

The Serenity Prayer

*Give me the 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.*

*Living one day at a time,
Enjoying one moment at a time,*

*Accepting hardship as a pathway to peace,
Taking this challenging world as it is,
Not as I would have it,*

*Trusting that things are OK as they are,
And surrendering to what is*

*So that I may be reasonably happy in this life,
And supremely happy in the next.*

Amen.

Reinhold Neibuhr (adapted)