

# 12 Steps@Trinity



Inner Truth

April 21, 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

**T**he important thing in life is to know what matters for us. Our reality and values are our own; no one else can dictate them to us. They come out of our experiences and observation, and our spiritual health asks that we be true to them.

Similarly, we must be true to what matters for us. We won't try to win anyone over. Nor will we let someone else sway us. We will respect each other's reality, for that is how we will live in peace.

Further, if we are open and frank with each other, and with everyone else, we can spread integrity, respect, and peace. Quakers have a saying. "Let it begin with me." Integrity will spread outward, in concentric rings, for we are connected with one another.

Strength and growth come from knowing ourselves, knowing what matters for us. If we respect each other, we will find the way to fit any apparent conflict into a broader system that can accommodate us both.

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.*

The Promise  
of a New Day

## Musical Interlude

### Second Reading

**I**ntegrity is not a given in everyone's life. It is the result of self-discipline, inner trust, and a decision to be relentlessly honest in our response to all situations in our lives. We are quick to recognize this quality in others and hope to acquire it ourselves. However, we must cultivate risk taking and cast-off fears of rejection and derision if we are to discover the serenity a fully integral life offers.

Recognition of truth in others, realization of the appropriateness of decisions or the aptness of choices is made easier when we are certain of the truth of our own lives. The inner turmoil dissipates, and we are quiet within when we choose to live lives full of truth. And in the quiet we discern all truths. How much softer the edges of experience when we are guided by truth. How much easier every decision, every choice, when we have committed ourselves to a course of total honesty.

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.  
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.

The Promise  
of a New Day

— Ted Loder

*We must be true  
inside, true to  
ourselves, before  
we can know  
a truth that is  
outside us.  
Thomas Merton*

## Third Reading

**H**ow confusing the issues in our lives can be when we try to accommodate all the views of the persons in our midst, persons who share few opinions in common. Agreeing with first one and then another is dizzying and makes us suspect in the eyes of others. "Who is she really?" "What does he honestly believe?" We quickly become ill at ease in the company of those whose opinions we share only when it is convenient to do so.

We can be at peace when we have thoughtfully determined a course of action, and a world view that is compatible. Our attitudes, our opinions, and thus our responses to the currents of life will be consistent. When we develop integrity and strive to maintain it, rather than being in constant internal conflict because of our fluctuation, we discover a smoother passage over the bumps each of us can expect in life.

Hear the Spirit as it speaks to us.

**Amen.**

## Second Prayer

*Let us pray.*

**LORD, you have searched me out and known me;  
you know my sitting down and my rising up;  
you discern my thoughts from afar.**

**You trace my journeys and my resting-places  
and are acquainted with all my ways.**

**Indeed, there is not a word on my lips,  
but you, O LORD, know it altogether.**

**If I say, "Surely the darkness will cover me,  
and the light around me turn to night,"**

**Darkness is not dark to you;  
the night is as bright as the day;**

**darkness and light to you are both alike.**

**For you yourself created my inmost parts;  
you knit me together in my mother's womb.**

**I will thank you because I am marvelously made;  
your works are wonderful, and I know it well. Amen.**

## Musical Interlude

The Promise  
of a New Day

Psalm 139  
1-3, 10-13

*My level of  
peace is my  
responsibility. I  
will find just as  
much as I need.*

The Promise  
of a New Day

*Resolve to be  
thyself and know  
that he who finds  
himself loses his  
misery.  
Matthew Arnold*

## 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.*

## 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.**

### **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.

### **Special Guest on May 8**

Kathy Spillman from Journey's End Refugee Services will join us at the 10:30AM service on May 8 to talk about the local efforts to resettle evacuees from Afghanistan.

Journey's End Refugee Services, Inc. is a Christian community-based organization with the mission of welcoming refugees to provide them with the resources and support they need to become successful, active and contributing members of the Western New York Community.

If you recall, last summer, the Taliban took over Afghanistan, and the United States Armed Forces withdrew from the country after 20 years. That concurrence of events compelled the US to evacuate tens of thousands of Afghans to the States. Buffalo has become home to approximately 500 Afghan evacuees. They left their homeland with only what they could carry so resettlement means setting up house completely anew.

Kathy will explain the progress of resettlement to date, and let us know why and how we should help. Thank you for making her feel welcome.

*Today will  
be much less  
stressful if my  
actions reflect my  
inner self.*

**The Promise  
of a New Day**

You can also get  
there by scanning  
this  
QR code:



## **12-Steps@7**

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