

12 Steps@Trinity



The Peaceful Heart

October 31, 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

In time we come to understand that the forgiving heart is the peaceful heart, and we always have the choice to be “right” or to be peaceful.

Forgiveness and love are partners on our path to genuine self-love and self-acceptance, and thus peace. Peace – or serenity – is our goal and is guaranteed to us each moment that we forget ourselves and shine the light of our love on others.

To not forgive, whatever the offense, pulls the shade on God’s light. When we harbor ill feelings toward others, we become stuck in the darkness of old ideas, ideas that won’t let us experience the growth, peace, and well-being promised us.

When we forgive, we are freed. When we love, we are nurtured. What we bestow on others is returned by God a hundredfold.

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

*Love is the only satisfactory answer to the problem of human existence.
Erich Fromm*

Second Reading

Courage to
Change

Daily practice of the Twelve Steps of recovery is helping me to become more tolerant of other people. For example, when I take my own inventory and examine my motives, I recognize the same shortcomings I once eagerly pointed out in others. It is easier to accept the limitations of others when I acknowledge my own.

I see now that my thinking has often been distorted, my behavior inconsistent. If my perceptions of myself have been so inaccurate, how reliable can my perceptions of others be? I really don't know what anyone else should think, feel or do. Therefore, I can no longer justify intolerance.

Regular, dedicated practice of the principles of the program keeps me feeling good about myself. This permits me to be increasingly open-minded and considerate toward everyone in my life.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

*Adapted from
the Book of
Common Prayer*

O God of peace, you have taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit lift us to your presence, where we may be still and know that you are God. We ask this, trusting that you are already doing more than we can ask or imagine. Amen.

Third Reading

Recovery is not about being right; it's about allowing ourselves to be who we are and accepting others as they are.

—Melody Beattie

That concept can be difficult for many of us if we have lived in systems that functioned on the "right-wrong" justice scale. The person who was right was okay; the person who was wrong was shamed. All value and worth may have depended on being right; to be wrong meant annihilation of self and self-esteem.

In recovery, we are learning how to strive for love in our relationships, not superiority. Yes, we may need to make decisions about people's behavior from time to time. If someone is hurting us, we need to stand up for ourselves. We have a responsibility to set boundaries and take care of ourselves by condemning someone else. We can avoid the trap of focusing on others instead of ourselves.

*It may feel like
an enormous
risk but talking
about the
situation is the
key to healing.
...In All Our
Affairs*

In recovery, we are learning that what we do needs to be right only for us. What others do is their business and needs to be right only for them. It's tempting to rest in the superiority of being right and in analyzing other people's motives and actions, but it's more rewarding to go look deeper.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

**You are with us in our prayer, our love and our doubt,
in our longing to feel your presence and do your will.**

You are the still clear voice within us.

**Therefore, O God, when doubt troubles us,
when anxiety makes us tremble, when pain clouds the mind,
we look inward for the answer to our prayers.**

**There may we find you,
and there find courage, insight and endurance.**

**And let our worship bring us closer to one another,
that all of us, and all who seek you,
may find new strength for your service. Amen.**

*—Harvey J.
Fields, Mishkan
T'filah*

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

*To have reason
to get up in
the morning,
it is necessary
to possess
a guiding
principle, a
belief of some
kind.
In God's Care*

An earnest and concentrated study of the Twelve Step program, in depth, will help us to become more tolerant, confident, and loving, teaching us to accept the faults of others as we seek to correct shortcomings in ourselves.
The Dilemma of the Alcoholic Marriage

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.

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

Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** via [Zoom](#) (Meeting ID: 816-6863-4672 Passcode: trintalk) to explore creation care and environmental ministry using the Episcopal Church's *Love God, Love God's World* curriculum. Sessions will include compelling readings and videos, faith-based reflections, and discussion questions. Participants will discover ways to learn, pray, advocate, and conserve. Please email Jeffrey Tooke at jeffreytooke@outlook.com to sign up and receive weekly course materials.

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. Sign up with your expected contribution for the potluck at <https://www.signupgenius.com/go/70A0C4FAFA629A3F58-52062766-bills>.

Hamlin Park School has requested the following items for a grab a go toiletry table at their November 16 Saturday Academy which serves entire families of Hamlin Park students.

deodorant	socks & underwear of any size
body lotion	toothpaste & toothbrushes
body wash	feminine products
hair products	

Please consider purchasing some of these items, and bring them to the bin in the red carpet area of the main church or the bin in the chapel by **Monday, November 11**. For questions, please email Patti Nisbet at tudorspace@aol.com.

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

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.



Trinity Jazz Series

Krista Seddon Presents Lecture-Performances Connecting Classical and Jazz Music **@7pm**

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.



Creative Restorations invites Trinity to join their 2nd annual Thanksgiving dinner drive!

If you would like to donate any food items related to a traditional turkey dinner with all the fixings for those in need in Erie County, drop items off at church after the service OR contact Christopher at (716) 553-4886. They are hoping to help as many families in need as possible, and are accepting donations through November 27.



12-Steps@7

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