

# The Welcoming Prayer

*by Mary Mrzowski*

Welcome, welcome, welcome.

I welcome everything that comes to me  
today

because I know it's for my healing.

I welcome all thoughts, feelings, emotions,  
persons,  
situations, and conditions.

I let go of my desire for power  
and control.

I let go of my desire for affection, esteem,  
approval and pleasure.

I let go of my desire for survival and  
security.

I let go of my desire to change any  
situation,  
condition, person or myself.

I open to the love and presence of God  
and

God's action within. Amen

# The Welcoming Prayer

*by Mary Mrzowski*

Welcome, welcome, welcome.

I welcome everything that comes to me  
today

because I know it's for my healing.

I welcome all thoughts, feelings, emotions,  
persons,  
situations, and conditions.

I let go of my desire for power  
and control.

I let go of my desire for affection, esteem,  
approval and pleasure.

I let go of my desire for survival and  
security.

I let go of my desire to change any  
situation,  
condition, person or myself.

I open to the love and presence of God  
and

God's action within. Amen