

MONMOUTHSHIRE Free Press

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Dear Friends,

The American theologian Reinhold Niebuhr wrote what has become known as the Serenity Prayer in 1934, and both Margaret and I found it interesting to hear it said by one of the main characters in the fourth and final series of the Danish and Swedish crime series "The Bridge" recently. In fact, Margaret said to me, "I used to have this one written down in front of me somewhere."

For those of you who find yourselves in a similar position and would like to be reminded of the words, here they are: **God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and wisdom to know the difference.**

Simple as that, except of course it is rarely quite that simple.

The prayer was originally used by Niebuhr in his sermons and house groups, but later it was adopted by Alcoholics Anonymous and other community organizations to help people in their personal struggles.

My Thought this month is brief. Margaret and I have not long been back from Denmark where we attended the service and in my case presented the Tribute to my dear Mother at her funeral. We have all experienced the loss of a loved one and know how difficult it can be to come to terms, and how 'unreal' the days,

weeks and months that follow may seem. In my case, I was blessed with Mum who was always thankful, never complained, was well looked after when she needed it most, much loved, and who at the end was not at all frightened but fully prepared to meet her Maker after a good and a long life well lived.

May the words of Niebuhr's prayer serve to guide each one of us through difficult times, knowing that by asking God to grant us His help we need not worry as we are enabled to carry on. God bless you.

Rev Preben Andersen

