

Marist Minute

Cushions all over the floor, bedsheets spread between tables and chairs, kids weaving in and out of makeshift cubbies, the noise and excitement of make believe! All I could think of was, "What a mess!" and "Why can't they discuss their strategies for world domination at a sensible volume?". There is a joy when the cousins visit, but it comes with a crazy intensity that is far from serene. Whilst the energy levels in my house made it clear that my children and nieces had consumed too many Easter eggs, my concern was about my hopes for peace and quiet and ignored their need to play, be creative and run off that excess sugar! The prayer from Fr James Martin SJ titled 'A New Serenity Prayer' shifts the focus from ourselves, towards God, from our ego, to the needs and desires of the other. There is no way that I can possibly hope to change the rambunctious nature of my kids, (maybe a little less chocolate in future) but I can choose to change how I see their need to explore and enjoy time together.

A New Serenity Prayer

God, grant me the serenity
to accept the people I cannot change,
which is pretty much everyone,
since I'm clearly not you, God.
At least not the last time I checked.
And while you're at it, God,
please give me the courage
to change what I need to change about myself,
which is frankly a lot, since, once again,
I'm not you, which means I'm not perfect.
It's better for me to focus on changing myself
than to worry about changing other people,
who, as you'll no doubt remember me saying,
I can't change anyway.
Finally, give me the wisdom to be quiet
whenever I think that I'm clearly smarter
than everyone else in the room,

that no one knows what they're talking
about except me,
or that I alone have all the answers.
Basically, God, grant me the wisdom to
remember that I'm not you.
Amen.

Journal Questions:

Are there people in your life who you would like to change?

Where do serenity, courage and wisdom find home in you?

