SHARING *Sheet*

Serenity Prayer

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.

"When I got to Alateen I fell in love with the Serenity Prayer. Saying the Serenity Prayer so many times in my mind helped me to learn about myself. I learned that I was worrying about the past, even though the past is something that I can't change….I can change the present…It isn't always easy, but it's possible. Thanks to Alateen, I can live in the here and now."
Courage To Be Me (B-23), page 168

What does the Serenity Prayer mean to you?

How do you use the Serenity Prayer?

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Use additional paper if needed.

Your Name_____ Your Age_____

Your Group's Name _____ State/Province:_____

Send your sharing to: *Alateen Talk*
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e-mail: wso@al-anon.org • fax: 757-563-1655
Members' Web site: www.al-anon.alateen.org/members

❑ Check here if you do NOT want your name listed