**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**