

# 12 Steps@Trinity



Focus On Today

August 22, 2024

## **Make use of what we offer...**

...if not members of religious bodies we sometimes select and memorize a few sets of prayers which emphasize the principles we have been discussing. There are many helpful books also. Suggestions about these may be obtained from one's priest, minister, or rabbi. Be quick to see where religious people are right. Make use of what they offer.

*~Alcoholics Anonymous Pg. 87*

To us, the Realm of Spirit is broad, roomy, all inclusive; never exclusive or forbidding to those who earnestly seek. It is open, we believe, to all.

*~Alcoholics Anonymous Pg. 46*

## **12 Steps for All**

1. We admitted that our lives had become unmanageable and uncontrollable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood that.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked God to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong, promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with God as we understood that, praying only for knowledge of God's will for us and the power to carry that out.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.

## 12 Steps@Trinity

12-Step Spirituality is not a defined body of wisdom or particular collection of books and sayings. Indeed, the steps are rooted in a tradition much older and extending back millennia through the Judeo-Christian-Islamic religions. The Steps are now used by hundreds of different kinds of recovery groups and millions of people throughout the world. We could even say that 12-Step Spirituality is the combined knowledge and experience of all those who have used spiritual surrender and 12 Steps as a passage to recovery, and the things they have learned along the way. We are fortunate to include in our community many who have journeyed toward liberation with the 12 Steps and so we look to share what we have learned, as well as celebrate the presence of God in our midst.

## A Centering Prayer

Let us pray together:

**Gracious and eternal God,  
so draw our hearts to you,  
so guide our minds,  
so fill our imaginations,  
so control our wills,  
that we may be wholly yours,  
utterly dedicated to you;  
and then use us, we pray,  
as you will, and always to your glory  
and the welfare of your people;  
through Jesus Christ, we pray. Amen.**

## First Reading

**W**hen we quiet our mind, bypassing our thoughts about the hour or day before, or our fear over what may come tomorrow, we can more easily relish each moment – this moment. We too often succumb to the seduction of worrying about the past and future, which are beyond our control. Our unwillingness to give up this obsessive thinking keeps the joy and serenity we long for out of reach. We forget that the power lies within us to clear our mind and to fully experience the peace of the moment.

Quieting the mind requires commitment and practice. We can circumvent any thought and experience moments of peace – a peace that will become as seductive as our old obsession to worry.

Hear the Spirit as it speaks to us.  
**Amen.**

## Musical Interlude

*12Steps@Trinity is offered as a worship experience rooted in the spiritual wisdom of the twelve-steps, which themselves are rooted in the ancient spiritual exercises of St. Ignatius.*

In God's Care

*Though no one  
can go back  
and make a  
brand-new start,  
anyone can start  
from now and  
make a brand-  
new end.  
As We  
Understood...*

## Second Reading

Courage to  
Change

**A**s we let go of obsession, worry, and focusing on everyone but ourselves, many of us were bewildered by the increasing calmness of our minds. We knew how to live in a state of crisis, but it often took a bit of adjustment to become comfortable with stillness. The price of serenity was the quieting of the constant mental chatter that had taken up so much time; suddenly we had lots of time on our hands and we wondered how to fill it.

Having become more and more serene as a result of working the Twelve Steps, I was surprised to find myself still grabbing for old fears as if I wanted to remain in crisis. I realized that I didn't know how to feel safe unless I was mentally busy. When I worried, I felt involved – and therefore somewhat in control.

As an exercise, my sponsor suggested that I try to maintain my inner stillness even when I felt scared or doubtful. As I did so, I reassured myself again and again that I was safely in the care of a Power greater than myself. Today I know that sanity and serenity are the gifts I have received for my efforts and my faith. With patience, I am learning to trust the peace.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**You are with us in our prayer, our love and our doubt,  
in our longing to feel your presence and do your will.**

**You are the still clear voice within us.**

**Therefore, O God, when doubt troubles us,  
when anxiety makes us tremble, when pain clouds the mind,  
we look inward for the answer to our prayers.**

**There may we find you,  
and there find courage, insight and endurance.**

**And let our worship bring us closer to one another,  
that all of us, and all who seek you,  
may find new strength for your service. Amen.**

—Harvey J.  
Fields, Mishkan  
T'Filah

## Third Reading

In God's Care

**A**cknowledging our gratitude for the blessings in our life releases the happiness that we sometimes keep hidden within our heart. And happiness can be contagious. We all know people who are always bubbly, who always look on the bright side of events, who genuinely inspire happiness in us when we're around them. We, too, can serve as a catalyst for happiness in the lives of others.

Knowing that we're never left alone to solve any problem or handle any situation relieves us of much of the anxiety that crowds out happiness. Having God as a constant companion and having faith that we are moving toward the best outcome for the present circumstance, makes happiness a far more frequent visitor in our life. Happiness becomes habitual when we keep our focus on God as our play's director, the source for all our decisions.

Hear the Spirit as it speaks to us.

**Amen.**

## **Second Prayer**

*Let us pray together.*

**Dear God,**

**In this moment, I let go of all thoughts and concerns.**

**When I let go, I am able to receive.**

**When my hands are formed into tight fists,  
I cannot open my hands to receive anything.**

**When I hang onto tight control,  
When I close off my heart and my spirit  
I cannot receive your blessings for me.**

**I let go to receive your blessings.**

**Letting go in this moment,  
I receive your loving presence around me and within me.**

**Help me to let go when I am feeling overwhelmed,  
so that I may receive your peace.**

**Help me to let go when I feel fear  
so that in fear's place I may receive love and courage.**

**I let go of problems and challenges  
in order to receive your guidance and clarity.**

**I let go and trust you.**

**I will not fall.**

**You will catch me.**

**I let go and trust in the still, small voice inside of me.**

**Help me not to struggle but to surrender my struggle to you.**

**I gladly receive this gift of letting go and  
letting you lead me and guide me.**

**Amen.**

## **Musical Interlude**

## **Reflection**

*The reflection seeks to be evocative not prescriptive, so there is no expectation that you will agree with the homilist. Instead, allow the reflection to lead you into your own contemplation and feel free to follow your own inner voice rather than remaining focused on what the homilist is saying. Sometimes our journeys converge and sometime they diverge. Enjoy!*

*— Jackie  
Trottmann*

*Besides the  
noble art of  
getting things  
done; there is  
the noble art of  
leaving things  
undone. The  
wisdom of life  
consists in the  
elimination of  
non-essentials.  
Lin Yutang*

*Focus on today.  
Focus on the  
belief that all is  
well. All we need  
to do to reach our  
goal is to focus  
on what presents  
itself naturally,  
and in an orderly  
way, to us today.  
Melody Beattie*

## Meditation

*The meditation will be a brief period of quiet to allow us to center and quiet the mind. Please feel free to participate with whatever method you prefer.*

## Reconciliation, Release, and Reclamations

*A Thursday@7 tradition, you are invited to come forward and symbolically offer your prayer for the reconciliation of a fractured relationship, the release of a resentment, or the reclamation of lost hopes and dreams.*

## Shared Reflections

### The Serenity Prayer

Let us pray together.

**God 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;  
living one day at a time;  
enjoying one moment at a time;  
accepting hardship as a pathway to peace;  
taking, as Jesus did, this sinful world as it is,  
not as I would have it;  
trusting that you will make all things right  
if I surrender to your will;  
that I may be reasonably happy in this life  
and supremely happy with you in the next. Amen.**

### The Peace

*The earliest Christians shared a kiss or embrace as a sign of solidarity and reconciliation among those in spiritual community with one another. We continue that tradition with a common greeting:*

The Peace of the Lord be always with you.  
**And also with you.**

## ANNOUNCEMENTS

### Financial Support

Your financial support is not only a practical necessity. It can also be a very meaningful symbolic gesture, expressing your gratitude for all the blessings in your life and your hope for health in the world. You can place cash or a check in the big blue urn at the head of the aisle or you can [donate online here](#), text TRINITYBUFFALO to 73256, or send a check to: Trinity Episcopal Church, 371 Delaware Avenue, Buffalo, NY 14202

Thank you for your participation and contribution. Peace.

You can also donate  
by scanning this  
QR code:



### Trinity Treasures Rummage Sale on Saturday, September 7

Trinity is having a rummage sale on Saturday, Sept. 7 from 10am to 2pm in the chapel. Make this event a success by donating your gently-used treasures. No clothing, shoes or furniture please. You can drop off items at church on Sunday mornings 10am - noon, Tuesday and Thursdays 4pm-6pm. Please take your donations to the glass atrium in the courtyard and someone will be there to accept them. Items will be collected until Sunday, September 1. For questions about donations and to volunteer for this sale, please contact Erickson ([ehc@buffalo.edu](mailto:ehc@buffalo.edu)) or Missy ([missy.stolfi@gmail.com](mailto:missy.stolfi@gmail.com)).



### Volunteers Needed September 28

On Saturday, September 28, from 10am to 4pm Trinity Church will be participating in Explore Buffalo's Doors Open. During this free annual event, 30 historic buildings in downtown Buffalo will be open for tours. Last year there were over 5,000 participants. We are looking for Trinity members and friends to volunteer that day as greeters to welcome visitors to our beautiful space. Volunteers are needed for 1-2 hour shifts from 10-3. Explore Buffalo will also be providing 3-4 volunteers for check-in and to answer questions. You can sign up by emailing [susandoherty50@hotmail.com](mailto:susandoherty50@hotmail.com) or at the sign-up [here](#).

### Trinity Jazz Series

Krista Seddon presents lecture-performances connecting classical and jazz music

**September 20**, "One Person Can Change The World" The Contributions of George Gershwin

**October 18**, "War & Peace" An American Story of Music & Hope

**November 22**, "Why The Beatles Still Speak To Us"

Purchase tickets [here](#) or scan the QR code.



### Trinity Basket Raffle October 5

Trinity will be having its first annual (hopefully) basket raffle this fall. Mark your calendars for **October 5!** We will need many helpers the day of the event for running the winning baskets and some prior to the event to help create baskets from donations received and organize everything for the day of. Anyone interested in helping please reach out to Jess Poleon at [jesspoleon@gmail.com](mailto:jesspoleon@gmail.com) or Sharon Hirsch via phone 716-875-4683 or 716-480-5160. We are asking each member of the congregation to bring in a basket or gift card for the raffle. Additionally, we request each member to bring in a bottle of alcohol or wine for a special liquor raffle which will take place at the basket raffle. If you have a connection with a local business you think would be willing to donate, please reach out to Jess, she has already reached out to a number of local businesses. We don't want to double up on requests, so let her know and she will get you the request letter and mark you down as seeking the donation from that business/organization. We appreciate everyone's assistance and look forward to a fun event. Thank you, Jess Poleon, Basket Raffle Chair.

### Volunteer Opportunities With One of our Partners

Creative Restorations INC is seeking dedicated volunteers to assist with the operation of our food pantry, which serves those in need in our community. We are looking for help on Mondays from 9-Noon, Wednesdays from 12-3pm, and Fridays from 3-6pm. If you are interested in lending a hand and making a difference, please reach out to Chris Harzynski at 716-553-4886. Your support would be greatly appreciated!

### Comfort and Care Team

The Comfort and Care Team is here to help and support you or someone you know experiencing health or other life challenges. Email any one of us to request prayers, a caring phone call, notes, information on resources, a friendly visit, or arranging meals.

Phoebe McKay, [phoebemckay@gmail.com](mailto:phoebemckay@gmail.com)

Marie Keane, [MNMKeane@gmail.com](mailto:MNMKeane@gmail.com)

Susie Green, [susie432@gmail.com](mailto:susie432@gmail.com)

Sara Merritt, [smerrit172@gmail.com](mailto:smerrit172@gmail.com)

Patti Nisbet, [tudorspace@aol.com](mailto:tudorspace@aol.com)

### Parking at Trinity's Franklin Street Lot

When you come to a church service or other Trinity event, you can park in Trinity's Franklin Street lot without paying; the parking fees will not be enforced. You can use the lot any other time you are in the neighborhood, too, so that Trinity gets the parking fee! Use your smartphone to pay.



### Explore Buffalo is back!



Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo leads tours of Trinity's windows as part of its Sacred Spaces series. Check the website listed below or scan the QR code for the schedule. You can help the wider community appreciate the resources Trinity has to share. Post this link on your social media or email it to friends. Better yet, invite someone to come on the tour with you. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>



### Slow Down Yoga

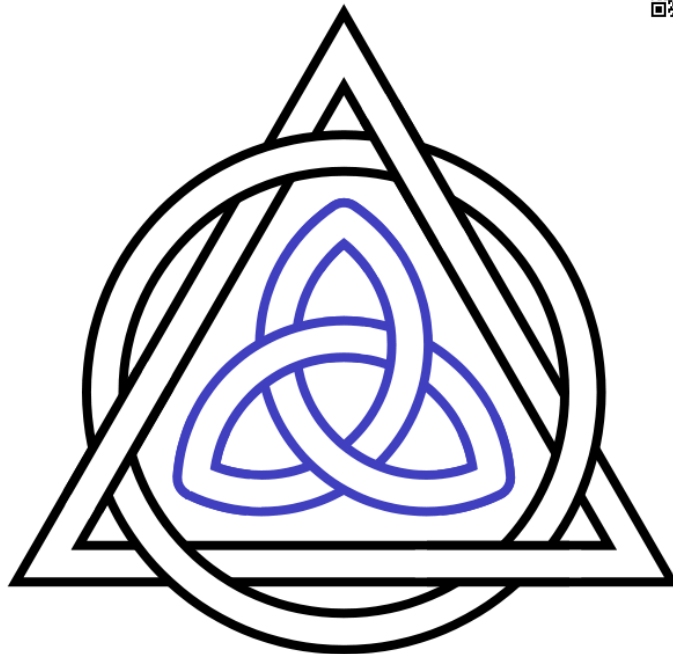
**Tuesdays @noon** slow down, tune in, and take care with a gentle, mindful yoga class for any level of skill. Led by Heather Henry Rawlins, LMHC, RYT200, this Hatha yoga-based practice cultivates calm awareness, stability, and flexibility. Calm your nervous system and feel grounded in order to feel vividly present and full of ease. To sign up, click [here](#) or email Heather at [hhenryrawlins@gmail.com](mailto:hhenryrawlins@gmail.com)



### Trinity Jazz Series

Krista Seddon Presents Lecture-Performances Connecting Classical and Jazz Music  
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Purchase tickets [here](#) or scan the QR code.

Sign up [here](#) to get Trinity's eNews to stay in touch!



## 12-Steps@7

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