

12 Steps@Trinity



Expectations and Reality

March 10, 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

Because we fear we are inadequate, and because our expectations of ourselves are inflated along with our assumptions about others' expectations of us, we live in the realm of pretense. However, the truth of existence is that we are exactly who we need to be. None of us is inadequate, yet all of us fall short of being perfect. Our journeys are designed to introduce us to new information, new possibilities for growth and development.

We must trust that we are at the right place, at the right time, with all the preparation we need to succeed, here and now. Fretting takes our focus away from the moment and the rich invitation for personal involvement that it is extending. Remember, it is through the full interaction with the present that we are nurtured emotionally and spiritually and encouraged to attain our full potential.

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

My expectations today will be only for myself. The Promise of a New Day

Second Reading

If we expect children to behave as adults, of course, we will find them tiresome. If we expect water to be milk, we will be continually disappointed. But – since we can control and direct our expectations – why should we set ourselves up for such inevitable annoyances?

But we do. We are constantly expecting things unreasonably, and then being disappointed, shocked, heartbroken, and betrayed. It would be so much more rational simply to take things as they come, and without expectations.

But that would involve a degree of detachment that most of us would find impossible. It would mean unhooking our feelings from other people's behavior. "But I care about her," we say. "Of course I want her to _." It doesn't much matter what we want her to do; get married, get divorced, brush her teeth at night, or come in before midnight.

What matters is our involvement, our expectations. We can care about her and still not feel hurt by her actions that may not be what we want. Hurtful actions are another matter; but she has a right to be who she is, just as we all do.

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.**

— Br. David
Steindl-Rast

*The battle to keep
up appearance
unnecessarily,
the mask –
whatever name
you give creeping
perfectionism –
robs us of our
energies.
Robin
Worthington*

Third Reading

A sure cure for rage at the minor irritations of daily life is to sit back from the traffic jam, the broken appointment, the lost vital information, and say, “being human is itself difficult.” It may not cure our frustrations for long, but it is worth practicing.

Many of our troubles stem from forgetting just how difficult it is. We often have impossible high standards for behavior, especially our own. We are complicated, marvelous creatures who have many skills, but we thwart our own capacity for enjoyment by expecting that we will be perfect.

Being human is difficult; we perform it imperfectly. And when we combine our effort with others’ – building a building, performing a play – we multiply our imperfections as well as our skills. Yet we need each other.

If we can detach ourselves from anger and disappointment and reflect on how wonderful it is that we can do anything at all, we may remember to love ourselves and others for our human complexity and simplicity.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

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.**

Musical Interlude

The Promise
of a New Day

—Mary
Mrozowski
(popularized by
Thomas Keating)

*Today I will
remember that
I am all that I
need to be.*

The Promise
of a New Day

*Learning is
forever in my
control. The
decision is
personal and
perhaps must be
made each day,
anew. The choice
is mine.
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.

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.



*I will set the tone
for my day by my
behavior toward
self and others.*

**The Promise
of a New Day**

You can also get
there by scanning
this
QR code:



12-Steps@7

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