# There Is A Solution

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**Saint Francis Prayer**

Lord, make me a channel of Thy peace;
that where there is hatred,
I may bring love;
that where there is wrong,
I may bring the spirit of forgiveness;
that where there is discord,
I may bring harmony;
that where there is error,
I may bring truth;
that where there is doubt,
I may bring faith;
that where there is despair,
I may bring hope;
that where there are shadows,
I may bring light;
that where there is sadness,
I may bring joy.

Lord, grant that I may seek rather to comfort,
than to be comforted;
to understand,
than to be understood;
to love,
than to be loved.

For it is by self forgetting,
that one finds.
It is by forgiving,
that one is forgiven.
It is by dying,
that one awakens to Eternal Life.

Amen.

**The Lord's Prayer**

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done;
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation;
but deliver us from evil.
For thine is the kingdom,
the power and the glory,
for ever and ever.

Amen.

**The Pirate's Prayer**

Whatever your race is,
Or your colour or creed
Whatever your faith is
It's the same colour we bleed.
So may Grace be your Harbour
And Higher Power, your true north
Let Faith be your Anchor
And make Love your home port.
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**Third Step Prayer**

God,
I offer myself to Thee
To build with me and to do with me as Thou wilt.
Relieve me of the bondage of self,
that I may better do Thy will.
Take away my difficulties,
that victory over them may bear witness
to those I would help of Thy Power,
Thy Love and Thy Way of Life.
May I do Thy will always!

**Tenth Step Prayer**

I pray I may continue:
To grow in understanding and effectiveness;
To take daily spot check inventories of myself;
To correct mistakes when I make them;
To take responsibility for my actions;
To be ever aware of my negative and
Self-defeating attitudes and behaviors;
To keep my willfulness in check;
To always remember I need Your help;
To keep love & tolerance of others as my code; and
To continue in daily prayer how I can best serve You,
My Higher Power.

**Acceptance Prayer**

Acceptance is the answer to all my problems today.
When I am disturbed, it is because
I find some person, place, thing, or situation
-some fact of my life-
unacceptable to me,
and I can find no serenity until I accept
that person, place, thing, or situation
as being exactly the way it is supposed to be
at this moment.
Nothing, absolutely nothing
happens in God's world by mistake.
Until I could accept my alcoholism,
I could not stay sober;
unless I accept life completely on life's terms,
I cannot be happy.
I need to concentrate
not so much on what needs
to be changed in the world
as on what needs to be changed
in me and in my attitude.

*Alcoholics Anonymous - Page 417*
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