

**MARIANIST L.I.F.E MEETING**  
**WHO ARE WE? MARIANIST LIFE**  
**WHAT IS OUR MISSION? FAITH AND COMMUNITY**

**TOPIC: SERENITY, COURAGE AND WISDOM**

**ICEBREAKER:**

**OPENING PRAYER:** A reading from the Gospel of Matthew

Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more important than food, and the body more important than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Who of you by worrying can add a single hour to his life?

"And why do you worry about clothes? See how the lilies of the field grow. They do not labor or spin. Yet I tell you that not even Solomon in all his splendor was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you, O you of little faith? So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

The Gospel of the Lord

**PRESENTATION OF THEME:**

1. Marianist Moment: How the power of Marianist Community can provide Serenity, Courage and Wisdom

2. Reflection: GUIDED MEDITATION ON THE SERENITY PRAYER

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 hardship 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 happy in this life, and supremely happy with Him forever in the next. Amen

3. Who are we? Marianist LIFE What's Our Mission? Faith and Community

**SMALL GROUPS:**

1. Introductions and check-in

2. QUESTIONS:---What are the things in your life that give you serenity(a sense of peace and security)

---What do you feel you can not change in your life? Do you have a hard time accepting this?

---What in your life do you feel you can change but don't have the courage to?

---What are the things in your life that you can really count on?

---What are the things in your life that you have doubts about?

---What does "Living one day at a time" mean to you?

---When have you need courage or wisdom lately?

**CLOSING PRAYER:** Shared Prayer

**SNACKS/SOCIAL**