Ontario, Canada.* 23rd Annual Central West Ontario Conv. Write: Ch., 89 Westwood Rd., Unit 102, Guelph, ON N1H 7J6
- 7-9 — *Hull, Quebec, Canada.* District 90-05 Conf. Write: Ch., C.P. 24, Succursale A, Hull, Quebec J8Y 6M7
- 7-9 — *Sault Ste. Marie, Ontario, Canada.* Algoma District Family Campout. Write: Ch., 581 John St., Sault Ste. Marie, ON P6C 3K6
- 7-9 — *Tulameen, British Columbia, Canada.* 11th Annual Tulameen Campout. Write: Ch., Box 2D, Comp 6, Tulameen, BC V0X 2L0
- 7-9 — *Ucluelet, British Columbia, Canada.* Eighth Annual West Coast Rally. Write: Ch., Box 15, Ucluelet, BC V0R 3A0
- 8.10 — *Harare, Zimbabwe.* National Conv. Write: Ch., Box 1857, Harare, Zimbabwe
- 12-15 — *Dunbar, West Virginia.* Southeastern Regional Conf. Write: Ch., Box 268, Dunbar, WV 25064
- 13.16 — *Omaha, Nebraska.* Cornhusker Roundup XV. Write: Ch., Box 425, Bellevue, NE 68005

- 14-16 — *Scottsdale, Arizona.* Third Annual Summer Round-Up. Write: Ch., 5359 N. 28th Drive., Phoenix, AZ 85017
- 14-16 — *Boulder, Colorado.* Third Boulderity Conv. Write: Ch., 1630 30th Street, Ste #349, Boulder, CO 80301
- 14-16 — *Kutztown, Pennsylvania.* One Primary Purpose. Write: Ch., Box 14993, Reading, PA 19612
- 14.16 — *Port Hardy, British Columbia.* North Island Campout/16th Rally. Write: Ch., Box 789, Port Hardy, BC V0N 2P0
- 14-16 — *Iles de la Madeleine, Quebec, Canada.* 16eme Congrès Annuel. Write: Ch., C.P.4 Hame-Aubert, Iles de la Madeleine, PQ G0B 1J0
- 14-16 — *Tiel, Holland.* Intergroup 1 Europe, Area The Netherlands Round-Up. Write: Ch., Veldzuringstraat 17, 2215 WK Voorhout, The Netherlands
- 15-16 — *Windsor, Nova Scotia, Canada.* 28th Windsor Brooklyn Groups Roundup. Write: Ch., Box 2034, Windsor, NS B0N 2T0
- 15-17 — *Greenlake, British Columbia, Canada.* 19th Campout. Write: Ch., Box 748, 100 Mule House, BC V0K 2E0
- 20-23 — *Colville, Washington.* Valley Campout. Write: Ch., 151 N. Hofstetter, Colville, WA 99114
- 20-23 — *Lexington, Kentucky.* Big Book Seminar. Write: Ch., Box 25101, Lexington, KY 40524
- 21-23 — *San Luis Obispo, California.* 25th Conv. Write: Ch., 1600 4th St., Los Osos, CA 93402
- 21-23 — *Salinas, California.* Annual Coastal Rally. Write: Ch., 9 West Gabilan St., Suite 11, Salinas, CA 93901
- 21-23 — *Meeker, Colorado.* White River Roundup. Write: Ch., Box 1036, Meeker, CO 81641
- 21-23 — *Oshawa, Ontario, Canada.* 20th Lakeshore District Conv. Write: Ch., Box 2003, Oshawa, ON L1H H9P

Closed Meeting Topics From the Grapevine

For more detailed suggestions, see the pages noted.

August (page 30): Old-timers; "A.A. should remain forever nonprofessional."

September (page 31): Organization, rotation and Tradition Nine, carrying the A.A. message.

- 21-23 — *Stirling, Ontario, Canada.* 12 Step Weekend. Write: Ch., 23A Main Street, Foxboro, ON K0K 2B0
- 21-23 — *Oshawa, Ontario, Canada.* Back to Basics. Write: Ch., Box 2003, Station A, Oshawa, ON L1H 7V4
- 27-30 — *Cleveland, Ohio.* 35th ICYPAA. Write: Ch., Box 200513, Cleveland, OH 44120
- 28-30 — *Sarasota, Florida.* Fourth Annual West Coast Sponsorship Weekend. Write: Ch., Box 20525, Sarasota, FL 34276-3525
- 28-30 — *Madison, Indiana.* 21st SE Conf. Write: Ch., Box 502, Greensburg, IN 42740
- 28-30 — *Camp Vermilion, Cook, Minnesota.* Keep It Simple Weekend. Write: Ch., 4230 Wildwood Dr., Hibbing, MN 55746
- 28-30 — *Jackson, Mississippi.* Sixth Annual Oldtimer's Round-Up. Write: Ch., 200 Magnolia Trail, Brandon, MS 39042
- 28-30 — *Joplin, Missouri.* District 12 - Fifth Annual Summer Hummer. Write: Ch., Box 2075, Joplin, MO 64803
- 28-30 — *Chautauqua, New York.* Tri-State Assembly. Write: Ch., Box 118, Fredonia, PA 16124

Planning a Future Event?

Please send your information on October, November or December events, two days or more, in time to reach G.S.O. by *August 10*, the calendar deadline for the October-November issue of *Box 4-5-9*.

For your convenience and ours — please type or print the information to be listed on the Bulletin Board page, and mail to us:

Date of event: from _____ to _____, 19_____

Name of event: _____

Place (city, state or prov.): _____

For information, write: _____
(exact mailing address)

Contact phone # (for office use only): _____

Flip up this end of page — more events listed on reverse side

August (cont.)

- 28-30 — *College Station, Texas*. Ninth Annual Conv. Write: Ch., Box 9409, College Station, TX 77842
28-30 — *Chattanooga, Tennessee*. Fifth Annual Choo Choo Roundup. Write: Ch., Box 2554, Chattanooga, TN 37409
28-30 — *St. Jerome, Quebec, Canada*. 11eme Congrès. Write: Ch., 217 Terrasse Riupel, La Fontaine, Quebec J7Y 4H8

September

- 4-6 — *Colorado Springs, Colorado*. State Conv. Write: Ch., Box 49004, Colorado Springs, CO 80949
4-6 — *Norman, Oklahoma*. Labor of Love Conf. Write: Ch., 3919 Waverly Drive, Norman, OK 73072
4-6 — *Penticton, British Columbia, Canada*. 27th Labor Day Roundup. Write: Ch., Box 20036, Penticton, BC V2A 8K3
4-6 — *Powell River, British Columbia, Canada*. 45th Rally. Write: Ch., 3788 Selkirk Ave., Powell River, BC V8A 3C1
4-6 — *Chapleau, Ontario, Canada*. 23rd "Remember When" Roundup. Write: Ch., Box 634, Chapleau, ON P0M 1K0
4-6 — *Chicago, Illinois*. Roundup '92 (presented by gay and lesbian members). Write: Ch., Box 180, 3023 N. Clark St., Chicago, IL 60657
4-6 — *Timmins, Ontario, Canada*. We Came to Believe. Write: Ch., 514 Waterloo, Timmins, ON P4N 4Y8
11-13 — *Brampton, Ontario, Canada*. 10th Annual Brampton-Bramalea Conv. Write: Ch., Box 401, Brampton, ON L6V 2L3
11-13 — *Dunnville, Ontario, Canada*. 26th Conv. Write: Ch., Box 163, Dunnville, ON N1A 2X1
11-13 — *Edmonton, Alberta, Canada*. Campus Group Bluejean Roundup. Write: Ch., 49 Keegano, Edmonton, AB T6K 0R3
11-13 — *Grande Prairie, Alberta, Canada*. 33rd Roundup. Write: Ch., Box 85, Grande Prairie, AB T8V 3Y1
11-13 — *Orlando, Florida*. Celebrate Sobriety V. Write: Ch., Box 608239, Orlando, FL 32860-8239
11-13 — *Norcross, Georgia*. Seventh Women in Recovery Workshop. Write: Ch., 5802B Hunt Club Run, Norcross, GA 30093
11-13 — *Many, Louisiana*. Western Louisiana Conf. Write: Ch., Box 1053, Deridder, LA 70634
11-13 — *Detroit, Michigan*. 40th State Conf.

Write: Ch., Box 43561, Detroit, MI 48243-9998

- 11-13 — *Duluth, Minnesota*. 47th Roundup. Write: Ch., Box 16771, Duluth, MN 55816
11-13 — *Park Rapids, Minnesota*. Second Heartland Roundup. Write: Ch., Rt. #1, Box 18, Park Rapids, MN 56470
11-13 — *Medicine Hat, Alberta, Canada*. Medicine Hat's 33 Round-Up. Write: Ch., Box 165, Medicine Hat, AB T1A 7E8
11-13 — *Montague, Prince Edward Island, Canada*. Mini-Roundup. Write: Ch., Murray River P.O., Montague, PEI C0A 1W0
11-13 — *Kenora, Ontario, Canada*. 21st Sunset Country Round-Up. Write: Ch., 108-39D Cambrian Dr., Kenora, ON P9N 4A4
11-13 — *Elysian Resort, St. Thomas, U.S. Virgin Islands*. Seventh Annual Caribbean Round-up. Write: Ch., P.O. Box 1122, St. Thomas, U.S. Virgin Islands 00804
17-20 — *Mobile, Alabama*. 37th Alabama/N.W. Florida Area Conv. Write: Ch., Box 7213, Mobile, AL 36670-7213
18-20 — *Des Moines, Iowa*. Bridging the Gap Workshop Weekend. Write: Ch., 8000 W. 86th St. Circle, Bloomington, MN 55438
18-20 — *Grand Junction, Colorado*. Color Daze. Write: Ch., Box 4013, Grand Junction, CO 81502
18-20 — *Arlington, Texas*. NE TA Assembly & Conv. Write: Ch., Box 121742, Arlington, TX 76012-1742
18-20 — *Grants Pass, Oregon*. Oregon Area General Service Assembly. Write: Sec., Box 1244, Grants Pass, OR 97526
18-20 — *Hamilton, Ontario, Canada*. Autumn Leaf Roundup. Write: Ch., Box 91201, Effort Square, Hamilton, ON L8N 4G3
18-21 — *Swift Current, Saskatchewan, Canada*. Roundup. Write: Ch., 245 10th Ave., NW, Swift Current, SK S9H 1B4
25-27 — *North Redington Beach, Florida*. South Florida CYPAA. Write: Ch., Box 4411, Semunole, FL 34642
25-27 — *Salina, Kansas*. Kansas Area Conf. Write: Ch., Box 1773, Salina, KS 67402-1773
25-27 — *Medford, New Jersey*. SJIG Roundup. Write: Ch., Box 2514, Cherry Hill, NJ 08034
25-27 — *Somerset, New Jersey*. NJGS Area 44 Conv. Write: Ch., Box 1571, Morristown, NJ 07962
25-27 — *Laramie, Wyoming*. Wyoming Fall Conf. Write: Ch., Box 1573, Laramie, WY 82070
25-27 — *Hull, Quebec, Canada*. Eastern Canada Regional Forum. Write: Regional Forums Secretary, Box 459, Grand Central Sta., New York, NY 10163

October

- 2-4 — *Pittsburgh, Pennsylvania*. 22nd NE Reg. Conv. Write: Ch., Box 124, Polk, PA 16342
2-4 — *Pocatello, Idaho*. 1992 Idaho Area Fall Assembly. Write: Ch., Box 774, Pocatello, ID 83204-0774
2-4 — *Rochester, New York*. Rochester Conv. Write: Ch., RAAC, 10 Manhattan Square, Rochester, NY 14607
2-4 — *Bismarck, North Dakota*. State Roundup. Write: Ch., Box 2244, Bismarck, ND 58502
2-4 — *Cincinnati, Ohio*. Ninth Annual Mid-states Woman to Woman Seminar. Write: Ch., Box 141308, Cincinnati, OH 45250-1308
2-4 — *Regina, Saskatchewan, Canada*. 17th Annual Regina Roundup. Write: Ch., 236-408 Broad St., Regina, SK S4R 1X3
2-4 — *Repentigny, Quebec, Canada*. 10eme Congrès Annuel Repentigny. Write: Ch., 755, rue Sherbrooke, Repentigny, Quebec J5Y 2G3
2-4 — *Berlin, Germany*. Roundup (presented by gay & lesbian members). Write: Ch., Kurfürstenstrasse 81 W1000 Berlin 42, Germany
8-11 — *Las Vegas, Nevada*. National/International Native American Indian Conv. Write: Ch., Box 30335, N. Las Vegas, NV 89030-0335
9-11 — *Santa Barbara, California*. Sober Unity. Write: Ch., Box 238, Santa Barbara, CA 93102
9-11 — *Cedar Rapids, Iowa*. 1992 State Fall Conf. Write: Ch., Box 10632, Cedar Rapids, IA 52402
9-11 — *Grenada, Mississippi*. 17th Annual North Mississippi Roundup. Write: Ch., Rt. 1, Box 219A, Pittsboro, MS 38951
9-11 — *Orillia, Ontario, Canada*. 27th Annual Conv. Write: Ch., 43 Daphne Cres., Barrie, ON L4M 2Y7
9-11 — *Montreal, Quebec, Canada*. 33rd Montreal Bilingual Conv. Write: Ch., 5789, d'Iberville, Montreal, Quebec H2G 2B8
16-18 — *Fort Collins, Colorado*. Soberfest '92. Write: Ch., 320 West Olive, Fort Collins, CO 80521
16-18 — *Rochester, Minnesota*. Fourth Annual Hiawathaland Get-Together. Write: Ch., Box 5792, Rochester, MN 55903
16-18 — *Greensburg, Pennsylvania*. 38th Laurel Highlands Conf. Write: Ch., 1169 Colgate Dr., Monroeville, PA 15146
23-25 — *Mischicot, Wisconsin*. 41st Annual Southern Wisconsin Fall Conf. Write: Tr., Box 2081, Manitowoc, WI 54221
30-November 1 — *San Ysidro, California*. Third International Baja Roundup. Write: Ch., Box 435280, San Ysidro, CA 92143