

WNMC Spiritual Practices – Session 1
with Miriam Frey and Ralph Brubacher
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Spiritual Practices are those things that nurture your soul, renew your spirit and honour the holy in your life. Jane Vennard in *Fully Awake & Truly Alive* Spiritual practices are best if they engage our body, emotions, soul and spirit.

Serenity Prayer – invites both acceptance and action

God, grant me the serenity to accept the things I cannot change:

- the weather, natural disasters, pandemics
- the past and the future
- other people's opinions & behaviours
- the aging process
- the presence of the coronavirus

I am looking for the serenity to accept myself as I am... life as it is... and acknowledging the present rather than fight it.

the courage to change what I can:

- my attitude (toward health care workers and government officials)
- my response to the coronavirus
- my behaviour
- what is before me in the present e.g. limit how much news I consume
- working for justice in an imperfect world

Words on a blog post (adapted):

*As the world fights to figure everything out,
I'll be kind to strangers,
letting people cut in front of me in traffic,
keeping my distance in grocery lines,
being patient with sales clerks,
smiling at passersby.*

WHY?

*Because I will not stand idly by
and live in a world where love is invisible.*

and the wisdom to know the difference:

(knowing when to accept what is, and when to act for change)

- knowing my peace of mind is not at the mercy of the external world
- being at ease with life as it is and stop blaming life for my fear and unhappiness and suffering
- finding that a peaceful moment is attainable
- believing peace is possible regardless of what is happening externally