

12 Steps@Trinity



What Lies Before Us

March 31, 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

Our dreams and our aspirations are our invitations to set new goals, attempt new tasks, dare to travel uncharted courses. We each have gifts to offer fellow travelers, but most frequently need encouragement to recognize our own strengths and talents.

Seldom do we rise in the morning fully eager to join in the opportunities that await us. More likely we have to prepare our minds, center our emotional selves, nurture the inner person who may fear the experiences the day promises.

It is normal – completely human – to be conscious of our incompetencies while lacking awareness of our abilities. To them we give scant attention, generally blocking out the praise they elicit. To our failings, however small, we compulsively devote our attentive minds. We forget that today's abilities were last year's incompetencies.

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.

The Promise
of a New Day

Second Reading

First things first. How much more simply life could evolve if we would but focus our attention on the obvious situation confronting us, looking always for our direction from within the situation's elements.

How little point there is in worrying about what may come, and yet we expend incalculable amounts of energy in just such activity. What lies before us is all there really is in our lives – today. Nothing confronts us without purpose. Whatever the situation, it has called us forth to act. Our action will benefit us if we choose to transcend the ego that invites our worry, our smallness in thought and behavior.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Your kingdom is not only beyond our efforts, O God, it is beyond our vision. We will accomplish only a tiny fraction of the magnificent enterprise into which you have invited us. **We know that nothing we do is complete and we acknowledge your kingdom is always beyond us.**

This is what we are about: We plant seeds that one day will grow. We water seeds already planted, knowing that they hold future promise. **We will lay foundations that will need further development. We will provide yeast that produces effects beyond our capabilities.**

We cannot do everything and we are liberated by knowing that; it enables us to do something, and to do it very well. **Our efforts will be incomplete, but it is a beginning, a step along the way, an opportunity for your grace to enter and do the rest.**

We may never see the end results of our effort, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs. We are prophets of a future not our own. Amen.

Third Reading

In the face of seemingly impossible problems, it is easy to believe that our most negative thoughts reflect the truth. They plead the worst-case scenario in a very convincing way, until it almost seems frivolous to consider a positive outcome. Yet the loudest voice is not necessarily the truest.

No matter how insistent a feeling may be, it is just a feeling, not a prophecy. We don't get to know today what will happen tomorrow. Counting on any particular outcome can lead to disappointment, but sometimes it helps to remember that a positive outcome is just as likely as a negative one.

The Promise
of a New Day

*“This time, like
all times, is a very
good one, if we
but know what to
do with it.
Ralph Waldo
Emerson*

*Attributed to
Oscar Romero*

Courage to
Change

We are powerless over the results of our actions. We can try to make wise choices today, but what will happen in the future is out of our hands. Since we can't know what to expect, why not trust that a Higher Power can use whatever happens to further our growth?

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.**

Musical Interlude

— *Ted Loder*

*If you can
imagine it, you
can achieve it.*

*If you can
dream it, you
can become it.*

*William Arthur
Ward*

*Today stands
before me,
awaiting my
involvement. I
will go peacefully,
addressing only
those situations
that invite my
attention, and I
will give it, fully.*
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.

ANNOUNCEMENTS

LENTEN PROGRAM: THE PSALMIST'S CRY

On **Wednesday evenings @7pm** during Lent, Tim Lane and Jeffrey Tooke are facilitating *The Psalmist's Cry*. We are exploring 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, April 6 @7pm**, we will explore the presence of brokenness and lament from the many different voices around us.

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.

*Our grand
business is not
to see what
lies dimly at a
distance, but to do
what lies clearly
at hand.*

Thomas Carlyle

You can also get
there by scanning
this
QR code:



Holy Week Services

You are welcome to gather at church in person or online! If you are not fully vaccinated or have any other reason to be cautious about being in a crowd, don't worry! Sunday morning services are live streamed on [YouTube](#) and [Facebook](#) and the other weekly services are live streamed on Zoom. See below for details.

Palm Sunday 4/10 10:30am Includes the passion story reading. This service is conducted on site at Trinity, and you can participate in person or online via [Facebook](#) or [YouTube](#). This is the primary gathering of our community where we hear Hebrew and Christian Scripture as well as contemporary poetry and prose, a sermon, and lots of music. It is open and inclusive for spiritual inquiry no matter what your religious or spiritual tradition, or even if you have none. The video of this service remains on [Facebook](#) and [YouTube](#) after the live stream is over.

Sunday 4/10 Trinity @7 The regularly scheduled service

Wednesday 4/13 noon The regularly scheduled conversational Eucharist

Maundy Thursday 4/14 @7pm This service is conducted on site at Trinity, and you can participate in person or online via [Facebook](#) or [YouTube](#). This service will commemorate Jesus' last supper.

Thursday 12-Step @7 4/14 The regularly scheduled service

Good Friday 4/15 noon This service is conducted on site at Trinity, and you can participate in person or online via [Facebook](#) or [YouTube](#). At noon, the focus is the Gospel's telling of the passion, with communion that coincides with the time that Jesus hung on the cross.

Easter Sunday 4/17 10:30am This service is conducted on site at Trinity, and you can participate in person or online via [Facebook](#) or [YouTube](#). Beginning with the lighting of the Paschal Candle, the Easter service will be a full celebration of the hope of new life that overcomes death, with great music and an open invitation to participate in the transformation of Jesus' last supper into the first banquet of life after death. The video of this service remains on [Facebook](#) and [YouTube](#) after the live stream is over.

Sunday 4/17 Trinity @7: NO SERVICE

Easter Bonnets

While COVID numbers are down, there is still cause for caution, so we won't be holding the Easter Bonnet parade this year. BUT, all are welcome to wear their Easter bonnets; we encourage creativity!

12-Steps@7

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

The Rev. Matthew Lincoln • mcolin@trinitybuffalo.org

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