Reflecting on the Serenity Prayer

Stressed?  Worried?  Anxious? Depressed?   The Serenity Prayer has been used worldwide in churches, in 12-step Recovery Programs, during civic meetings and beyond.  It is a prayer of acceptance and peace found on plaques, bookmarkers, posters and other novelty items. But what does it really mean, where did it come from, and how can we use it to create a sense of peace within ourselves?

**Details**: There will be a four week session to become familiar with the prayer, apply it to your own circumstances, and have the opportunity to support one another. It is based on the book Reflecting on the Serenity Prayer by Philip St. Romain. Books will be available for purchase at class for $7.99.

**Where**: Our Lady of Lourdes Catholic Church: 750 San Salvador Drive, Dunedin

 Conmy Center Room A

**When**: Tuesday evenings, September 1st, 8th, 22nd, and 29th from 7:00pm-8:00pm.

**Who**: All are welcomed to attend. All faiths and those with wavering faith are encouraged to attend.  The sessions will be facilitated by Dolores Mortimer, LMHC, NCC and Sam Lima, MHI.   Call Lindsay at the House Of Mercy and Encouragement to enroll, purchase a book or find out more information.  727 786-7951.

 

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…