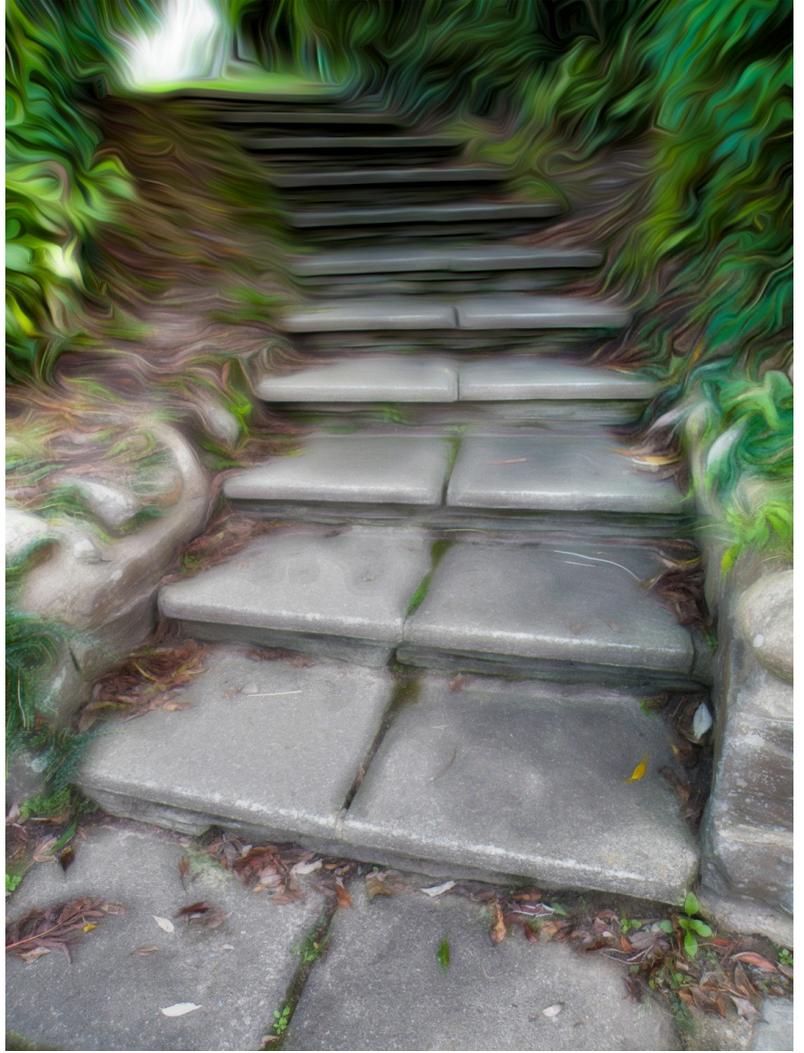


12 Steps@Trinity



Humbly Ask

July 28, 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

If God already knows what we need before we ask, and God actually cares about us more than we care about ourselves, then why do Step 7?

Are we trying to talk God into things? Does the person or group with the most prayers win? Is prayer of petition just another way to get what we want? Or is it to get God on our side? In every case, notice that we are trying to take control.

Why is it good to ask, and what is really happening in prayers of petition, or intercession? Are we needed or encouraged to talk God into things?

We ask not to change God but to change ourselves. We pray to form a living relationship, not to get things done. Prayer is a symbiotic relationship with life and with God, a synergy which creates a result larger than the exchange itself. God knows that we need to pray to keep the symbiotic relationship moving and growing. Prayer is not a way to try to control God, or even to get what we want. God gives us power more than answers.

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.

Richard Rohr

If my problems have brought me to prayer then they have served a purpose. As We Understood...

Second Reading

We can never engineer or guide our own transformation or conversion. If we try, it will be a self-centered and well controlled version of conversion, with most of my preferences and addictions still fully in place but now well disguised. Any attempts at self-conversion would be like an active alcoholic trying to determine his own rules for sobriety. God has to radically change the central reference point of our lives. We do not even know where to look for another reference point because up to now it has all been about me! Too much “me” can never find “you” – or anything beyond itself.

Richard Rohr

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Almighty God, you have given us grace at this time
with one accord to make our common supplication to you;
and you have promised through your well-beloved Son
that when two or three are gathered together in his Name
you will be in the midst of them:**

A Prayer of
St. Chrysostom

**Fulfill now, O Lord, our desires and petitions as may be best for us;
granting us in this world knowledge of your truth,
and in the age to come life everlasting. Amen.**

Third Reading

Step 7 says that we must “humbly ask God to remove our shortcomings.” Don’t dare go after your faults yourselves or you will go after the wrong thing, or more commonly a clever substitute for the real thing. “If you try to pull out the weeds, you might pull out the wheat along with it,” as Jesus says. (Matthew 13:29)

Richard Rohr

Instead, you have to let God (1) reveal your real faults to you (usually by failing many times!) and then (2) allow God to remove those faults from his side and in God’s way. If you go after them with an angry stick, you will soon be left with just an angry stick – and the same faults at a deeper level of disguise and denial.

*If the only prayer
you said in your
whole life was,
“thank you,” that
would suffice.*

Meister Eckhart

Hear the Spirit as it speaks to us.

Amen.

Fourth Reading

So it is important that you ask, seek, and knock to keep yourself in right relationship with Life Itself. Life is a gift, totally given to you without cost, every day of it, and every part of it. A daily and chosen “attitude of gratitude” will keep your hands open to expect that life, allow that life, and receive life at ever-deeper levels of satisfaction – but never to think you deserve it. Those who live with such open and humble hands receive life’s “gifts, full measure, pressed down, shaken together, and running over into their lap.” (Luke 6:38) In my experience, if you are not radically grateful every day, resentment always takes over. For some reason, to ask “for your bread” is to know that it is being given. To not ask is to take your own efforts, needs, goals – and yourself – far too seriously. Consider if that is not true in your own life.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**Thank you for all I forget are gifts,
not rights.**

**Forgive me for all the grievances
I remember too well.**

**Save me from the self-pity,
the self-seeking,
the fat-heartedness
which is true poverty.**

**Guide me, if I’m willing
(drive me if I’m not)
into the hard ways of sacrifice
which are just and loving.**

**Make me wide-eyed for beauty,
and for my neighbor’s need and goodness;
wide-willed for peace-making,
and for the confronting power
with the call to compassion;
wide-hearted for love
and for the unloved,
who are the hardest to touch
and need it the most.**

**Dull the envy in me which criticizes
and complains life into a thousand ugly bits.**

**Keep me honest and tender enough to heal,
tough enough to be healed of my hypocrisies.**

Richard Rohr

— *Ted Loder*

*Trapped people
have to do what
they want to do.
Free people want
to do what they
know they have
to do. Admittedly,
it takes a while to
get there.*

Richard Rohr

**Match my appetite for privilege
with the stomach for commitment.
Teach me the great cost of paying attention
that, naked to the dazzle of your back as you pass,
I may know I am always on holy ground.
Breathe into me the restlessness and courage
to make something new,
something saving,
and something true
that I may understand what it is to rejoice. 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.

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;**

*There are many
things that I can
do to improve my
life and to further
my recovery, but
I cannot heal
myself. Today I
can ask for help
in becoming free
of all that blocks
me from my
true self.
Courage to
Change*

**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.

Friend-raising & Fundraising Team Meeting

Our next Zoom meeting will be on **Tuesday, August 2, @7pm**. We'll plan events this coming Fall to raise funds AND bring our Trinity community together. If you're ready to get more involved at church and make new friends, please consider joining us. For the Zoom meeting link, or if you simply have questions, please contact Erickson Contreras at ehc@buffalo.edu.

Trinity Spaces for Rent

Our church has work spaces—large and small—available for rent at Trinity Center. We hope to rent to groups and individuals that share our vision of community betterment. If you know someone that would be a good fit, please share this QR code which links to <https://www.trinitybuffalo.org/trinity-center-rentals>.

*Humility
leads me to do
anything I can
in any situation
without having
to do everything
in every
situation.*

— Joan
Chittister

You can also get
there by scanning
this QR code:



Another Way to Help Journey's End

Do you have a bicycle collecting dust in your garage or basement? We can give it new life! Wheels for Workers 716 is a new non-profit, supporting Buffalo's large number of re-settling families. They collect unused bikes and bike parts, provide necessary repairs and servicing to make them functional, and coordinate their distribution to needy families primarily through a partnership with Journey's End. If you would like to donate a bicycle, call or email John Alduino at (937) 239-5181, john.alduino@gmail.com. and he will arrange pick up. Thank You!

Trinity @7 this Summer

Trinity @7 has a bi-monthly schedule for the summer. We meet in person and on Zoom on the first and third Sunday of the month from now through September.

Visiting the Church

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 to get Trinity's eNews to stay in touch!

12-Steps@7

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