

# 12 Steps@Trinity



Be a Channel

November 7, 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.**

*If you dam a river it stagnates. Running water is beautiful water. So be a channel.*

*-English proverb*

### First Reading

**P**ain has a loud voice. When we are in distress our attention and energies naturally turn inward. When we are wounded and bleeding we don't care about concerns as mundane as the price of gas.

It is as it should be.

Yet at some point, the intense inward look is no longer necessary and can actually be counterproductive. At that point we need to look beyond ourselves and be willing to aid in the healing of others.

An adult child's all-too-quick, shame based response is "But I have nothing to give. I can barely keep my own nose above water." Such is not the case.

Most adult children have suffered. We can share that. We can have enormous encouragement and understanding as a gift to heal others. To the degree that we have learned to work through our own pain and to exhibit a sense of our own power, we can show others that none of us has to be a victim of the past.

Hear the Spirit as it speaks to us.

**Amen.**

*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.*

Days of Healing  
Days of Joy

*God loves and accepts me as I am - and so do I.*  
Days of Healing  
Days of Joy

## Musical Interlude

*Tell me what company you keep, and I'll tell you who you are.*

-Cervantes

## Second Reading

Days of Healing  
Days of Joy

**P**rogram lore frequently reminds recovering people to beware of slippery people and slippery places. The obvious fact is that if we hang around slippery people and places, we will slip.

Adult children are on slippery ground when they try to communicate with people who constantly feel negative about life or negative toward them specifically. Many adult children find the most slippery place on earth is returning to their original families. Many have to make very conscious decisions about how safe it is for them to return home. Our whole task is to grow in the realm of self-esteem and self-confidence. This demands that we experience some success. If we are surrounded by those who only tell us what cannot be done or what we cannot accomplish, we are headed for a slip.

“Stick with with winners,” we are told. Stick with those people who help push us up the hill – not those people who drag us down.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

—Attributed to  
St. Francis

**Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.**

*I am stronger  
and more able  
than I ever  
thought I was.  
Tomorrow I will  
be stronger than  
I am today.*  
Days of Healing  
Days of Joy

### Third Reading

**W**e all know that it's not really the end of the world when we make a major blunder, but we often act as though it is. We shudder with shame, certain that our co-workers and friends will now completely revise their opinions of us. Our grandiosity cultivates this kind of shame. We forget that we're human and, being human, we make mistakes. We create standards of perfection impossible to meet, and doom ourselves to feel like failures.

Fortunately, this doesn't have to be a permanent condition. We can come to trust that God's love is not contingent on our meeting some ideal standard of behavior. God loves us because we're human (and therefore fallible), not in spite of it. If God wants anything for us, it is that we find joy in life. We find this best with joyful people.

Hear the Spirit as it speaks to us.

**Amen.**

*Perhaps I am stronger than I think.*

*-Thomas Merton*

### Fourth Reading

**S**elf-esteem is based on our perception of our worth. That perception is largely based on our experiences. That is, as we perform – as our life happens – our experiences determine what our identity is. It is our perception of that identity that establishes our self-esteem and its counterpoint, self-confidence.

Experience has often taught adult children they are powerless victims. All too often our experience is of having no strength to control the events around us. Fear, shame, and abandonment become as much a part of our lives as play, safety, and encouragement are parts of other's lives.

When recovery begins we do indeed learn that we have more strength than we thought, for as we recover, the experiences we engage in become more positive, more controlled. As opposed to the messages of old, we learn we are worthy, able individuals; we learn to expect success.

Hear the Spirit as it speaks to us.

**Amen.**

In God's Care

Days of Healing  
Days of Joy

*I am not obliged to spend my life with people who diminish my life. My choice of company is mine.*

Days of Healing  
Days of Joy

— Jackie  
Trottmann

## Second Prayer

*Let us pray together.*

**Dear God,**

**In this moment, I let go of all thoughts and concerns.**

**When I let go, I am able to receive.**

**When my hands are formed into tight fists,**

**I cannot open my hands to receive anything.**

**When I hang onto tight control,**

**When I close off my heart and my spirit**

**I cannot receive your blessings for me.**

**I let go to receive your blessings.**

**Letting go in this moment,**

**I receive your loving presence around me and within me.**

**Help me to let go when I am feeling overwhelmed,**

**so that I may receive your peace.**

**Help me to let go when I feel fear**

**so that in fear's place I may receive love and courage.**

**I let go of problems and challenges**

**in order to receive your guidance and clarity.**

**I let go and trust you.**

**I will not fall.**

**You will catch me.**

**I let go and trust in the still, small voice inside of me.**

**Help me not to struggle but to surrender my struggle to you.**

**I gladly receive this gift of letting go and**

**letting you lead me and guide me.**

**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.*

## 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.*

*A clay pot sitting  
in the sun will  
always be a clay  
pot. It has to  
go through the  
white heat of the  
furnace to become  
porcelain.  
-Mildred W.  
Struven*

## 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.

### 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](mailto: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](mailto:christian.eshelman@yahoo.com) with any questions. Sign up with your expected contribution for the potluck at <https://www.signupgenius.com/go/70AOC4FAFA629A3F58-52062766-bills>.

*Great works are  
performed not  
by strength but  
by perseverance.  
Samuel Johnson*

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**, "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.



**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
- body lotion
- body wash
- hair products
- socks & underwear of any size
- toothpaste & toothbrushes
- feminine 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](mailto: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](mailto:phoebemckay@gmail.com)

Susie Green, [susie432@gmail.com](mailto:susie432@gmail.com)

Patti Nisbet, [tudorspace@aol.com](mailto:tudorspace@aol.com)

Marie Keane, [MNMKeane@gmail.com](mailto:MNMKeane@gmail.com)

Sara Merritt, [smerrit172@gmail.com](mailto: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 2<sup>nd</sup> 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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