

12 Steps@Trinity



Positive Action

December 1, 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

Today I have a chance to make a contribution to my sense of well-being. I can take some small action that will strengthen a relationship, pursue a goal, or help me to feel better about myself. I don't expect to dramatically alter my life. My goal is simply to move in a positive direction, knowing that major strides often begin with very small steps.

Perhaps I will ask someone to become my sponsor, reach out to a newcomer, or try a different Twelve Step meeting. I might get some exercise, make an appointment for a check-up, listen to music, or clean a closet. I could write a letter to a friend I've neglected or spend some time alone enjoying a few minutes of peace and quiet. Perhaps I'll do something I'm afraid to do, just for the exercise. I might pick up groceries for a sick friend, fix a wobbling table, read a book to stimulate my mind. Maybe I'll meditate on one of the Twelve Steps or share my experience, strength, and hope with someone who wants to hear it.

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

*To improve the golden moment of opportunity, and catch the good that is within our reach, is the great art of life.
Samuel Johnson*

Second Reading

Daily practice of the Twelve Steps is helping me to become more tolerant of other people. For example, when I take my own inventory and examine my motives, I recognize the same shortcomings I once eagerly pointed out in others. It is easier to accept the limitations of others when I acknowledge my own.

I see now that my thinking has often been distorted, my behavior inconsistent. If my perceptions of myself have been so inaccurate, how reliable can my perceptions of others be? I really don't know what anyone else should think, feel, or do. Therefore, I can no longer justify intolerance.

Regular, dedicated practice of the principles of the program keeps me feeling good about myself. This permits me to be increasingly open-minded and considerate toward everyone in my life.

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.**

Courage to
Change

*by Mary
Mrozowski
(popularized by
Thomas Keating)*

*I have an
important part
to play in my
relationship with
my Higher Power
– I have to be
willing to receive
help, and I have
to ask for it. If I
develop the habit
of turning to my
Higher Power
for help with
small, everyday
matters, I'll
know what to do
when faced with
more difficult
challenges.
Courage to
Change*

Third Reading

Most feelings are unbidden, mysterious, and nebulous. We don't make a deliberate decision to call up one feeling or another. Feelings simply crop up into consciousness without our permission. For no apparent reason, we may again feel the paralyzing fear of abandonment or a terrifying sense of isolation. Such emotions may come on us with the power to make us feel invisible in a world of real people and things.

The most trivial word, image, or even smell can activate the deeply hidden triggers of our feelings. We can't control the triggers, but we can control what we do with our feelings. Emotional management is learned, not inborn. Positive action is, was, and always will be the best remedy for wayward feelings. And consistent, positive action is the very definition of competent emotional management.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**O Ingenious God,
I rejoice in your creation,
and pray that your Spirit touch me so deeply
that I will find a sense of self
which makes me glad to be who I am
and yet restless
at being anything less
than I can become.
Make me simple enough
not to be confused by disappointments,
clear enough
not to mistake busyness for freedom,
honest enough
not to expect truth to be painless,
brave enough
not to sing all my songs in private,
compassionate enough
to get in trouble,
humble enough
to admit trouble and seek help,
joyful enough
to celebrate all of it, myself and others and you.
Amen.**

Days of Healing
Days of Joy

— *Ted Loder*

*Twelve Step
meetings,
fellowship, Steps,
Traditions, and
literature all help
me to improve
my ability to
relate to others.
I will renew my
commitment to
recovery today.
The Dilemma
of the Alcoholic
Marriage*

There are so many ways in which I can improve the quality of my life. Instead of fretting about what I can't have or can't do, I'll take action to create something positive in my life today.
Courage to Change

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.**

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:



announcements - see insert

There are so many things happening at Trinity, that we've decided to create one insert for all of the services. This way, you'll be in the know for anything which might interest you, and you can ignore anything that doesn't.

12-Steps@7

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