

12 Steps@Trinity



See With A Fresh Eye

October 10, 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

My life is a series of unfoldings – incidents and occasions, agreeable or distressing. Each day is full of them, hour by hour, and this makes it difficult for me to take a detached view of all that is happening. I'm too close.

If these occurrences were like so many pieces of merchandise – groceries or dry goods – I would see them clearly, good or bad. Looking at the incidents of my life in this way, I might be astonished to discover that the good far outweigh the bad. And yet I concentrate so heavily on my trials and burdens that I hardly give a thought to relishing the pleasant and satisfying things that happen each day.

This noticing is an acute awareness of our surroundings and what takes place in them. It can be cultivated, like watching a play or film.

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.

One Day at a Time in Al-anon

“Let me observe, with new interest, even the commonplace things that happen in each new day.”
One Day at a Time in Al-anon

Second Reading

As I worked my way through Step Four, I listed my character traits as honestly and fearlessly as I could. I was struck by a great irony: Many things I had once thought of as virtues – taking care of everyone around me, worrying about other people’s loves, sacrificing my own happiness and prosperity – turned out to be the causes of my misery! And those traits I had always ignored – talent, optimism, self-discipline, - turned out to be my truly positive qualities. It was as though, through the power of this Step, I had found a way to turn my upside-down personality right-side up.

Courage to
Change

I still struggle to keep it all from turning over once again. But when I see myself clearly, I have a sense of wholeness and a feeling of pride and peace. I can be happy to be myself now that I know who I am.

Hear the Spirit as it speaks to us.
Amen.

First Prayer

Let us pray together.

**Lord, grant me your peace,
for I have made peace
with what does not give peace
and I am afraid.**

**my clamor for privilege
and silence at injustice,
my seeking for security
and forsaking the kingdom.**

**Drive me deep, now,
to face myself so I may see
that what I truly need to fear is
my capacity to deceive
and willingness to be deceived,
my loving of things
and using of people,
my struggle for power
and shrinking of soul,
my addiction to comfort
and sedation of conscience,
my readiness to criticize
and reluctance to create,**

**Lord, grant me your peace.
Instill in me such fear of you
as will begin to make me wise,
and such quiet courage
as will enable me to begin to make
hope visible,
forgiving delightful,
loving contagious,
faith liberating,
peace-making joyful
and myself open and present
to other people
and your kingdom. Amen.**

— Ted Loder

*My life is a
constant state
of change.
Awareness
allows me to
keep pace with
that change.
Today let me
listen to my
words and watch
my actions. Only
by knowing the
person I am
can I create the
person I want to
become.
Courage to
Change*

Third Reading

When we first become aware of a problem, a situation, or a feeling, we may react with anxiety or fear. There is no need to fear awareness. No need. Awareness is the first step toward positive change and growth. It's the first step toward solving the problem, or getting the need met, the first step toward the future. It's how we focus on the next lesson.

Awareness is how life, the Universe, and our Higher Power get our attention and prepare us for change. The process of becoming changed begins with awareness. Awareness, acceptance, and change – that's the cycle. We can accept the temporary discomfort from awareness because that is how we are moved to a better place. We can accept the temporary discomfort because we trust God and ourselves.

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!

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.

*Melody Beattie,
The Language of
Letting Go*

*— Mary
Mrozowski
(popularized by
Thomas Keating)*

*If I learn to see
everything with
a fresh eye, I
will find I have
many reasons
for contentment
and gratitude.
When I find
myself being
bogged down
with negative
thoughts, I will
deliberately turn
away from them.
One Day at a
Time in Al-anon*

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.

*Today I'm going
to pay close
attention to what
I tell myself. If
necessary, I'll stop
in mid-thought,
start over, and
replace negative
illusions with
positive truths.*
Courage to
Change

*I can't cope with
something unless
I acknowledge its
reality. When I am
willing to look at
the whole picture,
I take the first step
toward a more
manageable life.*
Courage to
Change

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.

Trinity Discussion Group: Love God, Love God's World

On **Wednesdays** we explore creation care and environmental ministry using the Episcopal Church's *Love God, Love God's World* curriculum. Sessions include compelling readings and videos, faith-based reflections and discussion questions. Participants discover ways to learn, pray, advocate, and conserve. Please sign up with Jeffrey Tooke at jeffreytooke@outlook.com to receive weekly course materials. Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** using the zoom link below:
<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>
Meeting ID: 816-6863-4672 Passcode: trintalk

Volunteer Opportunities With One of our Partners

Creative Restorations INC 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!

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, MNMKeane@gmail.com
Sara Merritt, smerrit172@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.

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

You can also donate by scanning this QR code:



TRINITY JAZZ SERIES
FEATURING
KRISTA SEDDON



Trinity Jazz Series

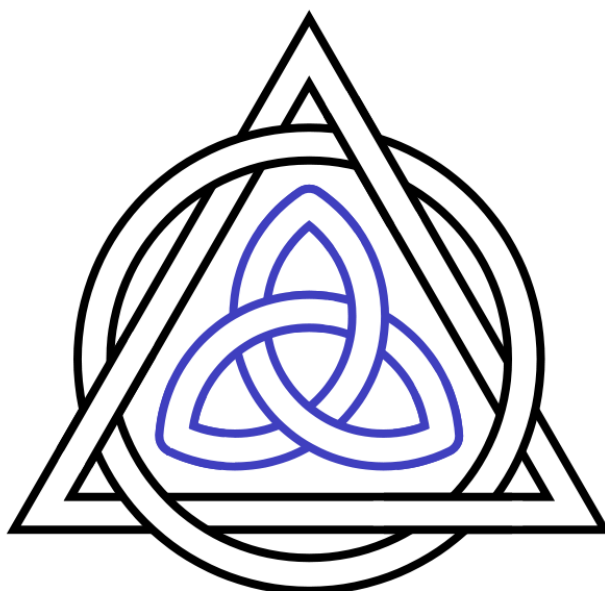
Krista Seddon Presents Lecture-Performances Connecting Classical and Jazz Music **@7pm**
October 18, "War & Peace" An American Story of Music & Hope
November 22, "Why The Beatles Still Speak To Us"
Purchase tickets [here](#) or scan the QR code to the left. If you'd like to help make these evenings a success, please sign up [here](#) to volunteer or scan the QR code to the right. There are various roles needed including food and wine donations.



Buffalo Bills & Veterans Pregame Party 11/10/24.

Come watch the Bills game with Trinity fans after the 10:30 service on Sunday, November 10. There will be a Veteran appreciation pregame party (potluck style) leading up to 1pm kickoff. Contact Christian at christian.eshelman@yahoo.com with any questions. Please sign up with your expected contribution for the potluck at <https://www.signupgenius.com/go/70A0C4FAFA629A3F58-52062766-bills>.

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



12-Steps@7

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