

# 12 Steps@Trinity



Sharing with God

October 24, 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

Sharing with another human being is called communication. Sharing with God is called prayer. There are different manners of praying, different times of praying, and different names used for the Higher Power. We don't all need to pray the same way – but we all need prayer.

Prayer works. An endless river of examples flows through our meetings and reflects that truth: Prayer works. At a tense time, a fearful time, a hard or a confused time, a time of celebration or thanksgiving – someone prayed. God was sought, the mental and spiritual doors were opened with a simple, "Help me, be with me," and that presence was there.

As feeble and hesitant as our efforts at conscious contact may be, God will bring the party to us if we only invite Him.

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.*

Days of Healing  
Days of Joy

*The chains of habit are too weak to be felt until they are too strong to be broken.  
Samuel Johnson*

## Second Reading

**T**he Twelve Steps won't work for anyone unless they are practiced. That's why so many veterans of this program work the steps over and over. It's a good habit, and good habits – just like bad ones – strengthen with use and time.

In God's Care

Prayer is an important part of this program that becomes as regular as habit, and it's a habit worth getting into. Communing with God at a similar time, or times, every day brings us power for daily living and provides us with a spiritual reserve. Daily contact with our Higher Power gives us special insights into our own actions and helps us look with love on those around us.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**My Lord God, I have no idea where I am going.**

**I do not see the road ahead of me.**

**I cannot know for certain where it will end.**

**Nor do I really know myself,**

**and the fact that I think that I am following your will**

**does not mean that I am actually doing so.**

**But I believe that the desire to please you does in fact please you.**

**And I hope I have that desire in all that I am doing.**

**I hope that I will never do anything apart from that desire.**

**And I know that if I do this you will lead me by the right road**

**though I may know nothing about it.**

**Therefore will I trust you always though I may seem to be**

**lost and in the shadow of death.**

**I will not fear, for you are ever with me,**

**and you will never leave me to face my perils alone.**

**Amen.**

— *Thomas  
Merton*

*Thank God  
every morning  
when you get up  
that you have  
something to do  
which must be  
done whether  
you like it or not.  
Charles Kingsley*

## Third Reading

**P**rayer at its best is an attitude, and awareness of God's presence. It's a feeling that we are not alone, no matter where we are or what we're doing. It is a thankfulness, a silent appreciation of and communion with our source.

Most of all, prayer is stepping back and letting go. It is a conscious awareness that we are the instruments of God's will, that our greatest fulfillment and satisfaction come in letting that will – not ours – prevail. The best prayer is remembering that our self-will consistently gets us into trouble and that listening for God's will is the way out.

Hear the Spirit as it speaks to us.

**Amen.**

## Second Prayer

*Let us pray together.*

**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

In God's Care

— Jackie  
Trottmann

*God insists  
that we ask,  
not because  
He needs to  
know our  
situation, but  
because we need  
the spiritual  
discipline of  
asking.  
Catherine  
Marshall*

*To avail yourself  
of His certain  
wisdom, ask of  
Him whatever  
questions you  
have. But do not  
entreat Him, for  
that will never be  
necessary.  
Hugh Prather*

## 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!*

## 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.**

*When you pray for  
anyone, you tend  
to modify your  
personal attitude  
toward him.  
Norman Vincent  
Peale*

# 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.

## Trinity Discussion Group: Love God, Love God's World

Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** via [Zoom](#) (Meeting ID: 816-6863-4672 Passcode: trintalk) to explore creation care and environmental ministry using the Episcopal Church's *Love God, Love God's World* curriculum. Sessions will include compelling readings and videos, faith-based reflections, and discussion questions. Participants will discover ways to learn, pray, advocate, and conserve. Please email Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com) to sign up and receive weekly course materials.

## Buffalo Bills & Veterans Pregame Party 11/10/24.

Come watch the Bills game with Trinity fans after the 10:30 service on Sunday, November 10. There will be a Veteran appreciation pregame party (potluck style) leading up to 1pm kickoff. Contact Christian at [christian.eshelman@yahoo.com](mailto:christian.eshelman@yahoo.com) with any questions. Sign up with your expected contribution for the potluck at <https://www.signupgenius.com/go/70A0C4FAFA629A3F58-52062766-bills>.

**Hamlin Park School** has requested the following items for a grab a go toiletry table at their November 16 Saturday Academy which serves entire families of Hamlin Park students.

deodorant	socks & underwear of any size
body lotion	toothpaste & toothbrushes
body wash	feminine products
hair products	

Please consider purchasing some of these items, and bring them to the bin in the red carpet area of the main church or the bin in the chapel by **Monday, November 11**. For questions, please email Patti Nisbet at [tudorspace@aol.com](mailto:tudorspace@aol.com).

## 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)

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

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

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

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

You can also donate by scanning this QR code:



**TRINITY JAZZ SERIES**  
**FEATURING**  
**KRISTA SEDDON**

## Trinity Jazz Series

Krista Seddon Presents Lecture-Performances Connecting Classical and Jazz Music **@7pm November 22**, "Why The Beatles Still Speak To Us"

Purchase tickets [here](#) or scan the QR code to the left. If you'd like to help make these evenings a success, please sign up [here](#) to volunteer or scan the QR code to the right. There are various roles needed including food and wine donations.



### **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.



YOU'RE CORDIALLY INVITED TO EAT CAKE, DRINK  
TEA AND DISCUSS LIFE'S ONLY GUARANTEE . . .

# Death Cafe

SAT. OCT. 26 @ 6 PM

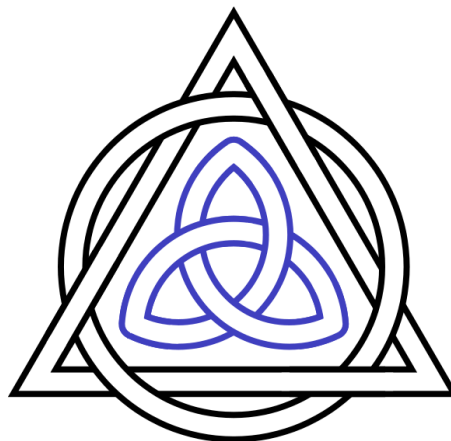
♥ FREE AND OPEN TO THE PUBLIC ♥  
DONATIONS GREATLY APPRECIATED

**"THE CHAPEL" @ TRINITY BUFFALO**  
371 DELAWARE AVENUE  
*(LOCATED AT REAR OF COURTYARD (NOT MAIN BUILDING))*  
BUFFALO, NEW YORK 14202

TO LEARN MORE, VISIT:  
[WWW.DEATHCAFE.COM](http://WWW.DEATHCAFE.COM)

R.S.V.P. / CONTACT: (716) 913-2379  
[THRESHOLDSOCIETYWNY@GMAIL.COM](mailto:THRESHOLDSOCIETYWNY@GMAIL.COM)  
[FACEBOOK.COM/THRESHOLDWNY](https://FACEBOOK.COM/THRESHOLDWNY)

PRESENTED BY:



**12-Steps@7**

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