



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.

Reinhold Neibuhr (adapted)