

12 Steps@Trinity



Search
July 11, 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

The freedom to speak our minds is a precious gift. Throughout the world, throughout history, it has been and is a rare privilege. The privilege should oblige us in return to broaden and strengthen our minds, so that what we speak is worthy of free people.

The obligation is not to be perfect, the search for truth proceeds by trial and error. It is to be generous, forgiving, and honest. A moment's thought before we speak might save us and those around us many petty words.

We can't choose our feelings. From time to time we'll be swept by feelings that we wouldn't choose. But we can choose our actions. We can always choose to speak or not. Often it is wiser not to speak out of negative feelings. If we remind ourselves that free speech was a hard-won right, we may have more respect for the way we enjoy it.

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.

The Promise
of a New Day

*... we will be
victorious if
we have not
forgotten how to
learn.
Rosa Luxemburg*

Second Reading

There is no goal beyond our grasp, no achievement beyond our attainment if we reduce our natural barriers against new information and new perspectives. Our victories accompany perseverance, fearless learning, openness to the unfamiliar.

The Promise
of a New Day

Each of us is experiencing a particular period with a select group of people, by design, not by chance. Myriad situations call us, and messages secure our attention because they contribute to our potential for victory. What's asked of us is rapt attention to the moment, intense openness to its richness, and a willingness to be edified or humored or perhaps simply nurtured. We will gain from every moment's offering whatever we need for our continual growth and ultimate victory.

Hear the Spirit as it speaks to us.
Amen.

First Prayer

Let us pray together.

**We pray for the fragile ecology of the
heart and the mind. The sense of meaning
So finely assembled and balanced
and so easily overturned.**

— *Michael
Leunig*

**The careful, ongoing
construction of LOVE.**

**As painful and exhausting
as the struggle for truth
and as easily abandoned.**

**Hard fought and won
are the shifting sands of this sacred ground,
this ecology.**

**Easy to desecrate and difficult to defend,
this vulnerable joy, this exposed faith,
this precious order.**

This sanity.

We shall be careful.

**With others and
with ourselves.**

Amen.

*Learning is
forever in my
control. The
decision is
personal and
perhaps must be
made each day,
anew. The choice
is mine.*

The Promise of
a New Day

Third Reading

Reflecting on the past reveals that indeed we do find the strength and the ability to cope with whatever experiences ripple our calm. Moreover, we have come to accept that the tides of turmoil wash in new awareness, heightened perceptions, measurable calm.

Tragedies are guaranteed to trigger first pain, then perceptible growth, and finally, tranquility. Over and over again we pass through these stages that are designed to nurture our fuller development as healthy human beings. Over and over we see that the tough times teach us what we're ready to learn.

We can look to the day ahead fully expecting to be strengthened enough to handle whatever we've been readied to experience. Nothing will present itself that can't be coped with.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**Thank you for all I forget are gifts,
not rights.**

**Forgive me for all the grievances
I remember too well.**

**Save me from the self-pity,
the self-seeking,
the fat-heartedness
which is true poverty.**

**Guide me, if I'm willing
(drive me if I'm not)
into the hard ways of sacrifice
which are just and loving.**

**Make me wide-eyed for beauty,
and for my neighbor's need and goodness;
wide-willed for peace-making,
and for the confronting power
with the call to compassion;
wide-hearted for love
and for the unloved,
who are the hardest to touch
and need it the most.**

**Dull the envy in me which criticizes
and complains life into a thousand ugly bits.**

**Keep me honest and tender enough to heal,
tough enough to be healed of my hypocrisies.**

Match my appetite for privilege

The Promise
of a New Day

— Thomas
Merton

*I only fear what
I don't know;
self-knowledge
is my real life's
work.*
The Promise of
a New Day

**with the stomach for commitment.
Teach me the great cost of paying attention
that, naked to the dazzle of your back as you pass,
I may know I am always on holy ground.
Breathe into me the restlessness and courage
to make something new,
something saving,
and something true
that I may understand what it is to rejoice. 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

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;**

*Nothing happens
to any man that he
is not formed by
nature to bear.
Marcus Aurelius
Antoninus*

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.

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.

Looking for a few do-gooders

Can you spare a little time this summer to water the flowers at Trinity? You could even do this before or after a Sunday morning or evening service. There are watering cans in the atrium and an outdoor faucet near the pond. If you can spare a little time, even once or twice, please contact Teresa Maciocha via email: tmaciocha@aol.com

Save the Date: Trinity Treasures Rummage Sale on Saturday, Sept. 7

Trinity will be having a rummage sale on Saturday, Sept. 7. More details will be coming out over the next couple of weeks. For now, please hold on to any gently-used treasure you may want to donate to Trinity. We'll be ready to start collecting them at church soon.

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, MNMKKeane@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@gmail.com

Patti Nisbet, tudorspace@aol.com

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

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 can also donate by scanning this QR code:



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



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