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**The Serenity prayer as a foundation for recovery and a means of connection to help and guidance.**

Prayer is Connection - “Spirituality is recognizing and celebrating that we are all inextricably connected to each other by a power greater than all of us, and that our connection to that power and to one another is grounded in love and compassion. Practicing spirituality brings a sense of perspective, meaning and purpose to our lives.” Brené Brown, The Gifts of Imperfection

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

Serenity- the state of being calm, peaceful, and untroubled

Courage- “Courage, the original definition of courage, when it first came into the English language — it’s from the Latin word cor, meaning heart — and the original definition was to tell the story of who you are with your whole heart.” Brené Brown

Wisdom- the ability to think and act using knowledge, experience, understanding, common sense, and insight.

Faith- “Faith is a place of mystery, where we find the courage to believe in what we cannot see and the strength to let go of our fear of uncertainty.”

Brené Brown,

How surrendering to powerlessness frees me and opens circumstances to change.

Powerless and helpless are not synonyms.

To be powerless means having no power.

To be helpless means to be without help

Helplessness promotes feeling of hopelessness, of desperation, of being the victim/blaming and shaming

In recovery we do experience and learn to recognize powerlessness. In recovery we always have help.

Empowered in the face of our powerlessness is about having help- mindfulness (aware of what is going on with me emotionally and physically) and choosing wisely with help in every circumstance. I have learned that accepting is not liking it is rather a knowing that this is not mine or that this is beyond my abilities to truly change by the force my own will.

As an often powerless soul I do not need to drown in the sometimes violent waves of others or my own life. We can learn to surf the surface of circumstances that touch us to move safely through. I reach out for help from a loving, caring power greater than myself and others who understand. We are not without help. We are not without choices. In my life and loved one’s lives there are sometimes struggles and suffering that are painful to my heart. I have learned that I no longer need wallow in the despair of mine or others powerlessness. God meets me there, leads me through and shows me how to love others and myself without adding to the hurt. God soothes my soul as I let go in shaky trust and I somehow experience serenity and hope.

Our higher power will help us live and choose within the reality of our own lives, this releasing allows him to work in others lives as he does with me and for me.

Prayer is nothing more and nothing less than communication with the God of my understanding. Every time I earnestly choose to seek God I am opening myself to a source of wisdom strength and power I do not have alone. Every time I put my powerlessness or another’s into Gods care I invite God to do what I can’t in his way. I ask God for the clarity, wisdom and courage to do his will for me, discover my part now. God’s will for me is sometimes quietly waiting and praying not doing. Going with the flow of life with God and others in recovery has changed me and truly helped me love those I have been given to love.

At my first Nar-Anon meeting 10 years ago the first Monday in October my newcomer packet contained an article from the serenity connection on the guidance of recovery. It concluded with this description of Guidance- God U & I dance.

In recovery I try my best to follow God’s lead in this dance. The steps I often do not know so I need to focus on my part.

At that first meeting I was also given this seeking prayer by Thomas Merton. This prayer has often been a lifeline to me when I am afraid or in a quandary. Saying the words of a prayer slows my spinning brain and helps me refocus on my help and gives me hope.

Today I know God knows my name and loves me and those I love, which includes my recovery family. I care, I listen, I pray for a lot of loved ones who I would not recognize on the street. God knows their names and cares or there would be no recovery. Miracles do happen every day - timing is simply not in my hands.

One day when I was a mess desperately praying early in my recovery, I gave my addict to God to take care of. I was exhausted, overwhelmingly full of fear and worry for the future. In my spirit God told me “he is mine and I am his”. This is the God that guides my life in recovery. I am his and he is mine.