

Spiritual Meditations

Serenity Prayers

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

(Attributed to Winnifred Crane Wygal)

*God, give me 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.*

(Written by Reinhold Niebuhr)

Morning Poem (Mary Oliver)

*Every morning the world is created.
Under the orange sticks of the sun
the heaped ashes of the night
turn into leaves again
and fasten themselves to the high branches—
and the ponds appear like black cloth
on which are painted islands of summer lilies.*

*If it is your nature to be happy
you will swim away along the soft trails
for hours, your imagination alighting everywhere.*

*And if your spirit carries within it
the thorn that is heavier than lead—
if it's all you can do to keep on trudging—
there is still somewhere deep within you
a beast shouting that the earth
is exactly what it wanted—
each pond with its blazing lilies
is a prayer heard and answered
lavishly, every morning,
whether or not you have ever dared to be happy,
whether or not
you have ever dared to pray.*