

12 Steps@Trinity



More Learning To Do

November 14, 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

Just as there are no graduates of our program, there are none who have completed the spiritual course. We are all teachers and students of one another. God frequently speaks to us through other people. To grow, we must be alert to the spiritual messages waiting for us in each person we encounter.

To believe we don't need to grow anymore spiritually is a sure sign that we have more learning to do. It's kind of like boasting about how humble we are. It's one thing to take comfort from our faith; it's another to believe we have arrived.

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

*Though patience
be a tired mare,
yet she will plod.
William
Shakespeare*

Second Reading

We should listen to our body. Sometimes our body can tell us more about what's right and wrong than our mind. When an insight comes to us, or an idea for good, we can feel it at gut level. And when we are about to do something that won't work or be well-received, we often feel instinctively before our mind gets into gear.

In God's Care

Our mind and body, of course, are not separate, so it's not surprising that we can feel things before we "know" them. Our mind can often be so cluttered with trivia that only feelings can get through to us. Intuition is one way God gets in touch. We need to keep our mental pathway open to our Inner Guide, but if that channel is blocked, we can still listen to our body.

*The mind can
assert anything
and pretend it
has proved it.
My beliefs I test
on my body, in
my intuitional
consciousness,
and when I get a
response there,
then I accept.
D.H. Lawrence*

Hear the Spirit as it speaks to us.
Amen.

First Prayer

Let us pray together.

**Companion of the Way,
you know the place where I have come from, those I have loved and left.**

You know those things I have longed to bid farewell to.

Accompany my trembling feet as I step onto a new road now.

Accompany my quivering hands as they grapple with unfamiliar things.

Accompany my memory as I absorb new information.

Accompany my wandering legs when I get lost and disorientated.

Accompany my heart that I may be open to new possibilities of friendship.

Accompany me when I tarnish the new place with my old mistakes.

Take my brave face in your hands and my fears in your love.

Take the strain of being a beginner and not yet competent.

**Take the exhausting alertness of being unknown and not yet loved
until I can return and tell them my story this day.**

**Accompany me as I enter this chapter on my own,
dear Companion of my way. Amen.**

—Tess Ward

Third Reading

Rare indeed is the person who doesn't need much time to learn. And not only time – but plenty of opportunity to make mistakes and more mistakes until the lesson runs deep enough that finally, we have it.

Days of Healing
Days of Joy

So many of us, though, have had the experience of accepting crushing expectations, expectations that made us stagger and fall. The result was a devastated self-image. Perhaps someone in our past expected us, unrealistically, to know immediately what we could only learn through trial and error. So, we failed.

Many of us carry that sense of failure with us on through the years. No matter what we accomplish or how quickly we accomplish it, it is never enough to wipe out that early imprint, or so say the ghosts from the past. Maybe it's time we asked someone else.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

**Eternal God,
lead me now
out of the familiar setting
of my doubts and fears,
beyond my pride and my
need to be secure into a
strange and graceful ease
with my true proportions
and with yours;
that in boundless silence
I may grow
strong enough to endure
And flexible enough to
share your grace. Amen.**

— Ted Loder

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.

*Life truly lived is
a risky business,
and if one puts
up too many
fences against
risk, one ends by
shutting out life
itself.
Kenneth S.
Davis*

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.

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

*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*

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.

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.

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.

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/>

You can also donate by scanning this QR code:



Trinity Jazz Series

Krista Seddon Presents Lecture-Performances Connecting Classical and Jazz Music @7pm **November 22**, "Krista Meets the Beatles"

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.



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





12-Steps@7

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