

# 12 Steps@Trinity



## Surrender and Acceptance Work

June 16, 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

**F**ollowing with whatever comes to us in life eases us through each day's demands. When we resist change and the unfamiliar, we imprison ourselves and hide from God's invitations to grow. Only when we willingly experience God's lessons with trust and faith, and see them as blessings, are we able to wholeheartedly join in the stream of life.

With God in our life, what we once regarded as coincidence becomes the order of the day. Every situation and encounter weave threads in the tapestry of our life, as we in turn are threads in the tapestry of others' lives.

The pattern unfolds every day that we live trusting that each moment is meant to bless us, educate us, and invite us to contribute our unique and necessary talents. God is here, now, guiding us. We need only to peacefully follow.

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

## Second Reading

**W**e thought we were self-sufficient, that we needed no help to run our life, but this got us into trouble. We discovered that willpower was useless in extricating ourselves from our addictions. We realized we weren't quite as strong and independent as we had imagined. It was in surrendering to that truth and asking for help that we began to recover.

Many of us would just as soon leave it at that. *Addiction is one thing, daily living is another*, we think. But in thinking that, we limit our growth. We need help in all areas of living. And when we admit our weakness, we get help. Saying to God, "I don't know what to do," is the quickest way to learn.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**Dear Gracious and Loving God,  
As I take this time to be still,  
help me to let go of anxiousness and feel your peace.  
You are love and where there is love there can be no fear.  
Help me to let go of fear and receive your perfect love.  
I come before you with heaviness because of being hurt by others.  
Help me to accept the effect that their actions have had in my life  
and to let go of this hurt.  
I release this hurt.  
I release this weight on my body and spirit. I ask your love to carry me.  
I forgive those who have hurt me.  
Help me to receive and accept love.  
Help me to give love freely.  
Help me not to strive for perfection but to make progress each day.  
Each day, help me to step into the glorious person you created me to be.  
I accept and find comfort in knowing—I am completely loved with your divine,  
perfect love.  
Amen.**

— Jackie  
Trottmann

*Today I am  
powerless over  
people, places,  
and things. My  
growth depends  
on remembering  
that.*  
In God's Care

## Third Reading

**W**e know, intellectually at least, that if we turn our life and our will over to God, we have nothing to fear. Though we may do Step Three on a daily basis, some situations still surprise us.

Some days we may need to remind ourselves moment by moment that God is in charge. And that's okay. Just because our ego forgets about God and tries to fix problems doesn't mean we're failures. It only means it's time to pause, remind

ourselves of who is in charge, and quiet our mind. God can then reach us with the right message about what to do next.

Let's be assured that we will become less fearful in the months and years ahead. In fact, we are already more relaxed, confident, and serene than we were before finding our recovery program. We now trust the promise that "...God is doing for us what we could not do for ourselves."

Hear the Spirit as it speaks to us.

**Amen.**

## **Second Prayer**

*Let us pray.*

**O God of peace, you have taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit lift us to your presence, where we may be still and know that you are God. We ask this, trusting that you are already doing more than we can ask or imagine.**

**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**

*In God's Care*

*— Adapted from  
the Book of  
Common Prayer*

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

*The events in our lives happen in a sequence in time, but in their significance to ourselves they find their own order.*  
Eudora Welty

*Surrender means saying, "Okay, God, I'll do whatever You want." Faith in the God of our recovery means we trust that eventually we'll like doing that.*  
Days of Healing  
Days of Joy

## **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.

### Trinity @7 this Summer

Trinity @7 now has a bi-monthly schedule. We meet in person and on Zoom on the first and third Sunday of the month.

Our dear friend George Caldwell plays piano for us while Krista takes a summer hiatus. He has a completely different and great style so come check out his music. We think you'll like it!

### Trinity Spaces for Rent

Our church has work spaces--large and small--available for rent at Trinity Center. We hope to rent to groups and individuals that share our vision of community betterment. If you know someone that would be a good fit, please share this QR code which links to <https://www.trinitybuffalo.org/trinity-center-rentals>.

### Visiting the Church

The church is open by appointment for private prayer or meditation. Contact our parish administrator, Colleen O'Neill, at [coneill@trinitybuffalo.org](mailto:coneill@trinitybuffalo.org) to schedule an appointment.

You can also get there by scanning this QR code:



*With them I  
gladly shared  
my all and  
learned the  
great truth  
that where God  
guides, God  
provides..*

**Frank N.D.  
Buchman**

## **12-Steps@7**

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