

12 Steps@Trinity



Cultivate An Open Mind

June 2, 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

Each of us puts the Twelve Steps of Recovery into practice in our lives as best we can, moving at the pace that is right for us. That is why I avoid speaking harshly, using phrases such as “get off the pity-pot” or “quit feeling sorry for yourself.” Perhaps someone needs more time to work through a painful situation than I do. Their story may sound repetitious to me, but who am I to judge?

When I am struggling with my difficulties, I am so grateful that no one in Recovery stands over me with a stopwatch, telling me that I am taking too long when I learn my lessons slowly. A nonjudgmental, listening ear can be a great blessing and I’m learning to offer it more freely.

The open door to helpful answers is communication based on love. Such communication depends on awareness of and respect for each other’s well-being and willingness to accept in another what may not measure up to my own standards and expectations. Today I will try to extend to my fellow members the respect, patience, and courtesy that I want for myself.

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.

Courage to
Change

*Love is the only sane and satisfactory answer to the problem of human existence.
Erich Fromm*

Musical Interlude

Second Reading

Complacency is an enemy, easy to recognize in others but difficult to admit in ourselves. It is rarely listed among the major human faults, yet it can hinder us in every form of personal growth.

Complacency simply means being sure we're right, taking it for granted that our view couldn't possibly be wrong. It means judging others by what we think is right. It blocks our understanding and kindness and justifies qualities in ourselves that we wouldn't find tolerable in other people. Smug complacency is often at the root of family dissension.

Let me not be quite so sure that my thinking is always correct. Let me begin by being a little critical of my iron resolution to have things my way. I will keep my ears and my mind open to the ideas of others, even when they don't square with mine. Then I'll be opening the door to growth.

My serenity does not depend on my winning every round in my battle with life. It does depend on my acceptance of others on their own terms. God grant me that serenity.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Welcome, welcome, welcome.

**I welcome everything that comes to me today
because I know it's for my healing.**

**I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.**

I let go of my desire for power and control.

**I let go of my desire for affection, esteem,
approval and pleasure.**

I let go of my desire for survival and security.

**I let go of my desire to change any situation,
condition, person or myself.**

**I open to the love and presence of God and
God's action within. Amen.**

One Day at a Time
in Al-Anon

— Mary
Mrozowski
(popularized by
Thomas Keating)

*To have reason
to get up in the
morning, it is
necessary to
possess a guiding
principle, a belief
of some kind.
In God's Care*

Third Reading

will keep an open mind toward each person I encounter today. If I am ready to learn, anyone can be my teacher.

A suggested meeting closing says that “though you may not like all of us, you’ll love us in a very special way – the same way we already love you.” In other words, every meeting can be an opportunity to practice placing principles above personalities. Most of us are highly aware of the personalities of people around us. Instead of getting lost in petty likes and dislikes, it is important to remember why we come to meetings. We all need each other in order to recover.

I don’t have to like everybody, but I want to look deeper to find the spirit that we share in common. Perhaps I can find peace with each person by reminding myself of those things that draw us together – a common interest, a common belief, a common goal. I will then have a resource for strength rather than a target for negative thinking. I will have placed principles above personalities.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**Praise be to you, O Lord, for life
and for my intense desire to live;
praise be to you for the mystery of love
and for my intense desire to be a lover;
praise be to you for this day
and another chance to live and love.**

**Thank you, Lord,
for friends who stake their claim in my heart,
for enemies who disturb my soul and bump my ego,
for tuba players,
and story tellers,
and trapeze troupes.**

**Thank you, Lord,
for singers of songs,
for teachers of songs,
who help me sing along the way
... and for listeners.**

**Lord, grant me grace, then,
and a portion of your spirit
that I may so live
as to give others cause
to be thankful for me,**

Courage to
Change

— Ted Loder

*Growth begins
when we start to
accept our own
weakness.
Jean Vanier*

thankful because I have not forgotten
how to hope,
how to laugh,
how to say, "I'm sorry,"
how to forgive,
how to bind up wounds,
how to dream,
how to cry,
how to pray,
how to love when it is hard,
and how to dare when it is dangerous.

Undamn me, Lord,
that praise may flow more easily from me
than wants,
thanks more readily
than complaints.
Praise be to you, Lord, for life;
praise be to you for another chance to live. 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

*We are quick
enough at
perceiving and
weighing what
we suffer from
others, but we
mind not what
others suffer
from us.
Thomas A'kempis*

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.

*I have learned
silence from
the talkative;
tolerance from
the intolerant;
and kindness
from the
unkind. I
should not be
ungrateful to
those teachers.*
Kahlil Gibran

You can also get
there by scanning
this
QR code:



12-Steps@7

Trinity Episcopal Church • 371 Delaware Avenue • Buffalo, New York 14202

The Rev. Matthew Lincoln • mlincoln@trinitybuffalo.org

www.TrinityBuffalo.org • (716) 852-8314