

# 12 Steps@Trinity



## Healing Through Relationships

October 17, 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 take special care of our relationships, giving love openly and freely to a spouse or parent; when we offer sincere attention to others, whether friends or strangers; when we regard the needs of loved ones as equal to our own, we will discover a measure of inner joy that far exceeds what we'd hoped for.

In spite of the promise of joy that comes from our acts of kindness, the temptations to be self-centered, to hurt others, to fight to get our way, still rear their seductive heads. But the gratification that results from winning a struggle with another person is short-term and isn't worth the residue of shame it leaves.

Our Twelve Step program has given us a plan of action that frees us from shame. We are no longer ignorant of the blessings that will surely come when we carry this message of freedom to others.

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

*"...The most important person to gain love and respect from is myself."  
Courage to Be Me*

## Second Reading

**S**tep Five, "Admitted to God, to ourselves, and to another human being the exact nature of our wrongs," suggests a specific order for actions. It also gives me a guideline for prioritizing the relationships in my life.

Hope for Today

First, I need to develop a relationship with the God of my understanding. This will be the source of my happiness and future recovery following the Twelve Steps. Without such a relationship, I will not have the strength, guidance, or wisdom I need to live and learn the Steps, Traditions, and slogans. My Higher Power will give me courage to develop the attitudes and behaviors that bring about solid recovery. Steps One through Three help me build this important relationship.

Next, I learn to become at peace with myself. I wake up with myself every morning and go to sleep with myself every night. I spend 24 hours a day with that one person, so it is important that I'm at least tolerable if not downright enjoyable company. I can't be that person when I'm overly controlled by guilt, fear, and resentment and negligibly aware of my gifts and talents. Steps Four through Seven help me get to know and accept myself.

*He who wishes to  
secure the good  
of others has  
already secured  
his own.  
Confucious*

Lastly, I start acting responsibly toward others. The best way to heal that guilt and resentment I've been lugging around is to take a good, hard look at the people I've harmed and do my best to make amends. I can even go one step further by carrying a message of hope instead of hurt as I may have done in the past. Steps Eight through Twelve help me clean up my past and plant seeds of benevolence in the future.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**LORD, you have searched me out and known me;  
you know my sitting down and my rising up;  
you discern my thoughts from afar.**

**You trace my journeys and my resting-places  
and are acquainted with all my ways.**

**Indeed, there is not a word on my lips,  
but you, O LORD, know it altogether.**

**If I say, "Surely the darkness will cover me,  
and the light around me turn to night,"**

**Darkness is not dark to you;  
the night is as bright as the day;  
darkness and light to you are both alike.**

**For you yourself created my inmost parts;  
you knit me together in my mother's womb.**

**I will thank you because I am marvelously made;  
your works are wonderful, and I know it well. Amen.**

*Psalms 139 1-3,  
10-13*

## Third Reading

**H**umankind has made such great technological progress, developing marvelous tools and instruments to make our life easier, that it is hard to imagine the struggles our ancestors endured. We are so used to these protective and labor-saving devices that we take them for granted. We fail to appreciate them.

So it is with our loved ones, our fellow workers, our friends, and acquaintances. We are so used to the help, the cooperation, the moral support, and the love we get from them that we may take them for granted. And then we wonder why our relationships don't always go smoothly. What if we were to show them a little appreciation? What if we were to ask God to bless them?

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

## Second Prayer

*Let us pray together.*

**Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. 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!*

## 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.*

In God's Care

—Attributed to  
St. Francis

***Today I will give thanks to my Higher Power for the people around me and tell them, one by one, how much I appreciate them.***  
**Hope For Today**

## 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.**

*“She realized that  
if a...relationship  
were to change,  
the one who  
first saw the  
kind of attitudes  
required had the  
obligations to hold  
these attitudes  
and behave  
accordingly.”*  
The Dilemma  
of the Alcoholic  
Marriage

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## 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

On **Wednesdays** we explore creation care and environmental ministry using the Episcopal Church's *Love God, Love God's World* curriculum. Sessions include compelling readings and videos, faith-based reflections and discussion questions. Participants discover ways to learn, pray, advocate, and conserve. Please sign up with Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com) to receive weekly course materials.

Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

### 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. Please sign up with your expected contribution for the potluck at <https://www.signupgenius.com/go/70A0C4FAFA629A3F58-52062766-bills>.

### 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**

**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 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.



### 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)



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)

PRESENTED BY:

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## 12-Steps@7

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