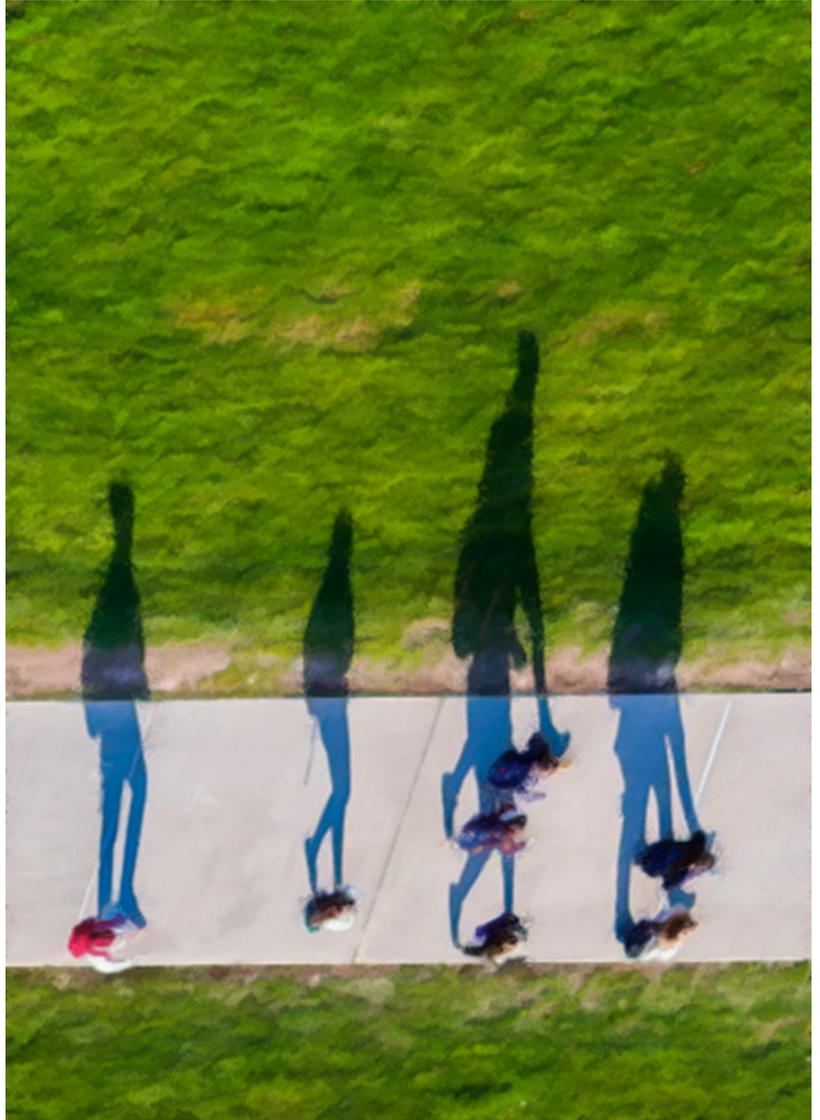


# 12 Steps@Trinity



The Light of Gratitude

December 15, 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.**

*“You pray in your distress and in your need: would that you might pray also in the fullness of your joy.”*

## First Reading

**G**ratitude and acceptance are two magic tricks available to us in recovery. No matter who we are, where we are, or what we have, gratitude and acceptance work.

If we become stuck, miserable, feeling trapped and hopeless, try gratitude and acceptance.

If we feel like all is dark and the night will never end, try gratitude and acceptance.

If we feel scared and uncertain, try gratitude and acceptance.

We may eventually become so happy that we realize our present circumstances are good.

If we've tried everything else and nothing seems to work, try gratitude and acceptance.

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.*

*—Kahlil Gibran  
The Prophet*

*The Language  
of Letting Go*

*“Nothing is  
either good or  
bad. It’s thinking  
that makes it so.”  
William  
Shakespeare*

## Musical Interlude

### Second Reading

**A**n important part of my Sixth Step work is practicing gratitude. The more I give thanks for my life as it is, the more I can accept the healing that allows me to change and grow. By recognizing and cultivating my abilities, I am increasingly willing to let go of my defects.

When I appreciate what I *have* instead of dwelling on what I *lack*, I feel good about my life. This allows me to be happy for another person's abundance. I am no one's victim. I am where I belong. I will be grateful for the many gifts, talents, and opportunities I have been given.

Looking back, I see how much I've grown. I wouldn't have chosen any of the crises in my life, but since coming to recovery, I've learned that every problem can help me to change for the better, deepen my faith, and add to my self-esteem.

Hear the Spirit as it speaks to us.

**Amen.**

### First Prayer

*Let us pray together.*

**We give thanks for the invention of the handle.**

**Without it, there would be many things we couldn't hold on to. As for the things we can't hold on to anyway, let us gracefully accept their ungraspable nature and celebrate all things elusive, fleeting, and intangible. They mystify us and make us receptive to truth and beauty.**

**We celebrate and give thanks. Amen.**

### Third Reading

**T**rying to follow a suggestion I heard in meetings, I dutifully wrote lists of things for which I was grateful. I listed such things as my health, my job, and food on my table.

I gradually learned to appreciate the small accomplishments of my daily life. I was beginning to change. I made a point of recognizing small changes, and my self-esteem grew. The daily application of Twelve Step principles helped me to deepen my sense of gratitude and replace those nagging, negative thoughts.

I need to nurture myself with gratitude. Today I can practice appreciating myself, my world, and my Higher Power.

Hear the Spirit as it speaks to us.

**Amen.**

Courage to  
Change

— Michael Leunig

Courage to  
Change

*“Whatever hour  
God has blessed  
you with, take  
it with grateful  
hand.”  
Horace*

## Fourth Reading

I see that miracles frequently touch my life. Maybe they always have, but I didn't see them. Today I am aware of many gifts and wonders because I am actively practicing gratitude. So I thank my Higher Power for little things as well as big ones. When I take time for gratitude, I perceive a better world. Today I will appreciate the miracles all around me.

If I so choose, I can regard everything that happens in my life as a gift from which I can learn and grow. Today I will find something positive hidden within a difficult situation and allow myself to be grateful. I may be surprised at how much a little gratitude can help.

Hear the Spirit as it speaks to us.

**Amen.**

## Second Prayer

*Let us pray.*

**O God of the miracles,  
of galaxies  
and crocuses  
and children,**

**I praise you now  
from the soul of the child within me,  
shy in my awe,  
delighted by my foolishness,  
stubborn in my wanting,  
persistent in my questioning,  
and bold in my asking you  
to help me unbury my talents  
for wonder  
and humor  
and gratitude,**

**so I may invest them eagerly  
in the recurring mysteries  
of spring and beginnings,  
of willows that weep,  
and rivers that flow  
and people who grow  
in such endlessly amazing  
and often painful ways;  
that I will be forever linked and loyal  
to justice and joy,  
simplicity and humanity,  
Christ and his kingdom. Amen.**

Courage to  
Change

—Ted Loder

*I will thank my  
Higher Power  
for whatever  
I experience  
today, even if  
I feel troubled  
or confused. I  
know that every  
experience can  
offer me a gift.  
All I  
have to do is be  
willing to look  
at my situation  
in the light of  
gratitude.  
Courage to  
Change*

## 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.*

*“Everything has its wonders, even darkness and silence, and I learn, whatever state I may be in, therein to be content.”  
Helen Keller*

*My Higher Power's gifts sometimes take unusual forms. Perhaps something I regard as a problem is really a form of assistance.  
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.**

## 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.

## Discussion Group: Advent with *Eyewitness Bible*

Tim Lane and Jeffrey Tooke are facilitating discussions on Advent with Eyewitness Bible. Each week we watch short videos that look at people from the Bible who help us explore various themes of Advent and the anticipation of the celebration of Christmas.

Join Tim and Jeff on **Wednesday, December 21, @7pm** using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions about the group, please send an email to Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com).

## Christmas Flower Donations

Many parishioners wish to donate to the decorating of the church at Christmas. This is gratefully accepted. To facilitate this, you can use the flower envelope found in the church pews or donate electronically <https://onrealm.org/TrinityEpiscopa93948/give/flowers>. If this donation is in honor of a loved one, please indicate their name on the memo line. Donations made by **December 16** will be included in the Christmas worship guide. Thank you for helping make Trinity the beautiful inviting place that it is with both the gifts of your presence and the gifts you donate.

## Christmas Concert, Friday, December 16 @7:00pm

Paul Cena, Trinity organist and choir director, will present his annual Christmas concert as an evening event this year. Invite friends and make a night of it! The concert will consist of arrangements of Christmas preludes and carols. Free and open to the public.

## Sunday, December 18 @9am Towne Restaurant

Trinity men will gather for a holiday breakfast. All are welcome.

## Lessons and Carols

Our annual Lessons & Carols service is next week, Sunday, December 18 @10:30am. Immediately following the service will be the Greening of Trinity. Come to help decorate and have fun with new friends and old.

## 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

Sunday, December 18 10:30am service - Lessons & Carols. Greening of church with potluck to follow.

Sunday, December 18 7:00pm service - Trinity @7

Wednesday, December 21 noon service - Holy Communion

Thursday, December 22 7:00pm service - 12 Steps@Trinity based on 12-step spirituality

Saturday, December 24 11:00am - Christmas Pageant and Communion Service

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.

You can also get there by scanning this QR code:



### **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](mailto:emily.g.carlin@gmail.com)

### **Hamlin Park Academy PS #74 Needs YOUR Help for the Holidays!**

Trinity Church has a relationship with Hamlin Park Academy through Buffalo's Say Yes to Education Community Schools Program, and teachers there have put together a Christmas gift list of items for the students. Please consider ordering something from this Amazon Wish List or use the QR code to the right. When you get to the shipping options, if you indicate that you would like your order shipped directly to Lauren Golpl Room 228's Gift Registry Address, your order will be sent directly to the school. Thank you for supporting the kiddos of Hamlin Park School!



### **Homespace Christmas**

For the past 20 years, Trinity has supported Homespace, an organization that provides a safe environment where young, single women (age 14-21 years old) learn the skills to enhance themselves and their families, and break the cycle of public welfare dependency. This year, we encourage Trinity-ites to make an online donation to the Holiday Angels Fund, that will help Homespace provide clients with food, gifts, and decorations.



[https://paypal.com/donate/?campaign\\_id=PGF4UCJTDSQME&source=url](https://paypal.com/donate/?campaign_id=PGF4UCJTDSQME&source=url)

### **Compass House**

In the 1970s, a group from Trinity helped establish Compass House, which provides a safe space to runaway and homeless youth and teens. Since then we have continued to maintain a relationship with this much needed organization. Compass House is looking for help making the holidays brighter. Please consider making a purchase from their Amazon wish-list. Any questions, ask Judy Atkinson Miller, Trinity representative to the Compass House Board. [https://www.amazon.com/hz/wishlist/ls/ZF6O4KZJNSLF/ref=nav\\_wishlist\\_lists\\_1](https://www.amazon.com/hz/wishlist/ls/ZF6O4KZJNSLF/ref=nav_wishlist_lists_1)



### **Shoe Fundraiser Running Until January 1, 2023**

The shoe collection drive is on-going until the end of the year. As of Sunday, December 11, we've collected 1,075 pairs of shoes and our goal is 2,500. We have 43% of the shoes we need. Please help Trinity to reach our fundraising goal of \$1,000!

In addition to your own contribution, we are asking you to reach out to your families, friends, co-workers, and neighbors to ask them to donate their unwanted shoes. We are collecting gently used (no holes) or new footwear. This includes both adult and children's shoes, sneakers, sandals, boots, and athletic footwear. Shoes can be placed in the labeled collection bin in the Red-Carpet area on Sunday mornings. Please contact Erickson at [ehc@buffalo.edu](mailto:ehc@buffalo.edu) with questions or to get involved in this fundraiser. Thanks to all who've donated shoes so far!

## **12-Steps@7**

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