

12 Steps@Trinity



Connection
December 5, 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

Too often we forget or fail to appreciate how tightly woven our life is with the lives of others. Whether self-centered or loving, no action is without its repercussions. Each of us is a very small but significant part of the whole of creation. This realization both thrills and mystifies us.

Remembering our connectedness to others keeps us from feeling isolated and lonely. We will not doubt our place or value in the lives of others when we remember we are each here by design, and someone in our life each day is there to learn what God has given us to teach. And that person, in turn, will teach us.

We can feel only wonder and awe when we contemplate the reality that every person, situation, and experience has value and meaning. We all contribute to life's drama and we can be proud, yet humble, when we remember how mutually necessary our roles are to each other's destiny.

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

*If you do not tell the truth about yourself you cannot tell it about other people.
Virginia Woolf*

Second Reading

From time to time we get tired of hearing the word community. Perhaps the word itself has been overused to the point of meaninglessness. Or perhaps deep inside we fear that the community will rob us of our individuality. But that just isn't so. Both a community and a crowd are made up of individuals. The difference is in the way the individuals react to one another.

Days of Healing
Days of Joy

A mob is mindless – it doesn't matter who its members are. A community, on the other hand, is authentic because it's made up of separate, distinct people. Without the diverse relationships within the group, a would-be community could never get off the ground.

Within the growing community of adult children, all members are unique, valued, and accepted "as is."

We are one because we are many.

Hear the Spirit as it speaks to us.

Amen.

*Through our
own recovered
innocence we
discern the
innocence of our
neighbors.
Henry David
Thoreau*

First Prayer

Let us pray together.

**Thank you for our time in community,
for deep, if fleeting friendships,
for those conversations late at night,
for the vulnerable intensity lubricated by laughter
for the freedom to serve others
and to affirm ourselves
in the face of all that you know and we know of our lives.
And we thank you for any signs that the churches,
from which so many are disaffected,
can yet be your body on earth in the community of creation.
Amen.**

— Kathy
Galloway, of the
Iona Community

Third Reading

Still more wonderful is the feeling that we do not have to be specially distinguished among our fellows in order to be useful and profoundly happy. Not many of us can be leaders of prominence, nor do we wish to be. Service, gladly rendered, obligations squarely met, troubles well accepted or solved with God's help, the knowledge that at home or in the world outside we are partners in a common effort, the well-understood fact that in God's sight all human beings are important, the proof that love freely given surely brings a full return, the certainty that we are no longer isolated and alone in self-constructed prisons, the surety that we need no longer be square pegs in round holes but can fit and belong in God's scheme of things—these are the permanent and legitimate satisfactions of right living for which no amount of pomp and circumstance, no heap of material

The 12 & 12

possessions, could possibly be substitutes. True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under the grace of God.

Hear the Spirit as it speaks to us.

Amen.

Fourth Reading

Whether we are religious or not, the essence of the Easter story is relevant to all of us. It is the triumphant message that light is more powerful than dark, that love is stronger than fear, and that life can win over death.

In all of us there are the seeds of darkness, despair, and death. Some adult children have lived their whole lives in the fear of being overwhelmed one day. For us, Easter is the symbol of ultimate victory made possible by a Power greater than ourselves. It is the celebration of our connectedness with that Higher Power.

No matter what our religious beliefs, the Easter story is not only about what happened to someone else; it's about what's happening to us – or can happen. It's about the experience of being lifted up and made new, when we ourselves didn't have the power to do it.

Hear the Spirit as it speaks to us.

Amen.

Second 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.**

Musical Interlude

In God's Care

—Harvey J.
Fields, Mishkan
T'filah

*I am comforted
by seeing the
good within
us all, because
that means I am
finding more
worthwhile
qualities within
myself.
Days of Healing
Days of Joy*

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.

*Every spirit builds
itself a house, and
beyond its house,
a world, and
beyond its world,
a heaven. Know
then that world
exists for you.
Ralph Waldo
Emerson*

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.

Angel Tree - Opportunities to Share Your Blessings

As you prepare for the holiday season, please consider sharing your blessings with Compass House, Hamlin Park Academy, and Justice for Migrant Families.

In the 1970s, Trinity helped establish Compass House, which provides a safe space for runaway and homeless youth and teens. Justice for Migrant Families is not just another tenant at Trinity. As a sanctuary church, Trinity embraces the mission of this organization as our own. We support their important work by providing office space for them and participating as volunteers in some of their activities. Through Say Yes Buffalo, Trinity has had a partnership with Hamlin Park Academy since the fall of 2016. Trinity has provided school supplies, clothing, books, and volunteers to assist the students in the school.

Trinity is collecting \$25 gift cards for these organizations now through Sunday, December 15. Hamlin Park prefers Tops gift cards but any gift cards would be appreciated. If you want to donate cash we would be happy to purchase gift cards for you. There will be envelopes in the back of the church if you want to make a donation during our Sunday offerings or mail in a donation. Thank you for your generosity.

Missy Stolfi (716) 998-6816 or missy.stolfi@gmail.com

Patti Nisbet (716) 698-2834 or tudorspace@aol.com

Sue Doherty (716) 725-7471 or susandoherty50@hotmail.com

Darkness into Light: When the Christmas Spirit Eludes You

On **Sunday, December 22 @7 pm**, Trinity will hold a special evening service for persons who are struggling with Christmas this year. You may be experiencing grief or loss, sadness or depression. For any reason, if you can't quite conjure up Christmas joy, Trinity would like to meet you where you are, give you some empathy, and share this evening of readings, Krista's music, and a communion service. Simple reception to follow. Service also available on Zoom.

Volunteer Opportunities With One of our Partners

Creative Restorations 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!

Trinity Discussion Group: Exploring Advent Through Poetry

Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** via [Zoom](#) (Meeting ID: 816-6863-4672 Passcode: trintalk) starting December 4. Explore Advent with poems from notable poets including Rowan Williams, T. S. Eliot, Gerard Manley Hopkins, and George Herbert in Janet Morley's *Haphazard by Starlight* poetry anthology. Sessions will include readings of poems, faith-based reflections, and discussion questions. Please email Jeffrey Tooke at jeffreytooke@outlook.com to sign up and for more information.

Christmas Week Worship Schedule

Please join:

Sunday, December 22 10:30am service - 4th Sunday of Advent, Lessons and Carols and Greening of the Church

Sunday, December 22 7:00pm service - Darkness into Light Service

Tuesday, December 24 3:00pm service - Christmas Eve Service and Children's Pageant

As usual, there will be no services held on Christmas Day, including the weekly Wednesday noon service.

Thursday, December 26 7:00pm service - 12 Steps@Trinity based on 12-step spirituality

Sunday, December 29 10:30 service

You can also donate by scanning this QR code:



Thursday, January 2 7:00pm service - 12 Steps@Trinity based on 12-step spirituality

Please note that on Sunday, December 29, there will be no nursery services or Creator Quest during the 10:30 service.

Sunday, Dec 29: NO Trinity @7

There is no Wednesday at noon service on December 25 or January 1.

Hamlin Park School Monthly Community Event

Each event has a theme and is open to all. They are always looking for volunteers. The times and dates are:

Saturday Academy 10am-1pm:

December 14, February 1, March 8, April 5, May 3

Evening 4:30-6pm:

January 30, April 3

Trinity members would be welcome to any of these. For more information, you can contact the Say Yes To Education coordinator Van Daniel at vdaniel@sayyesbuffalo.org or (716)388-1572.

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

Marie Keane, MNMKeane@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@gmail.com

Patti Nisbet, 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

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/>



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



12-Steps@7

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