

## new news

Here are some updates about what is going on in Napa Valley AA.

### oops! don't save the campout date!

Due to some logistical problems, the official campout is not going to happen this year. How about grabbing a couple of other AAs to go enjoy the great outdoors?

### save this date!

The Anniversary Party has been scheduled for October 28th at the Boys and Girls Club of Napa Valley. For more info send an email to party@aanapa.org.

Lee H.

### napa valley aa online

Visit us at aanapa.org for all the latest information about what's happening in AA in the Napa Valley. You'll find schedules for meetings and special events as well as many useful resources about the Steps, the Traditions and all other things AA. Check it out!

Brouck H.

### newsletter

Please send calendar info for all official AA events to newsletter@aanapa.org.

Marianne A.

### intergroup email

If you wish to email any of the Intergroup Officers, here are their email addresses at our website, aanapa.org.

igchair@aanapa.org.....Grace J.  
igsec@aanapa.org.....Steve L.  
igliterature@aanapa.org.....Russ L.  
schedules@aanapa.org.....Pat M.  
ighotline@aanapa.org.....Debbi F.  
webmaster@aanapa.org.....Brouck H.  
newsletter@aanapa.org.....Marianne A.  
igtreasurer@aanapa.org.....Mike R.  
party@aanapa.org.....Lee H.  
Birthday Meeting.....Manny G.  
District 11 Liaison/Workshops.....Alex L.  
NAPYPAA Liaison.....Melanie  
Alcathon.....VACANT  
H&I Liaison.....VACANT

## tall, cool and non-alcoholic: try these great summer refreshers

You thought we were describing you, didn't you? No, when that hot sun is beating down, you crave something icy cold and refreshing to cool your body down. Enjoy one of these easy to make Mexican drinks on a steamy day and you'll cool off in no time.

### 1) Agua Fresca

This is the most popular non-alcoholic drinks that everyone can enjoy on a hot day. Kids especially enjoy this sweetened fruit drink in which you can use any of your favorite fruits. Refreshing fruit drinks are popular all over Mexico. You can use any fruit you like to flavor it.

#### INGREDIENTS:

- 4 cups drinking water
- 2 cups fresh fruit
- 1/4 cup sugar
- 2 teaspoons lemon or lime juice
- lime or lemon wedges for garnish

#### PREPARATION:

In a blender combine water and fruit. Puree until smooth. Pour mixture through a sieve into a pitcher or serving container. Stir in lemon or lime juice and sugar. Add additional sugar to taste. Garnish with a lemon or lime wedge.

### 2) Horchata

Another top favorite from Mexico. This milky looking drink is actually made from rice and flavored with lemon and cinnamon. Top off a frosty glass with this chilled beverage and enjoy! This Mexican favorite was originally brought over by the Spaniards. Melon seeds or squash seeds were originally used, but rice became more popular and is the most

common type of horchata today.

#### INGREDIENTS:

- 1 cup rice
- 1/2 of a cinnamon stick
- 1 teaspoon lime zest
- 5 cups drinking water
- 1/2 cup sugar

#### PREPARATION:

Grind the rice in your blender until it is ground smooth. Toss with cinnamon stick and lime zest. Let rest overnight. After resting, place rice mixture into blender and blend until smooth. Add in 2 cups of water to mixture and soak for 2 hours. Strain the liquid through a fine sieve or cheesecloth a few times to remove any grittiness. Add in the rest of the water (3 cups) and stir in sugar until dissolved. Garnish with a sprig of mint.

### 3) Virgin Pomegranate Sangria

This Spanish Sangria recipe is made with pomegranate juice instead of wine. Enjoy your favorite fresh fruit flavors in this cool summer drink. This brightly flavored beverage is great for adults and kids. Fruity and delicious it's a great treat on a hot day or a fun fiesta.

#### INGREDIENTS:

- 1 quart pomegranate juice
- 2 cups papaya, mango or apple juice
- 1 orange
- 6-8 strawberries
- 2 kiwis
- 1 mango or papaya
- 1/2 cup sugar

#### PREPARATION:

Mix juices and sugar until sugar dissolves. Wash orange and berries and slice into thin slices. Remove

mango or papaya skin and cut fruit into chunks. Remove kiwi skin and cut into thick slices. Place all fruit into juice and let flavors meld in fridge for 2-3 hours or overnight before serving. Serve garnished with fruit slices.

### 4) Pineapple Coconut Slush

A virgin version of a Piña Colada. The tropical flavors of iced pineapple and coconut are perfect together.

#### INGREDIENTS:

- 1 cup pineapple juice
- 1 cup crushed pineapple
- 1/2 cup coconut milk
- juice from one lime
- ice to top of blender

#### PREPARATION:

Blend ingredients until ice is slushy. Pour into frosted glasses and enjoy immediately.

### 5) Tropical Mango Piña Smoothie

Pineapples and mangoes are true tastes of the tropics. Bring these tropical flavors to your own kitchen with this delicious and frosty beverage. What a delicious way to enjoy your daily fruit requirement. Mango and pineapple grows abundantly in the warm tropical areas of Mexico so enjoy the tropics in your own backyard with this fun drink.

#### INGREDIENTS:

- 1 cup fresh peeled, cubed mango
- 1 cup peeled, cubed pineapple
- 2 cups papaya or mango juice
- ice

#### PREPARATION:

Place ingredients into blender and fill almost to top with ice. Blend until smooth. Garnish with a piece of mango and pineapple. Serve immediately.

## pi/cpc goes to school

On May 12 of this year, a group of ten AA members took our program to a local high school for the first time in some years.

Some 350 Vintage High freshmen attended the day long presentation during their regular health class period. The PI/CPC Committee, organizers of the event, decided to lower the sobriety requirement for presenters from two years to six months. While some AA members were opposed to this change, all presenters attended multiple training sessions and the program went very smoothly.

The intent of the presentation was to inform students of AA's

existence and purpose should they have need of it now or in the future. It was also aimed at students whose family members might benefit from AA. AA member panelists, some as young as 16 and 18, gave brief versions of their stories. The program got high marks from students and teachers and we have been invited back to present a similar program next year. If enough volunteers can be found and trained, it is hoped that we can carry the message to all the high schools in the County.

To find out more about becoming a presenter, contact Jeff D. at 480-8192 or Skip L. at 967-6210.

### DISTRICT 11 PRESENTS

## UNITY DAY

Saturday July 29th

10 am to 3 pm

Panel Discussion: Service and Sobriety

• Delegate's Report on the 56th General Service Conference

• Lunch! Displays! Fellowship!

# the origins of serenity, part two

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 corner-stone."

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.

**need a meeting?!**  
complete meeting schedules  
for napa valley available at  
**aanapa.org.**

*(A long version of the Prayer)*

God grant me the SERENITY to accept the things I cannot change; COURAGE to change the things I can; and WISDOM to know the difference.

Living one day at a time; enjoying one moment at a time; accepting hardships as the pathway to peace; taking, as He did, this sinful world as it is, not as I would have it:

Trusting that He will make all things right if I surrender to His Will; that I may be reasonably happy in this life and supremely happy with Him forever in the next. Amen

*(Another long version of the Prayer from Ireland)*

God take and receive my liberty, my memory, my understanding and will, All that I am and have He has given me

God grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference

Living one day at a time  
Enjoying one moment at a time  
Accepting hardships as the pathway to peace  
Taking, as He did, this sinful world as it is,  
Not as I would have it

Trusting that He will make all things right  
If I surrender to his will  
That I may be reasonably happy in this life and  
supremely happy in the next.  
AMEN

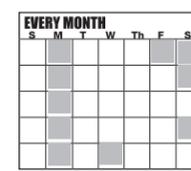
# recovery is a journey, not a destination

## special events

Unity Day	Saturday, July 29	sponsored by District 11-Napa; contact Dan W. for info
Anniversary Party	Saturday October 28	Boys&Girls Club-Napa sponsored by Napa Valley Intergroup; contact Lee H. for info

## ongoing activities

All meetings are upstairs at the Alano Club unless otherwise indicated.



Beginner's Meeting	Every Monday	7 pm	
Birthday Meeting	Last Wednesday of the Month	8 pm	
H&I Business Meeting	First Friday of the Month	6:30 pm	
District 11 Meeting	First Saturday of the Month	10 am	Yountville Vets Home, Section A
Intergroup Meeting	Second Saturday of the Month	10 am	
CNCA DCM Sharing Session	Fourth Saturday of the Month	9:30 am	