



God,
grant
me the
serenity...

Neither the absence of pain nor the present of elation describe it well. Some call it a feeling of peacefulness, or neutrality, or calm. For others, it's a stance toward life – a way of approaching a world in short supply of it.

Serenity comes during moments of connection.

We can find serenity through connection with enduring qualities of our character. Reviewing our life, we can tether our thoughts to the best of ourselves. We can acknowledge our personal agility – the ways we have found to adapt to change. We can recall our individual courage – the resources we have called forth to carry us forward in all sorts of conditions. We can trust in who we have been.

We can find serenity through connection with those around us. Some of us draw comfort in the company of many and others of us find solace in the company of few. All of us can seek to access those relationships that build our esteem and see our fullest dignity. And more, when we express compassion, we may find the reassurance that can exist in human love – the mutual bounty of kindness.

We can find serenity by grasping our essential unity with all of creation. Creation's vastness can help dilute our worry, or our pain, or our disappointment. Connected to the fullness of creation, we can locate ourselves within the constant movement of different emotions and not be over-drawn-into any particular mood. Connected with the source of creation, we may find nurturing rhythms, or even understanding arms, that will ease our way.

Serenity then abides.

What am I usually doing when I experience serenity? How can I cultivate serenity during my days?

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