

12 Steps@Trinity



Meet God Through Others

January 5, 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

How often we suffer needlessly, having made a decision to be lonely. Yes, a decision. Loneliness doesn't just happen. We are free to join with others. We know that. Our friends, like us, need friends. It is not an imposition to get in touch and say, "Hi, I need to talk," or, "How about a cup of coffee?" We welcome these overtures from our friends, as they welcome ours.

Loneliness comes from a feeling of separation, the idea that we are different. One of the most remarkable gifts of our program is coming to see that we are all God's children. God gave us each other, and we are far more alike than different. We are never alone except by choice. We can join our Higher Power at any instant and be comforted. And we can join our friends in the knowledge that they need us as we need them.

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.

In God's Care

*We all carry our own deep wound, which is the wound of our loneliness.
Jean Vanier*

Second Reading

Most of us come to know God and feel God's love through other people. Through our relationships with others, we learn what our life is about and we grow. If we erect walls of isolation, our life is reduced to but a shadow of what our Higher Power intended.

The wall of mean spiritedness poisons us and our relationships. In time, hatefulness erects tall walls around us, walls that grow taller and creep closer to us with each passing day. These walls imprison us by keeping others away and keeping us from knowing God's love.

But our walls and isolation affect more than our own life. They affect everyone traveling on our path.

By being present in other people's lives, we can teach them what we know about life and they, in turn, can help us grow.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Thank you for our time in community,
for deep, if fleeting friendships,
for those conversations late at night,
for the vulnerable intensity lubricated by laughter
for the freedom to serve others
and to affirm ourselves
in the face of all that you know and we know of our lives.
And we thank you for any signs that the churches,
from which so many are disaffected,
can yet be your body on earth in the community of creation.
Amen.**

Third Reading

How often we unnecessarily complicate our life. We create conflicts with our friends and with people we don't even know, draining ourselves physically, emotionally, and spiritually. We worry about who's right, who's in charge, and we become brittle. We forget God.

Why do we expend our precious energy in this way when showing patience and love is so much easier? Love fills us with energy. Love softens us as it heals our

In God's Care

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

*— Kathy
Galloway, of the
Iona Community*

In God's Care

hidden wounds. Love enlightens us as to God's role in our life. And those who receive our love are softened and healed and enlightened as well.

The life we've been given by God is meant for enjoyment. But we can be certain of this enjoyment only when we put our energy into actions that replenish our soul. Love guarantees replenishment by guaranteeing our connection to God, from whom our sanity and peace come.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

Dear God,

why do I keep fighting you off?

One part of me wants you desperately,

another part of me unknowingly

pushes you back and runs away.

What is there in me that

so contradicts my desire for you?

These transition days, these passage ways,

are calling me to let go of old securities,

to give myself over into your hands.

Like Jesus who struggled with the pain

I, too, fight the "let it all be done."

Loneliness, lostness, non-belonging,

all these hurts strike out at me,

leaving me pained with this present goodbye.

I want to be more but I fight the growing.

I want to be new but I hang onto the old.

I want to live but I won't face the dying.

I want to be whole but cannot bear to gather up the pieces into one.

Is it that I refuse to be out of control,

to let the tears take their humbling journey,

to allow my spirit to feel its depression,

to stay with the insecurity of "no home"?

Now is the time. You call to me,

begging me to let you have my life,

inviting me to taste the darkness

so I can be filled with the light,

allowing me to lose my direction

so that I will find my way home to you.

Amen.

—Joyce Rupp

*"Separate reeds
are weak and
easily broken; but
bound together
they are strong
and hard to tear
apart."*

The Midrash

*One reason I
come to Twelve
Step recovery
meetings is to
learn to develop
healthy, loving
relationships
with myself
and others. I
recognize that
I need other
people. I will
welcome those
my Higher Power
brings to me
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.

Discussion Group: Church - A Community Called for the Future

On **Wednesdays @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on this program from *The Work of the People*. Each week we will watch a short video and discuss issues about how congregations and the church can be a life-giving and life-sustaining body responding to the Spirit amongst us.

Join Tim and Jeff this **Wednesday, January 11, @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, please send an email to Jeffrey Tooke at jeffreytooke@outlook.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.

You can also get there by scanning this QR code:



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

12-Steps@7

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