

Serenity Prayer

Words by Reihold Neibulr (1892-1971)

Music and movement by Grace Marie

Tempo ♩ = 100

God, _____ grant me se - re - ni - ty _____ to ac - cept the things I _____ can - not
change. God, _____ grant me the cour _____ rage _____ to
change the things _____ I _____ can _____ change _____ and the wis - dom _____ to know the
dif - frence. _____ Grant _____ the wis - dom, _____ grant the wis _____ dom. _____

1. God, grant me serenity to accept the things I cannot change.
God, grant me the courage to change the things I can change.
2. And the wisdom to know the
3. difference.
4. Grant the wisdom, grant the
5. wisdom.

1. Holding hands in the circle, left foot toward the center of the circle, right foot is behind. The circle moves to the left beginning with the left foot stepping diagonally into the circle on the first word "God" and rocking back the right foot, in half note rhythm. The left foot comes into the center diagonally again and again with the rocking back and forth motion, moving the circle to the left.
2. Take 4 steps forward into the circle beginning on the left foot on "—wis" of "wisdom".
3. Take 4 steps back beginning on the left foot on "diff-" of "difference".
4. Take 4 steps forward beginning on the left foot on "Grant".
5. Take 4 steps back beginning on the left foot on "wis" of "wisdom".

The Serenity Prayer is the common name for a prayer authored by the American theologian Reinhold Niebuhr (1892 – 1971). He wrote the prayer for a sermon at Heath Evangelical Union Church in Heath, Massachusetts, used it in sermons as early as 1934, and first published it in 1951 in a magazine column. The prayer spread in the 1930's and 1940's and was adopted by Alcoholics Anonymous and other 12 step programs. This universal prayer can be used by anyone. It was on a plaque in our home since the 1950's, and is a personal daily prayer practice.