

12 Steps@Trinity



Fear of Mistakes

December 29, 2022

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

I developed a tremendous fear of making mistakes. It seemed crucial to cover every possible outcome, because mistakes often led to an avalanche of accusations and abuse from the alcoholic parent, and in time, the alcoholic spouse. Eventually I would accuse and abuse myself! My self-esteem diminished because the slightest error felt huge and I couldn't let it go. So I began to cover up and rationalize my mistakes, all the while desperately trying to maintain an appearance of perfect self-control.

The healing I experienced using The Twelve Steps helped me to dismantle that rigid wall of seeming perfection, to honestly admit mistakes, and to open myself for growth. Step Ten, in which I continue taking my inventory and promptly admit when I am wrong, has been liberating because it challenges me daily to be honest. I will probably make a mistake of some sort every day of my life. If I view this as a personal failing or pretend that no mistakes have occurred, I make my life unmanageable. When I stop struggling to be perfect and admit when I am wrong, I can let go of guilt and shame. Sometimes it makes me squirm, but I know that when

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

*“My Higher Power believes I deserve the very best and wants me to have it, if only I will reach out and take it.”
Hope for Today*

I tell the truth, I am free of the lies that held me back. As Mark Twain put it, "If you tell the truth, you don't have to remember anything."

Hear the Spirit as it speaks to us.

Amen.

Musical Interlude

Second Reading

When I did my Fourth Step, I was amazed to discover that my stealing a ten-cent comb at age seven was fairly inconsequential. I had carried guilt for this minor infraction for many years. I identified with the concept of an overdeveloped sense of responsibility, but I had no idea it was a shortcoming. I considered my omnipotent accountability a sterling asset. The results of my inventory suggested I consider otherwise.

As I sought this defect's true nature, I found an underlying pattern of perfectionism. I wondered why I felt the need to be perfect all the time, to the point that no one had to punish me for doing something wrong. I punished myself before they could get to it. It surprised me to discover that my perfectionism covered a deep fear of abandonment. When I had done something incorrectly as a child, my alcoholic father wouldn't speak to me for days. I can still remember feeling tense, sad, and alone until he resumed communicating with me; then everything would be okay again. I felt as if I were being abandoned over and over. I didn't know my father's alcoholic thinking and behavior had nothing to do with me.

Fear of abandonment is probably universal, but fear of abandonment is not abandonment itself. Only when I hold onto my childhood perception of the past do I think I can control the possibility of being abandoned. Working the program and trusting my Higher Power gives me a fresh view of myself and of my past, thus freeing me from its grip. It's natural for a child to want to control. As an adult in recovery, however, I have healthier options.

Hear the Spirit as it speaks to us.

Amen.

"In the depths of winter, I finally learned that within me there lay an invincible summer."
Albert Camus

—Hope for
Today

First Prayer

Let us pray together.

**My God, I have always thought
that growing stronger in spirit
would mean becoming invincible, beyond need.
Now I see you are teaching me
to receive another kind of strength
when I come to the end of mine.
Teach me to walk in your ways
as I have never known them before.
Amen.**

Third Reading

We don't have to do it (our lives) any better than we can – ever.

Do our best for the moment, then let it go. If we have to redo it, we can do our best in another moment, later.

We can never do more or better than we are able to do at the moment. We punish ourselves and make ourselves feel crazy by expecting more than our reasonable best for now.

Striving for excellence is a positive quality.

Striving for perfection is self-defeating.

There is a time for constructive criticism, but if that's all we give ourselves, we'll give up.

Did someone tell us or expect us to do or give or be more? Did someone always withhold approval?

There comes a time when we feel we have done our best. When that time comes, let it go.

There are days when our best is less than we hoped for. Let those times go too. Start over tomorrow. Work things through, until our best becomes better.

Empowering and complimenting ourselves will not make us lazy. It will nurture us and enable us to give, do, and be our best.

Hear the Spirit as it speaks to us.

Amen.

—David Hazard,
from *You Set My
Spirit Free*

—Melody Beattie

*“Today I will do
my best, then let
it go. God, help
me stop criticizing
myself so I can
start appreciating
how far I’ve
come.”*
The Language of
Letting Go

—Ted Loder

Second Prayer

Let us pray.

**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.
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.**

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 sometimes 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.

*Being true to
myself is one of
the greatest gifts
I can give to
those around me.
Courage to
Change*

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.

The Lord's Prayer

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
for ever and ever. Amen.**

*"I pray today
for rigorous
honesty and the
ability to see
that the answer
is within me,
not in the
circumstances
around me."*

**Days of Healing
Days of Joy**

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.

You can also get there by scanning this QR code:



Christmas Eve—Crazy Schedule!

Christmas Eve falls on a Saturday this year with a Bills game in the afternoon! Our Christmas Eve Pageant and Communion service will be offered at **11am** that day. That will permit people to celebrate Christmas in church, enjoy the game and gather with family and friends for Christmas dinner all in one day! If you have a child or grandchild you would like to see in the pageant, talk to Childrens' Ministry Coordinator Colleen O'Neill or simply bring them to church at 10:30 that morning to get a costume. All kids will be included! No rehearsal needed!

Christmas Week Worship Schedule

As usual, there will be no services held on Christmas Day, neither Sunday 10:30am nor Trinity@7.

Wednesday, December 28 there will be no service this week.

Thursday, December 29 7:00pm service - 12 Steps@Trinity based on 12-step spirituality

Please note that on Sunday, January 1, there will be no nursery services nor Creator Quest during the 10:30 service and **no** Trinity @7.

Friends of Night People

We are looking for volunteers to help out at Friends of Night People which provides food, clothing, medical care, counseling and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the second Monday of each month from 4:45-7. For more information, please speak to Emily Carlin or email: emily.g.carlin@gmail.com

Shoe Fundraiser

Our shoe collection drive is still short of our goal of 2,500 pairs. Please help Trinity to reach our fundraising goal of \$1,000! Clean out those closets; ask your families, friends, co-workers, and neighbors to donate gently used (no holes) or new shoes, sneakers, sandals, boots, and athletic footwear in any size. Shoes can be placed in the labeled collection bin in the Red-Carpet area on Sunday mornings. Please contact Erickson at ehc@buffalo.edu if you have any questions. Thanks to all who've donated shoes so far!

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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