

OPENING PRAYER

God, grant me the grace to allow Others their addictions, upset, and imperfections, without me trying to fix them, change them, or solve their problems.

Give me the courage to say, "NO!" when I want to, and the wisdom to reach out for help when I need it. Bring awareness to me when I am in denial. Heal my need to please others or to control them. Help my need to accept with serenity my imperfections.

Open my vision so that I know that I am valuable; and make me aware that my expression is valuable as well.

Amen.