

# 12 Steps@Trinity



Personal Lessons

September 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

**M**uch of our spiritual progress is an unlearning process. So many “truths” we thought we could bank on have turned out to be bankrupt. Too many time-honored sentiments that are accepted as noble truths are misleading, false, or exaggerated.

For instance, contrary to what many of us were taught, God’s love isn’t dependent on anything we do or don’t do. Our happiness isn’t found in another person, a possession, or the other places we might look – we need to look inside. We only gain when we give. Struggle brings defeat; surrender brings victory.

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.*

In God’s Care

*Our Business in life is not to succeed but to continue to fail in good spirits.  
Robert Louis Stevenson*

## Second Reading

**W**e're easily put off by people who brag about their accomplishments, especially if we're having trouble meeting our own goals. It's more difficult to see the struggling spirit behind the boasting when we're so focused on our own progress in life. It helps to remember that God's goal for us in any encounter with another person is really very simple: that we love one another, wholly and sincerely.

In God's Care

Those whose behavior makes them the most difficult to love, need our love the most. Their lack of inner peace and self-doubt pushes them to the behavior that makes us want to turn away. We need not turn away. God invites us to love all our fellow travelers fully and unconditionally. Negative attitudes and behavior can provide our personal lessons in acceptance and serenity, and we will develop gratitude for these lessons, in time.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**As the rain hides the stars, as the autumn mist hides the hills, as the clouds veil the blue of the sky, so the dark happenings of my life hide the shining of your face from me. Yet if I may hold your hand in the darkness, it will be enough, since I know that, though I may stumble, you will not fall. Amen.**

— *Celtic Prayer*

## Third Reading

**M**any days we wake up filled with confidence, enthusiasm, and gratitude for the blessings that have come to us through our recovery. We are even able to see that some of our earlier troubling moments were really blessings in disguise.

In God's Care

Our more positive attitude today changes our understanding of earlier experiences. And that's the key to how the future will look. If we rely on God's help, we'll come to understand all our experiences as opportunities for growth and fulfillment. We can trust them, live through them, and be grateful for their contribution to our spiritual development.

The attitude we harbor is powerful. We can develop a peaceful attitude and keep it for all time if we so desire. God is always available to help us accept the circumstances of our life.

Hear the Spirit as it speaks to us.

**Amen.**

*If we don't transform our pain, we will most assuredly transmit it.  
Richard Rohr*

## Second Prayer

*Let us pray.*

**Thank you God for inviting us into the stillness of your heart,  
the place of peace at the center of the universe.  
Thank you for meeting us there and showing us the way of serenity.  
Remind us gently, and with humor,  
that when we choose to put our trust in you,  
the reason we have the wisdom and the will to choose you  
is that you first chose us.  
Amen.**

— Matt Lincoln

## 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

*We see things not  
as they are, but as  
we are.  
H.M. Tomlinson*

*The highest form  
of wisdom is  
kindness.*  
The Talmud

## 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.

You can also get  
there by scanning  
this QR code:



## First Sunday Brunch

Join Trinity friends **Sunday, October 2**, following the 10:30 service for brunch at Mexican restaurant Taqueria Ranchos Dos. Located at 445 Delaware Ave (between Edward and Virginia Streets), the restaurant is north 1½ blocks walking distance from the church. Street parking on Delaware. No reservations required! Just come. Or even better, invite someone to join you. We'll gather in the back dining room to enjoy traditional Mexican dishes in a colorful, welcoming space in the good company of one another. Hasta la vista!

## Pet Blessing

**Sunday, Oct 2** from 2 to 3:30 in the courtyard, all furry, feathered, hairy creatures welcome! Amphibians and reptiles, too! Why? In honor of the feast of St. Francis, the patron saint of animals and the environment, on Oct 4.

## The Story of God

On **Wednesday evenings @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on the "The Story of God" series with Morgan Freeman which looks at the world's religions and the important questions we all ask. On Wednesday, **October 5**, @7pm, we will watch "Who Is God?" and explore who God is and how who God is has evolved over human history.

You are invited to join Tim and Jeff on Wednesdays @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, please send an email to Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com).

## Friends of Night People

We are looking for volunteers to help out at Friends of Night People. Friends of Night People 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)

## Tech Volunteer Needed

Do you have a facility in using a laptop? Familiar with Zoom or other remote meeting programs? Interested in a volunteer job that won't eat up a lot of your time? Trinity @7 (which meets in the Chapel on Sunday nights @7pm) needs someone to run Zoom during the service. We're talking about arriving at 6:30 and departing around 8pm. As a bonus, you get to hear Krista's great playing and experience a lovely quiet atmosphere. Matt will teach you what you need to know. Plus, he'll usually be there should any snafus occur. If you're interested, please email Teresa Maciocha at [tmaciocha@aol.com](mailto:tmaciocha@aol.com).

## Trinity Spaces for Rent

Our church still has the first floor of 393 Delaware available for rent. See <https://www.trinitybuffalo.org/copy-of-trinity-center-rentals>. We hope to rent to a group and individuals that share our vision of community betterment. If you know someone that would be a good fit, please have them call Colleen O'Neill at 716-852-8314 ext 1 or send an email to [coneill@trinitybuffalo.org](mailto:coneill@trinitybuffalo.org).

## Used Shoe Fundraiser Coming in November

The Fundraising team is planning a shoe collection drive beginning in Nov. More details will follow as we get closer. In the meantime please hold on to your gently used dress shoes and sneakers. We'll need lots of shoes to meet our goal. If you would like to get involved in this unique fundraiser, please contact Erickson at [ehc@buffalo.edu](mailto:ehc@buffalo.edu). Thanks!!



## Facet & Form

Explore, create, and reconsider at Facet & Form this Fall. On **November 4**, join in glass-creating activities, meet artisans testing the boundaries of stained glass, and learn more about how historic glass is preserved and created.

Experiences in the arts await you around every corner of Trinity's historic campus. The art and craft of architectural stained glass and mosaic are illuminated as you've never had the opportunity to see it before. This fundraiser will support glass education, scholarships, and the preservation and sharing of the visionary and artistic stained glass treasures of Trinity Church. Click <https://stainedglass.org/foundation/facet-and-form> or use the QR code for tickets.



**Volunteer opportunities** are available for Trinity Community! On Friday, **November 4**, Trinity is partnering with the Stained Glass Association of America for Facet & Form: Glass Tradition Reimagined. This event will showcase and support the Trinity campus and historical windows, complete with on-site glass melting demonstrations, food, drinks, and more! We need your support - from window docents sharing the jewels of Trinity, to registration and raffles, there are volunteer opportunities for everyone! For more event details, visit [stainedglass.org](https://stainedglass.org). For volunteer sign-up, scan the QR or visit <https://www.signupgenius.com/go/70a0c4fafa629a3f58-facet>.



## 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](mailto:coneill@trinitybuffalo.org) to schedule an appointment.



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# FACET & FORM

GLASS TRADITION REIMAGINED

GET YOUR TICKETS NOW!

FRIDAY, NOVEMBER 4, 2022  
5:30PM - 9:00PM

TRINITY EPISCOPAL CHURCH  
BUFFALO, NY



The Stained Glass  
Association of America  
Foundation

## 12-Steps@7

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