

12 Steps@Trinity



Hope, Light, and Love
December 26, 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 Second Step is about possibility, about hope. With this Step, we come to believe that a Power greater than ourselves could restore us to sanity. We are asked to open our minds to the possibility that help is available. Perhaps there is a source of assistance that can do for us what we have been unable to do for ourselves. We don't have to believe that it will happen, only that it could.

This little bit of hope, this chink in the armor of despair, is enough to show that we are willing to move in the direction of healing. Once we recognize that the possibility of help exists, it seems worthwhile to explore a relationship with a Higher Power. A little willingness can go a long way toward making hope and faith an ongoing part of our lives. In the hands of a Higher Power, sanity and serenity become realistic hopes.

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.

Courage to
Change

Second Reading

Courage to
Change

There have been days when many of us felt that good times would never come again. After so many disappointments, it seemed too painful to continue to hope. We shut our hearts and minds to our dreams and stopped expecting to find happiness. We weren't happy, but at least we wouldn't be let down anymore.

Caring, hoping, wanting – these are risky. But as we recover from the effects of alcoholism, we may find that the risks are worth taking. In time, it may not be enough to simply avoid disappointment; we want more; we want rich, full, exciting lives with joy as well as sorrow. Just finding the willingness to believe that joy can exist in our lives today can be very challenging, but until we make room in our hearts for good times, we may not recognize them when they arrive.

Nobody is happy all the time, but all of us are capable of feeling good. We deserve to allow ourselves to experience every bit of joy life has to offer.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**O Ingenious God,
I rejoice in your creation,
and pray that your Spirit touch me so deeply
that I will find a sense of self
which makes me glad to be who I am
and yet restless
at being anything less
than I can become.**

— Ted Loder

**Make me simple enough
not to be confused by disappointments,
clear enough
not to mistake busyness for freedom,
honest enough
not to expect truth to be painless,
brave enough
not to sing all my songs in private,
compassionate enough
to get in trouble,
humble enough
to admit trouble and seek help,
joyful enough
to celebrate all of it, myself and others and you.
Amen.**

*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*

Third Reading

God always entices us through love.

Most of us were taught that God would love us if and when we changed. In fact, God loves you so that you can change. What empowers change, what makes you desirous of change, is the experience of love and acceptance itself. This is the engine of change. If the mystics say that one way, they say it a thousand ways. But because most of our common religion has not been at the mystical level, we've been given an inferior message – that God loves you when you change (moralism). It puts it all back on you, which is the opposite of being saved. Moralism leads you back to navel gazing, and you can never succeed at that level. You are never holy enough, pure enough, refined enough, or loving enough. Whereas, when you fall into God's mercy, when you fall into God's great generosity, you find, seemingly from nowhere, this capacity to change. No one is more surprised than you are. You know it is a total gift.

—Richard Rohr

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

My Lord God, I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

Nor do I really know myself,

and the fact that I think that I am following your will

does not mean that I am actually doing so.

But I believe that the desire to please you does in fact please you.

And I hope I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire.

And I know that if I do this you will lead me by the right road

though I may know nothing about it.

Therefore will I trust you always though I may seem to be

lost and in the shadow of death.

I will not fear, for you are ever with me,

and you will never leave me to face my perils alone.

Amen.

— Thomas
Merton

Musical Interlude

*What happens
when we slow
down and pay
attention?
Everything!
Innumerable
delights are right
at hand.
Saying Yes To
Life*

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.**

*If you try to keep
an open mind,
you will find help.*

*You will come to
realize that there
is no situation
too difficult to
be bettered and
no unhappiness
too great to be
lessoned.*

*Suggested
Al-Anon Closing*

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.

Christmas Week Worship Schedule

Please join:

Sunday, December 29 10:30 service

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.

“Adoration of the Magi” candlelight celebration @7pm, Friday, Jan. 3

An age-old celebration of Epiphany marking the arrival of the Magi at the birth of the Christ Child will be offered by the Jung Center of Buffalo from 7-9 pm, Friday, January 3 in Christ Chapel.

The event is free and open to the public; members of Trinity are encouraged to participate with offerings of poetry or stories on an epiphany theme. Please contact the Jung Center at Lavoie888@gmail.com to participate – read a poem, tell a story or offer comments about the adoration of the Magi.

The lovely candlelight Epiphany celebration will feature music by Sedanta, an Irish trio, and storytelling about the Magi and the “Fourth Wiseman” by Franklin LaVoie, president of the Jung Center. Additional poetry readings and musical solos will be included. “This holiday event will be a great way to gather and celebrate as a community this time of joy and hope,” LaVoie said, adding, “It is a community party to celebrate the spirit of the Magi who journeyed to see the Christ Child.” Holiday food will be served.

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

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.

You can also donate by scanning this QR code:



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

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.



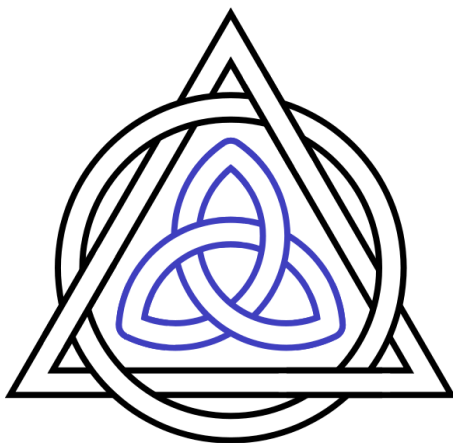
Explore Buffalo

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

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