

# SERENITY

SHALOM / PEACE

*Peace be with you.*



*Vincent A. Salamoni*

Society of the Missionaries of the Holy Apostles (MSA)

Easter Season, 2018

# THE SERENITY PRAYER

*God,*

*give us serenity*

*to **accept***

*what cannot be changed,*

***courage***

*to change*

*what can be changed,*

*and the **wisdom***

*to know the one from the other.*

[ *Reinhold Niebuhr* ]

**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 –  
LIVING ONE DAY AT A TIME,  
ENJOYING ONE MOMENT AT A TIME,  
ACCEPTING HARDSHIPS  
AS THE PATHWAY TO PEACE,  
TAKING, AS HE DID, THIS SINFUL WORLD AS IT IS,  
NOT AS I WOULD HAVE IT,  
TRUSTING THAT HE WILL MAKE *ALL* THINGS *RIGHT*  
IF I SURRENDER TO HIS WILL –  
THAT I MAY BE REASONABLY HAPPY IN THIS LIFE  
AND SUPREMELY HAPPY WITH HIM FOREVER.  
AMEN.**

[ [There are different versions.](#) ]

# ALL RIGHT = SERENITY

Twelve (12) Steps Programs  
popularized the  
**Serenity Prayer.**

Dame Julian of Norwich's theme was:  
**All is well.**

One co-founder said:

No matter how wrong things seem to be,  
they are *all right*.  
Things are *all right* with God and His world.

God spoke to the Dame:

**All shall be well ...  
and all shall be well,  
and all manner of things  
shall be well.**

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*Vincent A. Salamoni*

Society of the Missionaries of the Holy Apostles (MSA); 12 March 2018

**ALL SHALL BE WELL; AND ALL SHALL BE WELL;  
AND ALL MANNER OF THING SHALL BE WELL.<sup>1</sup>**

**ALL IS WELL IN GOD'S WORLD AND ALWAYS WILL BE.<sup>2</sup>**



**Bravo  
Zulu<sup>3</sup>**

**ALL WILL BE WELL.<sup>4</sup>**

***ALL WELL. WELL DONE. ALL WILL WELL.<sup>5</sup>***

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<sup>1</sup> “Lord showed in this time – that ‘all manner [of] thing shall be well’” (confer: Catechism of the Catholic Church, paragraph 313; The Revelations of Divine Love, chapter 32, 99-100; Dame Julian of Norwich).

<sup>2</sup> “Reflecting on The Serenity Prayer” - Philip St. Romain.

<sup>3</sup> Take my yoke on you, and learn from me; for I am gentle and humble of heart, and you will find rest for your soul” (Matthew 11:29-30). Problems ground life. Bravo, the top maritime pennant when it is alone significance: “I taking in, discharging, or carry dangerous cargo.” Zulu, the bottom pennant when alone means, “I requested a tug.” May represent Jesus as a tugboat sails together to haul the load. The two pennants hoist together (Bravo Zulu) signifies:

**Well done.**

<sup>4</sup> “All Will Be Well” (Richard Chilson compiles Julian of Norwich).

<sup>5</sup> The above notes and Ephesians (1:10) "unite all things in Him, things in heaven and things on earth.”

The M.S.A. motto is:

**United in the Lord Jesus.**



**Vincent A. Salamoni, Society of the Missionaries of the Holy Apostles (MSA)  
Extraordinary Jubilee of Mercy (2015/2016)**

M

*Serenity*

A

- simple life
- living by love
- praying

**Fundamental condition  
to accept God:  
humility; the Truth.**

**To accept God:  
to live in the state of grace;  
to fulfill one's duty of state.**

***Be a saint  
in our ordinary ways  
with an extraordinary love.***



*Vincent A. Salamoni*

Society of the Missionaries of the Holy Apostles (MSA); Easter Season, 2018  
[ confer: their archives for Menard (OFM) - God 05, God 06 and Prayer 17 ]

# **SERENITY**

**ACCEPT**

don't  
change.

**COURAGE**

change.

**WISDOM**

do it!



*Vincent A. Salamoni*

Society of the Missionaries of the Holy Apostles (MSA); 12 January 2018

