

12 Steps@Trinity



Acceptance Again

June 20, 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

It's easy to love people who are like us, who may have been raised the same way, educated the same way, share the same values, or have had many of the same experiences. It's not as easy to love people who seem different. But if we are to fulfill God's plan for us, we should try.

It's not easy, either, to love the way we feel sometimes, or the unpleasant things that happen to us. But, like the people who are "different" from us, even our negative feelings need to be loved. Our fears, frustrations, pain, boredom, despair – these are part of us and they oftentimes have a greater purpose.

We may not think it's possible to love how we feel, but we can make the decision to love everything about ourselves – and then we can see what happens. We may not know God's purpose, but we may understand better if we learn to love ourselves the way we are.

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 primary cause of unhappiness is never the situation, but your thoughts about it.  
Eckhart Tolle*

## Second Reading

It's perplexing that we don't always seem able to live up to our own expectations. When we find ourselves snapping at our loved ones, belittling our friends, insulting strangers, or generally withholding our love, we can't understand what came over us. It's painful to realize that, even with the best intentions, we are hurting others.

In God's Care

Perhaps, though, this pain we feel is exactly what we need to bring us to our senses. God gave us the help we needed when our addictions had us licked, but not until we were really hurting. The help didn't come until we hit bottom and surrendered. Our harmful character defects couldn't be removed until we were ready to admit that our own efforts failed, and we need God to show us the way.

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.**

—*Psalm 139 1-3,  
10-13*

*If I feel mental  
pain today, I  
may need to  
take inventory  
and humbly ask  
God to remove  
my character  
defects.*

In God's Care

## Third Reading

**W**e've heard the phrase "No pain, no gain" many times. Perhaps we've also heard "Pain is inevitable. Suffering is optional." We may want to consider these carefully before assuming they are absolutes. It's far more sensible to believe that our attitude determines whether we find a situation painful. We can be overwhelmed by suffering if we choose. Or we can accept our changing circumstances as natural and growth enhancing.

If we stay centered on God throughout change and let this relationship comfort and quiet us, we won't be traumatized by the pain and turmoil of change.

This does not mean that pain isn't real and that surviving a painful experience won't help us mature and grow in our compassion for others. Suffering can be valuable in our life, but it doesn't have to consume or control us. With God's help we can keep it in perspective, learn from it, and let it go.

Hear the Spirit as it speaks to us.

**Amen.**

## Second Prayer

*Let us pray.*

**My God, I have always thought  
that growing stronger in spirit  
would mean becoming invincible, beyond need.  
Now I see you are teaching me  
to receive another kind of strength  
when I come to the end of mine.  
Teach me to walk in your ways  
as I have never known them before.  
Amen.**

## Musical Interlude

## 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

*—David Hazard,  
You Set My  
Spirit Free*

*I don't know  
God's plan for  
me, but I accept  
myself and  
others in love.  
In God's Care*

## 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.**

*Someone who  
knew what he  
was talking about  
once remarked  
that pain is the  
touchstone of all  
spiritual progress.  
Bill W.*

# 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.

## Thank You!!

Thank you to all who volunteered during Allentown weekend. Over 4000 people chose to spend some time exploring Trinity. They enjoyed our beautiful windows and architecture, listened to great music, and purchase dvarious gift items. Trinity earned \$4,513.47 over the weekend. This came from parking lot (\$3,074.42), gift sale items (\$1,120.05), donations in the box and at candle walls (\$319). None of this would have been possible without all of the people who gave their time to share Trinity with the Allentown visitors.

## Bach to Brubeck, Friday, June 21, @7:00pm

Location: Trinity Episcopal Church

Come join us for a night of musical magic as Krista Seddon takes us on a journey from the classical compositions of Bach to the cool jazz tunes of Brubeck. This event will showcase Krista's incredible talent and knowledge. She will transport you through time and genres with her mesmerizing performance and discussion. Don't miss out on this unique musical experience! Tickets are now available for purchase online only. Click [here](#) or scan the Ticket QR code to the right.

Volunteers are needed for this event. Scan the Volunteer QR code or contact Tim Lane [t.w.lane@outlook.com](mailto:t.w.lane@outlook.com) if interested in helping.

## Lunch and play time - Sunday, June 30

Families with children are invited to stay after church for lunch and play time on Sunday, June 30. Pizza and fruit will be provided. We'll have a bounce house and bubbles. All are welcome! If you would like to attend, please let Emily Carlin ([emily.g.carlin@gmail.com](mailto:emily.g.carlin@gmail.com)) or Colleen O'Neill ([coneill@trinitybuffalo.org](mailto:coneill@trinitybuffalo.org)) know so we can be sure to have enough food, but last-minute attendees will also be welcome!

## 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)

## Slow Down Yoga

**Tuesdays @noon** we learn and practice slowing down, tuning in, and taking care with a gentle, mindful yoga class for any level of skill. Facilitated by Heather Henry Rawlins, LMHC, RYT200, this Hatha yoga-based practice moves with care to cultivate calm awareness, stability, and flexibility as well as practices for calming the nervous system and feeling grounded in the body—a good practice for interrupting the accumulations of stress in mind and body and feeling vividly present and full of ease. To sign up, click [here](#) or email Heather at [hhenryrawlins@gmail.com](mailto:hhenryrawlins@gmail.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.

## Friends of Night People

We are looking for volunteers to help out at Friends of Night People which provides food, clothing, medical care, counseling and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45 until 7. For more information, please speak to Emily Carlin or email: [emily.g.carlin@gmail.com](mailto:emily.g.carlin@gmail.com).

You can also donate by scanning this QR code:



## Tickets

## Volunteers



# 3<sup>RD</sup> ANNUAL EAST SIDE GARDEN WALK AND COMMUNITY TOUR!

**SUNDAY, JULY 21  
12-4PM**

**JOIN US FOR AN INTERFAITH GUIDED BUS TOUR OF THE  
EAST SIDE GARDEN WALK.**

**TOUR BEGINS IN FRONT OF THE TOPS HONOR SPACE AT  
1275 JEFFERSON AVENUE, BUFFALO, NY 14208**

**\*WE WILL BE RIDING SCHOOL BUSES!**

**OUR 2024 TOUR FEATURES ALL NEW GARDENS!**

**LIMITED SPOTS AVAILABLE  
RSVP BY JULY 12!  
BIT.LY/GARDENWALK24**



**Buffalo Jewish**  
COMMUNITY RELATIONS COUNCIL

**Questions? Contact**  
Rachel@buffalojewishfederation.org

## LOCAL PARTNERS



## 12-Steps@7

Trinity Episcopal Church • 371 Delaware Avenue • Buffalo, New York 14202  
The Rev. Matthew Lincoln • mlincoln@trinitybuffalo.org  
www.TrinityBuffalo.org • (716) 852-8314