

From Saint Augustine:

“You say, the times are troublesome, the times are burdensome, the times are miserable. Live rightly and you will change the times. The times never hurt anyone. Those who are hurt are human beings. Those by whom they are hurt are also human beings. So, change human beings and the times will be changed.”

- St. Augustine, Sermon 311, 8.

The Serenity Prayer:

Lord, grant us the serenity to **accept** the things we cannot change.

The **courage** to change the things we can.

And the **wisdom** to know the difference.

Acceptance: The serenity prayer reminds us that acceptance is a key to happiness.

There are many things over which we have no control. Serenity comes with acceptance!

Courage: Change requires courage because it is taking a step into the unknown.

Courage enables us to make the changes that will lead to a better, happier life.

Wisdom: That gift of the Holy Spirit which enables us to discern what is within or beyond our control.