

Serenity Prayer - “Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.”

Our Culture Focus for March is *Acceptance*, and although this can sometimes be a difficult trait to embody, it is surely an important one! Learning to deal with our own emotions and abilities is one thing, but learning to deal with other people’s thoughts and beliefs can throw us into a tizzy! Despite our best efforts, the world does not always cooperate and things don’t necessarily go our way.



At Backstage, we encourage our dancers to accept each other and their own amazing, beautiful self. It is easy to make excuses or become judgemental, rather than embracing and exploring differences. Even if we don’t agree with the opinions or choices of our fellow classmates, it is vital that we listen, contemplate, and try to understand the viewpoint of others. Open communication allows us to see and hear each other, and from this place we can focus on empathy and solutions. Rather than becoming discouraged with our own shortcomings and giving up, it is best to accept our own limitations, while continuing to push ourselves to achieve goals and reach milestones.

One of the most beautiful things about our dancers here at Backstage is the variety of people that walk through our doors. We have every race, religion, age, ability, and gender reflected in our classrooms, but every child has a common bond in movement, music and dance. Acceptance is required for change and transformation, and is a tool we can all use to make our world a more cohesive and compassionate place.

