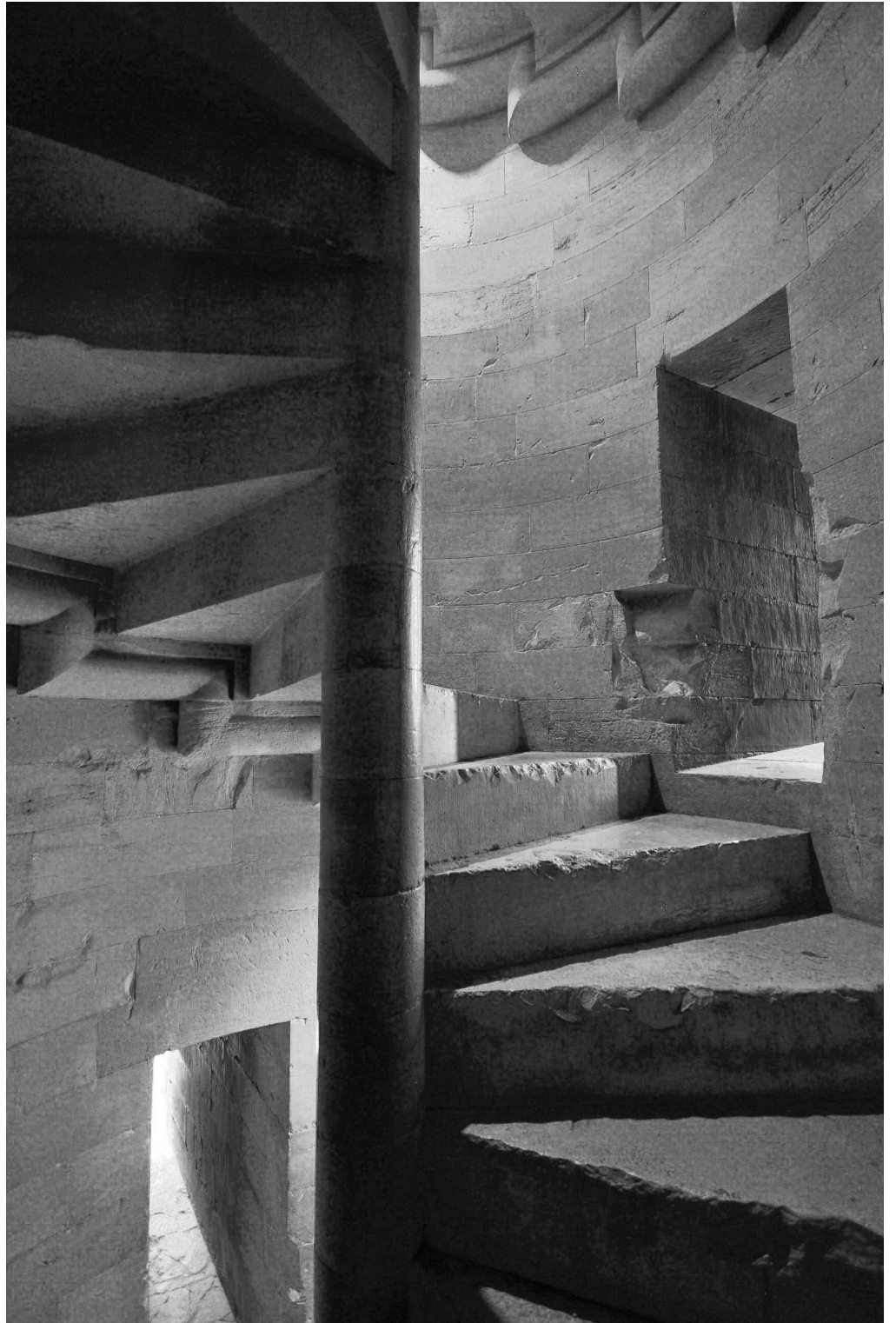


12 Steps@Trinity



Accepting What We Do Not Choose
January 9, 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

When we try to hang on to another person or to any part of life, we impede the natural flow. To be in harmony, we must let go. "You must lose your life in order to find it." Real strength, real self-respect, is achieved only by setting the hungry self aside.

It's human to want to hold on to what is precious. But life's real treasure is found in achieving the rhythm of ebb and flow. Joy can't be a constant state. Glory is part of a cycle that includes defeat.

Accepting imperfection, accepting change, is part of accepting our humanity. We obey the same cyclic laws that govern the universe. Success in living depends on accepting that one day we'll eat cake and the next we won't. Fear tempts us to hoard the crumbs of our success, but wisdom lets us brush them away.

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 do not
always like what
is good for us in
this world.
Eleanor
Roosevelt*

Second Reading

There is no guarantee that we will enjoy every experience, but we can be certain each one of them will teach us something we're ready to learn because "when the student is ready, the teacher appears."

The Promise
of a New Day

Little reflection is necessary for us to realize that our most troubling times have generally been responsible for our greatest growth. Our achievements are always accompanied by periods of frustration, occasional loss of direction, even momentary despair because the actual results miss the mark of our hopes. However, the passage of time makes clear that these actual results benefit us far more than those we'd hoped for.

Our personal vision is narrow and limiting. We can't really imagine what's in store for us. The most we can do is trust that our experiences have our best interests in tow.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Dear Gracious and Loving God,

As I take this time to be still,

help me to let go of anxiousness and feel your peace.

You are love and where there is love there can be no fear.

Help me to let go of fear and receive your perfect love.

I come before you with heaviness because of being hurt by others.

**Help me to accept the effect that their actions have had in my life
and to let go of this hurt.**

I release this hurt.

I release this weight on my body and spirit. I ask your love to carry me.

I forgive those who have hurt me.

Help me to receive and accept love.

Help me to give love freely.

Help me not to strive for perfection but to make progress each day.

Each day, help me to step into the glorious person you created me to be.

I accept and find comfort in knowing—

I am completely loved with your divine, perfect love. Amen.

— Jackie
Trottmann

*The way
one endures
what must be
endured is more
important than
the thing that
must be endured.
Dean Acheson*

Third Reading

Nearly every day most of us experience a few small, though troubling, inconveniences. Some days we suffer through a major setback and, on occasion, even a personal tragedy. When we trust that God is in our life, and we look for comfort and guidance every moment of every day, we are prepared for any upset, whether minor or grave.

Practicing the presence of God provides us with a refuge, even in the throes of turmoil. In time, as we make this a daily routine, we'll seldom doubt God's closeness or feel forsaken, even when all about us is dark. The darkness will give way the light of hope in the mere moment it takes to remember God's presence.

We can endure whatever lesson today offers with confidence and hope and the security of knowing that God is both teacher and protector.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

Welcome, welcome, welcome.

**I welcome everything that comes to me today
because I know it's for my healing.**

**I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.**

I let go of my desire for power and control.

**I let go of my desire for affection, esteem,
approval and pleasure.**

I let go of my desire for survival and security.

**I let go of my desire to change any situation,
condition, person or myself.**

**I open to the love and presence of God and
God's action within. 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!

In God's Care

— Mary
Mrozowski

*At any given
moment, I am
the sum total
of all that has
gone before,
both painful and
pleasurable, so
everything I've
experienced has
value.
Hope for Today*

*It may not be the
answer I want,
but I have to
remember that
it may be what I
need.
As We
Understood . . .*

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.

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.

You can also donate
by scanning this
QR code:



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 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!

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.

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/>



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.

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





12-Steps@7

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