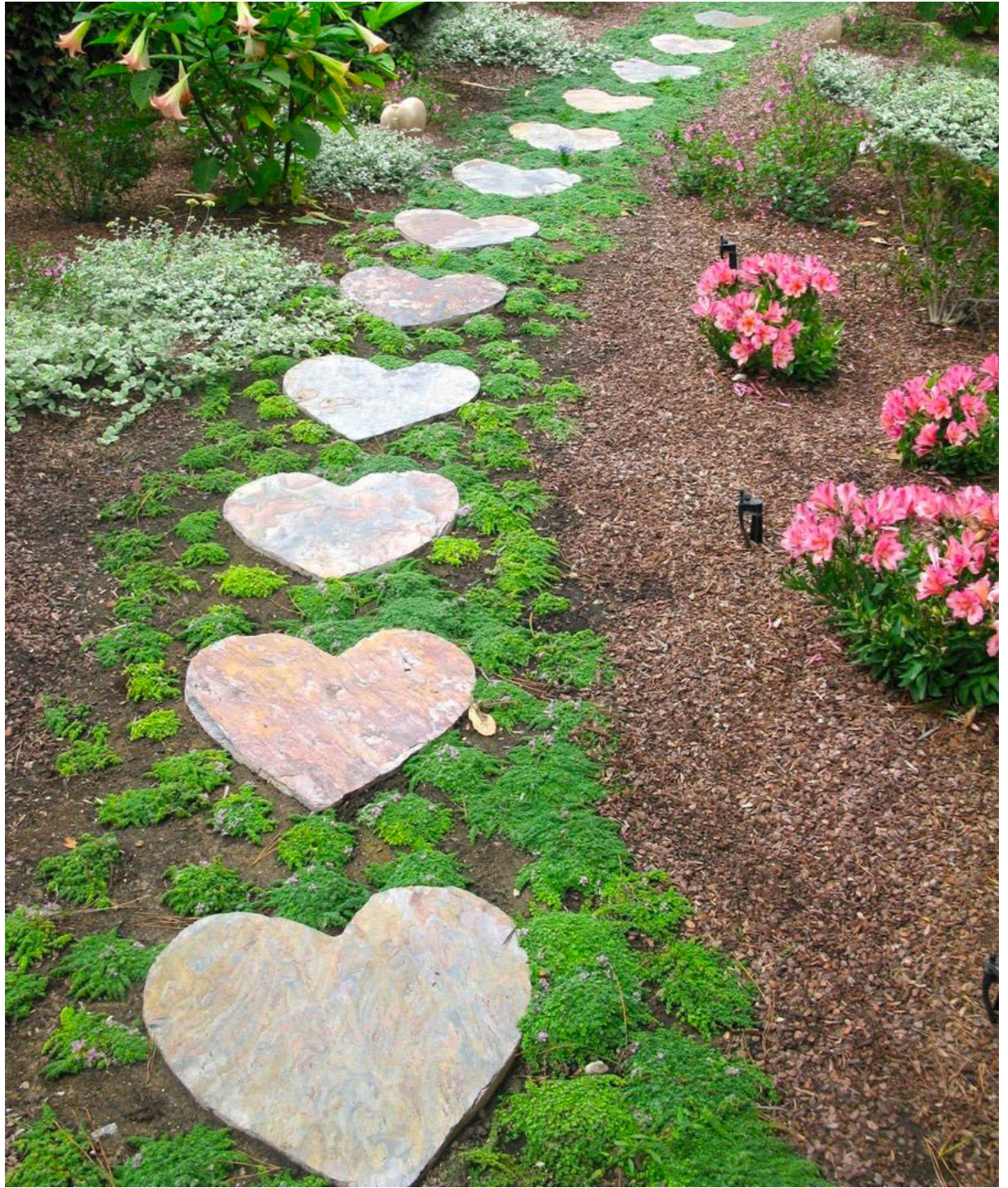


12 Steps@Trinity



God Working in Our Life
January 23, 2025

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

Life's assignment is to live unselfishly, lovingly, and cooperatively with God's will. The program's principles, which are offered as guidance in our life, make our assignment quite manageable – even simple. It's often only a matter of expressing the love we feel to the people who cross our path each day. Our own burdens will lighten every time we show kindness to another person. Our conflicts mysteriously begin to dissipate when we switch from a fearful, negative outlook to a loving, trusting one.

Love is God's gift, and our existence is proof of that love. When we offer love freely and honestly to someone else, we give a gift not only to that person by showing unconditional love, but also to God by doing God's will. We also give a gift to ourselves in that each expression of love heightens our own awareness of being loved.

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

*Be of love a little more careful than of anything.
e.e. cummings*

Second Reading

In God's Care

Our inspiration to do small kindnesses for friends, our desire to express love for those persons dear in our life, our inclination to offer a smile to a stranger – all are reminders that God is working in our life. Our willingness to let God's will be felt by us and then expressed through us is the most complete contribution each of us can make to this spirit-filled world that is our home.

However, none of us is yet free from our ego that, at times, pushes us to act in self-centered, mean-spirited ways. When we aren't thinking of God first, we often aren't inclined toward expressing our better selves. Fortunately, our program helps us remember God throughout the day and, in turn, God gives us opportunities to exercise our willingness to be kind rather than mean and show we're thinking of others' needs before our own.

With God's help each of us will share in making this a better world for all.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Let there be love and understanding among us.

Let peace and friendship be our shelter from life's storms.

O God, help us to walk with good companions,

to live with hope in our hearts and eternity in our thoughts,

that we may lie down in peace and rise up waiting to do Your will. Amen.

—Chaim Stern,
Mishkan T'filah

Third Reading

In God's Care

Our days are filled with busyness. Few of us seem to have time to pause for a breath of fresh air, let alone take time out to commune with our Higher Power. But if we practice knowing that God is present in our life, and keep at it until it becomes habitual, we find ourselves noticing that we are not alone.

And it doesn't take much to establish a connection. Just thinking that God cares is enough to do it. Realizing that we can commune with God through other people does it too. A smile, a sympathetic word, a pat on the back, and we are connected.

Hear the Spirit as it speaks to us.

Amen.

*Why indeed
must "God" be
a noun? Why
not a verb – the
most active and
dynamic of all?
Mary Daly*

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.

Shared Reflections

*—Attributed to
St. Francis*

*All the good that
has ever been or
will ever be has
its beginnings in
God.*

**Daily Word,
July 11, 1988**

*I will do my part
toward a better
world today by
thinking of God
during each
encounter I have
with another
person.
In God's Care*

A little lifting of the heart suffices; a little remembrance of God, one act of inward worship are prayers which, however short, are nevertheless acceptable to God. Brother Lawrence

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.

You can also donate
by scanning this
QR code:



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.



Vestry Elections and Annual Meeting on Sunday, Feb 2. You can vote for our new Vestry members now through Sunday, Feb 2 @10:30am. Everyone who considers themselves to be a member of Trinity is welcome to vote. This year we are electing 1 warden and 3 vestry members. Be sure to attend the annual meeting on February 2 @11:30am in the Marfield Room to learn what's been going on at Trinity. You may notice that there are the same number of candidates as there are vestry openings. It is still important that you take the time to vote. Your vote indicates that you do support these people representing you on the vestry. Click [here](#) to vote.

JoAnne Sundell - Warden

I'm a mom of two college-aged sons, small business owner with my husband Dan, and an adjunct history instructor at SUNY Erie's City campus. I've been a member and greeter at Trinity for about 20 years. Since 2019, I've served on two committees formed to help Trinity to become economically sustainable in an era of declining church membership. I believe that I have a clear understanding of our obstacles and opportunities. As Warden, my intention is to support Matt and the vestry as Trinity transforms into the best, sustainable version of itself.



Jane Kearns

I am honored to be asked to put my name up for vestry! I have been an active member since 1976. Trinity has been an important part of my life all of these years. I taught the Sunday school nursery for more than 8 years, served on vestry 2 terms, leader of the kitchen area for the White Elephant Sale for many years and since its demise, have offered assistance in various fundraisers as I have been able. I have just retired from Hunt REC after 42 years and have enough energy left to assist Trinity in any way needed. Thank you for considering me.



Jess Poleon

My background in public service (I work for Erie County) will assist me in serving the congregation as a vestry member. I am a good listener and will listen to what the members want. I bring a fresh set of eyes and perspective to the table. Everyone's voice is essential. No matter how large or small someone believes themselves to be, we are all equal and must be part of the conversations carrying the church into the future. I currently serve on the WNY ASIS [American Society of Industrial Securities] as co-vice chair, having served five terms as chair. I live in the Blackrock section of Buffalo with my husband Paul, who I've shared 21 blissful years of marriage and counting, our teenage son PJ (Paul Jr.), and our two dogs, Harley and Jack. If anyone has any questions, feel free to reach out.



Cynthia J. Stroud

I am affectionately known as Cindy, and I work as a staff member of the Clean Air Coalition, based here at Trinity. I have been asked by the nominating committee to bring a Trinity partner perspective to the vestry. I am a proud Buffalonian who graduated from the Buffalo Public School system. I am always ready to lend a helping hand to my community and anyone in need. I am deeply committed to community health. Additionally, I have experience working with individuals with intellectual and/or physical disabilities, negotiating contracts with a labor union, and ensuring a complete count during each census cycle, including the homeless population. In all of these efforts, inclusion and reducing disparities are priorities.



Coldest Night of the Year

It's Year 4 of the Coldest Night of the Year Walk in Buffalo, supporting our friends at Compass House! This year's walk will take place on **Saturday, February 22**, kicking off at the Parkside Lodge. This all-ages fundraising walk raises funds and awareness for the mission of Compass House, supporting homeless and runaway youth and young adults in the Buffalo area.

Visit cnoy.com/buffalo and search Team Trinity to join us at Delaware Park or to support with a donation to Compass House! Email Missy Stolfi at missy.stolfi@gmail.com with any questions.

Volunteer Opportunities With One of our Partners

Creative Restorations is seeking dedicated volunteers to assist with the operation of their food pantry, which serves those in need in our community. They 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!

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: February 1, March 8, April 5, May 3

Thursday 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 Nikki Cocerezl at ncocerez@sayyesbuffalo.org or (716)388-1572.

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.



Announcements continue on next page

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

Susie Green, susie432@gmail.com

Patti Nisbet, tudorspace@aol.com

Marie Keane, MNMKKeane@gmail.com

Sara Merritt, smerrit172@gmail.com

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/>



Visiting Trinity

The church is open by appointment for private prayer or meditation. Contact our parish administrator, Colleen O'Neill, at coneill@trinitybuffalo.org to schedule an appointment.

12-Steps@7

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