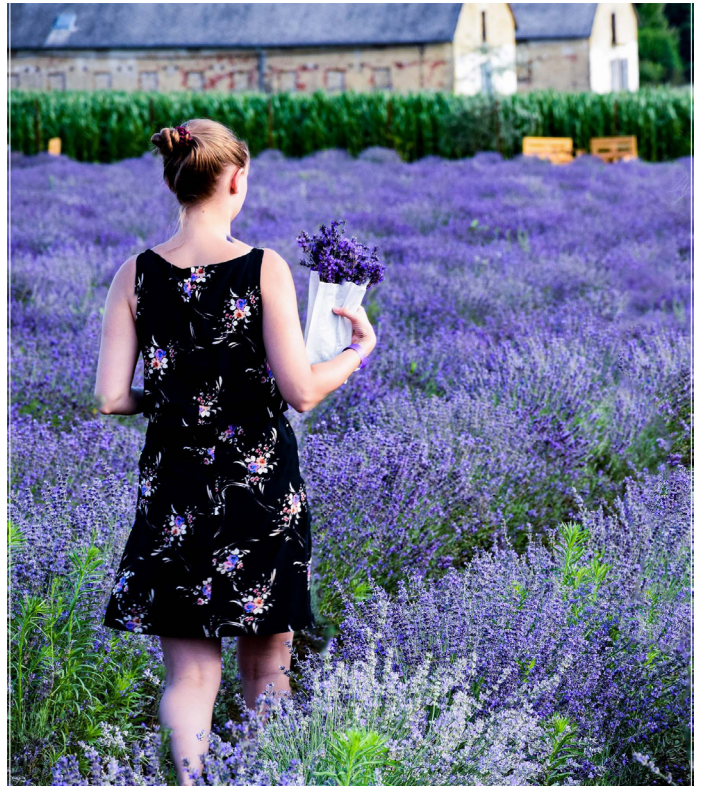


12 Steps@Trinity



Celebrate
March 23, 2023

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

Twelve Step Recovery is where many of us who have lived with alcoholism begin to grow up for the first time. We learn to face the world as it really is and to take responsibility for our actions. We deal with our feelings and share honestly about our experiences. We learn about ourselves and nurture our spiritual growth and our physical and mental wellbeing. We become responsible adults.

An important part of the serious business of recovery involves recognizing our need to have fun – to take a trip, fly a kite, attend a concert, make a noise, race down the street, or blow bubbles. Light-heartedness can put troublesome situations into perspective. It reminds us that there is more to life than the problem at hand.

Taking ourselves too seriously won't solve a problem any quicker. In fact, taking a break may help more than continuing to struggle –even Jello must be left alone in order to form as it should. A good laugh may be the best tool available to help us let go, and we'll come back to our task refreshed.

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.

Courage to
Change

*Some people
walk in the rain.
Others just
get wet.
Roger Miller*

Days of Healing
Days of Joy

—Ted Loder,
Guerrillas
of Grace

*Every situation
has a humorous
interpretation.
My day will be
lengthened if I
look for reasons
to laugh. Without
fail, they are
present.*
The Promise of
a New Day

Second Reading

What does it mean to celebrate? To have a party? To get away? To buy ourselves something nice? To many of us it has meant, "Let's function less consciously. Let's turn on. Let's escape reality." Some versions are worse than others, but all of the above are imitations of celebration.

Authentic celebration is not so much escaping as it is coming back, not so much a lessening of consciousness as it is a heightening of consciousness. To celebrate is to re-create, refresh, and remake the spirit. It is to grow rather than to go or get or grab. How much happier our lives will be when we can say, "Come celebrate – let's listen to the wind and watch the night fall. Come celebrate – let's dispel loneliness, get a sourpuss to smile, share ourselves with each other."

Hear the Spirit as it speaks to us.
Amen.

First Prayer

Let us pray together.

**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.**

Third Reading

What are we? A hank of hair and a piece of bone? A few cents' worth of minerals? Or are we each a song? A unique chord struck deliberately to add to the infinite harmony of the universe?

Many of us would like to agree with the last definition, but we dare not. We are sure that we are out of tune because too many of our notes are flat. We don't listen because we're afraid of what we might hear. We're certain we wouldn't like it.

The consequence is that we would rather do almost anything than be quiet and listen. We work too much, run too much, talk too much – anything so we won't have to listen.

But the hymn of the universe goes on whether we're listening or not. So we might as well tune in. Perhaps our spirits will be soothed enough to let our heads entertain some new ideas like "I'm not so bad. My note is a good sound."

With practice, we can become very good at being still and listening. And in stillness, we can understand that the hymn wouldn't be the same without our notes.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**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:**

**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.**

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.

Days of Healing
Days of Joy

—Adapted from
the Book of
Common Prayer

*Am I willing
to participate
fully in the life
around me?*

**The Promise of
a New Day**

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.**

*Knowing that
happiness is
always within
reach if I extend
my hand for it
strengthens my
grasp. I will
practice taking
charge of my own
happiness 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.

Lenten Soup Study: Becoming Beloved Community: Here and Now

This Sunday is the last Lenten Soup Study after the 10:30am service in the Mission Room. All are invited - even if you've not come to a previous session. Share soup and fellowship while discussing a Lenten study developed by the Partnership's Commission to Dismantle Racism and Discrimination called *Becoming Beloved Community: Here and Now*. The study reviews our history of systemic racism in the Episcopal Church and in our community, and we will discuss how we can be a part of the racial healing and justice that will help us become the beloved community here in our place right now. For more information, email Jeffrey Tooke at jeffreytooke@outlook.com.

Discussion Group: Lenten Creed Study

Trying to figure out what you believe? Ever wonder about what the Episcopal Church believes? Come and discuss it on Wednesdays during Lent beginning March 1 with Tim Lane and Jeffrey Tooke. We will discuss various aspects of our Christian creeds and how to develop a practice of prayer using our creeds and the Book of Common Prayer. 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 about the group, email Jeffrey Tooke at jeffreytooke@outlook.com.

Walk the labyrinth at First Presbyterian Church though lent and holy week. Thursdays 4-8pm, Sundays 11:30am-12:30pm at [1 Symphony Circle](#) (across from Kleinhans.) The Labyrinth is in the Blue Room accessible from the side office door for First Presbyterian. There will be visible signage as well as volunteers directing people to the elevator and to the Blue Room.

Explore Buffalo

Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo will be leading a tour of Trinity's windows as part of its Sacred Spaces series. The next date is **Saturday, March 11 @10am**. You can help the wider community appreciate the resources Trinity has to share. Post this link on your social media or email it to friends. Better yet, invite someone to come on the tour with you. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>

Trinity Spaces for Rent

Our church has work spaces available for rent at both 371 and 393 Delaware Ave. We hope to rent to groups or 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 a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group.

Remember Nina's Kitchen?

Maybe you've forgotten or are new to Trinity, but we have a well-designed and useful kitchen right upstairs off the Marfield Room. Let's pull out the cutting boards and work bowls, and fire up the soup pot! It's time to roll with Sunday lunch/ brunch and whatever ideas we imagine for gathering at the table(s). If you are curious and want to join a "kitchen crew," please contact Judy Atkinson Miller at jatk1812@gmail.com.

You can also get there by scanning this QR code:



Comfort and Care Team

A new committee has formed with the purpose of offering care and comfort to members of the Trinity family who may be experiencing health or other life challenges. There are currently four of us on the committee, and we are inviting and welcoming others who are interested in this ministry and/or have ideas for us. We are excited about this new initiative and have already begun to implement some of our activities. Please contact any of the four of us with your interest, ideas, or for more information. We look forward to hearing from you! Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com; Susie Green, susie432@gmail.com; Patti Nisbet, tudorspace@aol.com.

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.

Visiting Trinity

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 [here](#) to get Trinity's eNews to stay in touch!

12-Steps@7

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