

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.

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 SHALL BE WELL; AND ALL SHALL BE WELL;
AND ALL MANNER OF THING SHALL BE WELL.¹**

ALL IS WELL IN GOD’S WORLD AND ALWAYS WILL BE.²



**Bravo
Zulu³**

ALL WILL BE WELL.⁴

ALL WELL. WELL DONE. ALL WILL WELL.⁵

¹ “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).

² “Reflecting on The Serenity Prayer” - Philip St. Romain.

³ 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.

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

⁵ 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)
Chaplain Corps, US Navy (Retired); Extraordinary Jubilee of Mercy (2015/2016)



M

Serenity

A

**Simple life,
living by love
and praying!**

**Fundamental condition
to accept God:
the Truth, humility and
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); 2018
[confer: MSA archives for Menard (OFM) - God 05, God 06 and Prayer 17]



SERENITY

ACCEPT
don't
change.

COURAGE
change.

WISDOM
do it!



S E R E N I T Y
YELLOW BRICK ROAD

TINMAN -

did not change;
ACCEPTANCE

LION -

changed;
COURAGE

SCARECROW -

using differentiate for
WISDOM

Vincent A. Salamoni Society of the Missionaries of the Holy Apostles (MSA); 2018



S H H H A L O M A

[SHALOM]

"*TRANQUILITY*"

is not serenity

**The world offers an artificial peace
in a tranquil state without suffering.**

PRINCE of PEACE

***WITH* the CROSS:**

**HELP US
TO UNDERSTAND
THIS SERENITY
WHICH WAS
GIVEN TO US
THROUGH
THE HOLY SPIRIT.**

Confer: Pope Francis' Daily Meditations, 'Tranquility' is not peace (16 May 2017)
Vincent A. Salamoni Society of the Missionaries of the Holy Apostles (MSA); 2018



NET a CARP

This is neither bake, fry, grill, nor roast,
rather using boil down with the

SERENITY PRAYER!

CHANGE +

ACCCEPT =

RREALISTIC

PERSON.

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April 2019

A P P E N D I X

*This is a supplemental
for the traditional Serenity Prayer*

**GOD
GRANT ME
THE *COURAGE*
NOT TO GIVE UP
WHAT I THINK
IS RIGHT
EVEN THOUGH
I THINK
IT IS *HOPELESS*.**

(Fleet Admiral *Chester W. Nimitz*)

☆ ☆ ☆ ☆ ☆

If a plan *cannot change*: *ACCEPT*.

**Have *COURAGE*:
Change navigating and
steer the rudder of life
and sail in the true course.
Decoding brings *WISDOM*,
and anchors into
the Lord's heavenly harbor!**

Vincent A. Salamoni

Society of the Missionaries of the Holy Apostles (MSA)
Chaplain Corps, US Navy (Retired); November 2018



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