

# 12 Steps@Trinity



Anger Squarely Faced

April 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

**M**any people spend their days in anger and are not aware of it. The conditions of work and life make many of us angry; we feel powerless to change them, and our frustration angers us.

The Serenity Prayer asks for “the courage to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.” If we examine our lives fearlessly, we may find many things that are in our power to change.

Since we cannot change, or do not choose to change some things, we would do well to accept them, instead of spinning our wheels in unproductive anger or turning the anger in, against ourselves. And when we summon the courage to change the things we can, our lives will bless us.

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.*

The Promise  
of a New Day

## Second Reading

It is by choice that we let others control our emotions. When we make that choice, we have abdicated our personal responsibility for growth. Deciding to feel how we truly want to feel rather than giving someone else control is freeing, exhilarating, and nourishing.

When we let someone anger us, we have decided to make them the object of our attention, and any intention to do what needs to be done is gone. Anger consumes us. With it we become preoccupied and the growth and contributions we were created for come to a standstill. Our personal power to think creatively and to take action are lost when we choose anger instead. For this way, the object of our anger decides who we are.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**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.**

**Match my appetite for privilege  
with the stomach for commitment.**

— Ted Loder

*He who  
angers you,  
conquers you!*  
Elizabeth Kenny

**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.**

### **Third Reading**

**A**nger toward a mate, a co-worker, a friend, or neighbor, builds a strong wall, separating us from everyone if we don't acknowledge the cause of the anger. Like any secret, denied anger fester and infects relations with friends, acquaintances, even strangers. It dominates our attention and pollutes every emotion. But more importantly, if not checked it controls us, and this all-consuming power then decides our destiny.

Anger does not need to be a major force in our lives. Like any emotion, we can learn from it, but we must let it go when an angry encounter is resolved.

Anger acknowledged and resolved tightens understanding between people and encourages intimacy. Anger is bittersweet when squarely faced.

Hear the Spirit as it speaks to us.  
**Amen.**

### **Second Prayer**

*Let us pray.*

**O God, turn your Spirit loose here, and me with it,  
that I may go to where the silence is  
to face with you the utter mystery  
of questions without answers,  
pain without balm,  
sorrow without comfort,  
and fears without relief,  
which hound my days and haunt my sleep.**

**Facing the mystery, Lord,  
grant me grace to wrestle with it  
until I name the fears and force them to set me free  
to move on with whatever limp I'm left with;  
to wrestle with it  
until the pain teaches me and I befriend it,  
until the silence subdues me into an awareness that it is holy  
and I am healed by it;**

The Promise  
of a New Day

— Ted Loder

*Today I will  
look at anger as  
something I have  
chosen, instead  
of something  
inevitable.*

The Promise  
of a New Day

**to wrestle with it until I go deeper in it to gratitude  
for all the shapes of wholeness and of hope that bless me. 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;  
that I may be reasonably happy in this life  
and supremely happy with you in the next. Amen.**

*Is anger covering  
fear? How can I  
resolve it?  
My Anger need  
not own me  
today.  
The Promise of a  
New Day*

## 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 I will be  
in charge of my  
growth if I choose  
to determine my  
own emotions.*

**The Promise  
of a New Day**

You can also get  
there by scanning  
this  
QR code:



## **12-Steps@7**

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