

12 Steps@Trinity



Growth

March 3, 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.

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.

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

When we think of it, there is something truly remarkable in the fact that practically all human beings want to be better than they are. What a hopeful reading of humanity – seven billion people, all eager to improve themselves.

For many of the humans on earth, self-improvement has an economic basis – to be able to eat two or three times each day, perhaps rather than once. We are fortunate to be able to understand improvement in a moral and spiritual sense. Increased income or possessions cannot truly augment us; our real growth is inward.

However we understand our spiritual selves, most of us agree on how to foster them: through peace, silence, and beauty, in meditation, and in what some of us call prayer. Just as every bud aspires to be a flower, and as the flower holds the secret of the fruit, so we enfold the beauty of our spirits. If we nourish the spirit, we can grow to be our better selves. If we allow nothing to hamper its growth, our spirit will unfold.

Hear the Spirit as it speaks to us.

Amen.

Musical Interlude

The Promise
of a New Day

The Promise
of a New Day

*Even welcome
visitors can only
enter through
a door I have
opened.*
The Promise
of a New Day

— Br. David
Steindl-Rast

The Promise
of a New Day

Second Reading

Since so much of the world remains mysterious, how can we rule out new possibilities? It is very human to want to cling to the little bits of truth we are sure of; but we must not use those bits of knowledge to keep us from the possibility of further discoveries.

True wisdom includes the humility to acknowledge what we don't know. The careful scientist and the experienced physician are humble before the immensity of what they don't know.

New experiences, new relationships and connections can reveal more and more, if we are open to them. Once we decide we know something - and close our minds to the possibility that we don't - we are keeping our selves willfully ignorant. Filtering our life's richness robs us of our birthright - experience. Nothing is true that can not stand to be tested against life's flow.

Hear the Spirit as it speaks to us.
Amen.

First Prayer

Let us pray together.

**You, from whom we come
And to whom we go,
Unchanging love,
You give us time for change and growth
In this time of great change in my life,
please, give me courage to change and grow
and cheerfulness amidst growing-pain.
Let me take ever deeper roots in love
Make me faithful without clinging
And let me remain faithful in letting go.
Into your hands I lay my life
And the lives of all whom I love.
Amen.**

Third Reading

Growth means learning the limits of our will. What appears to be mastery - flying an airplane, for example - is merely cooperation with natural forces. Human intellect does not master natural processes; we tap into them, learn them, bring our own aims into harmony with them.

Life is a series of opportunities for emotional, spiritual, and intellectual growth. No opportunity for action is beyond our capabilities. Being alive is our invitation to act in fresh, inventive ways. The components for accomplishing any task are at our fingertips, awaiting discovery.

Let us remember, we have been given the gift of life and we are obliged to test our wings and spring forth, displaying the message within. Even when fear crouches close at our heels, we can elude its grasp if we remember this message that eternally accompanies us: "All is well."

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**O God of beginnings,
as your Spirit moved
over the face of the deep
on the first day of creation,
move with me now
in my time of beginnings,
when the air is rain-washed,
the bloom is on the bush,
and the world seems fresh
and full of possibilities,
and I feel ready and full.
I tremble on the edge of a maybe,
a first time,
a new thing,
a tentative start,
and the wonder of it lays its finger on my lips.
In silence, Lord,
I share now my eagerness
and my uneasiness
about this something different
I would be or do;
and I listen for your leading
to help me separate the light
from the darkness
in the change I seek to shape
and which is shaping me.
Amen.**

— Ted Loder

*This day promises
challenge and
many choices. I
can successfully
handle all
possibilities.*

**The Promise
of a New Day**

Musical Interlude

*If I am fearful
today it is
because I have
forgotten the
reality of my
existence. I
am equal to all
people in my
world, and we are
necessary to one
another.
The Promise
of a New Day*

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.**

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.

WINDOW RESTORATION FUNDRAISER - FUSING FUN

This Friday from 6 PM – 9 PM

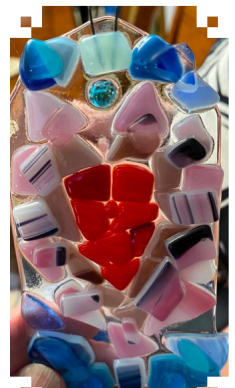
This unique experience provides a space for anyone to create their own mini glass window using Trinity as inspiration. Come see us as part of Allentown's First Friday series! The projects will be made by placing compatible fused glass pieces together to make a design and will need to fire in the kilns for 1-2 days (like Glass Cookies!) after which they can be shipped for an additional fee or picked up on location during business hours. \$15.00 for each mini glass window.

Over 85% of the revenue from this project goes directly toward the Trinity Window Restoration Fund. Any additional you donate supports the restoration of Trinity Episcopal stained glass windows. No reservations required. Walk-ins welcome. Payments taken on site. Pay for as many projects as you make during creation, shipping options are available. Cash, check, and credit card (via paypal) all accepted. Kids as young as 5 can attend. Email the Stained Glass Association info@stainedglass.org for more information.

*If you shut your
door to all errors,
truth will be shut
out.*

*Robindranath
Tagore*

You can also get
there by scanning
this
QR code:



Announcements continue on next page

LENTEN PROGRAM: THE PSALMIST'S CRY

On **Wednesday evenings @7pm** during Lent, Tim Lane and Jeffrey Tooke are facilitating The Psalmist's Cry. In Psalmist's Cry, we explore the Psalms as scripts for lament that can help guide us toward expressing our feelings and lives honestly. We will also explore how we can embrace the danger and goodness of the Gospel, by giving up control and allowing God's mystery to unfold in our lives.

On **Wednesday, March 9 @7pm**, we will explore how we avoid taking risks, how we can create safe spaces to genuinely share ourselves, and how we can learn to experience genuine joy and grief by embracing the depth of the gospel.

Join Tim and Jeff on Wednesdays @7pm using this zoom link:

<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 jeffrey@bayharboradvisors.com.

PULLING THE RACE CARD SPEAKERS

Wednesday, March 16 @7pm

Sarah Pearson Collins and her sister Kezia Pearson will speak at Trinity to share some of their own stories, and reflect on what moved them to develop the "Pulling the Race Card" deck. It is an interactive deck of cards designed to initiate conversation between friends, family and colleagues. It explores biases in a self-reflective manner. This discussion helps to debunk myths and stereotypes about certain groups of people.

Their talk promises to be engaging, challenging and inspiring. The event will be held in person at Trinity and will be live streamed on Facebook and YouTube. No reservations or tickets are needed to attend in person. We continue to urge people to wear masks and spread out in the church's seating area.



12-Steps@7

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