

April 19, 2021



**“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.”**

In the Serenity Prayer we pray for the grace to let go of situations **beyond** our control and to take action toward things **within** our control. It also means being able **to know** when things are **within** our control and when things are **beyond** our control.

There are two kinds of **Serenity: Unplanned Serenity** and **Planned Serenity**. **Unplanned serenity** is the kind we use on a **daily basis** when the unexpected throws us for a loop. **Planned Serenity** occurs when we have the time and leisure to **remove** ourselves from the world for a while in order to **heal**.

Most of us are familiar with **Planned Serenity**: vacations, spa time, going on a retreat, a prayer day or some way of “getting away from it all.” There many ways of breaking with the routine and giving ourselves **time and space** to relax, to reflect and to rest. Some people take a day off each week, go to a lake or take a class in yoga or meditation. Others create a quiet space in their home or use their commute time for getting in touch with their **inner self**, finding peace and composure in practicing the presence of God.

Over time, regular “**Serenity Periods**” provides us with an opportunity for deepening our awareness of the **spiritual life, time with God**, where we find **true peace**.

It’s important to take advantage of **Serenity Periods**, but often, after we arrive back home fully peaceful, it dissolves when “reality” hits hard. So, we need to schedule some “quiet break” times in our days, even for a few minutes when we change from one activity to quiet ourselves down.

We need time away, but we also need “**Unplanned Serenity**.” It’s the kind of Serenity that we **develop** for ourselves for when the *unexpected happens*. When a crisis hits, it is a very good idea to have **resources** at our disposal to bring **serenity** into our lives to deal with crises situations. Our **first** reaction may be to panic, but what about our **second** reaction? It is good to be prepared for these times by having some **reserves** on hand for calming down: **people, places and things** that will enable us to experience **some serenity** when, on the **outside**, it appears that the lid has blown off the universe.

And **who** and **what** are your resources for crisis situation? First, it’s good to start with the best resource, **God**. Then, let Him direct you where to go to get some help, maybe a **phone call** to someone, for a **walk**, listen to music or some quiet prayer time.