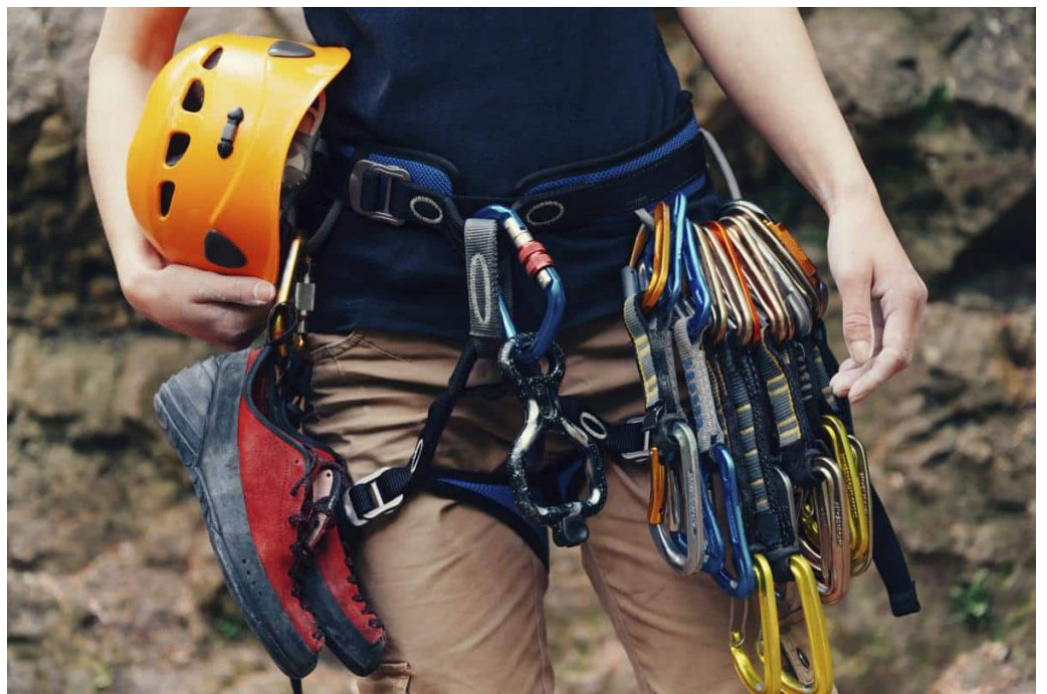


# 12 Steps@Trinity



What is in Your Toolbox

April 7, 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

**E**ffective, creative living takes practice and work. It's important to understand that. Like learning to run a household or manage a company, learning to live happily and well is a matter of acquiring skills. How skillful we are is almost always in direct relationship to how much we practice. "Once in a while" doesn't get it.

Think of it as a tug-of-war between who we are right now and who we want to be: One pulls hard; the other pulls harder. Who will win? Who we are now is strong with programmed response, learned reaction, and comfortable, customary emotional patterns. We are the sum of what we were. And the past is powerful. Our new, becoming self, the self we want to be, is young and without the strength of personal history. How will that self gain power if exercised only once in a while?

The hours and days of our lives can grow increasingly brighter through all our remaining years if the self we are becoming is willing to pump enough iron.

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.*

Days of Healing  
Days of Joy

*Never let  
yesterday use up  
today.  
Richard H.  
Nelson*

## Second Reading

**T**oday is like a bright new coin. It is potential, waiting for us to decide what we shall spend it on. We have a choice, as always: yesterday's hurt or today's celebration.

Boundaries are the issue. How often we talk about boundaries. Most often these are boundaries between us and other people. Where does my responsibility end and yours start? But there are other boundaries – mental boundaries. One of them is getting lost in yesterday.

Yesterday's fears can overrun the boundary of today like cattle through a broken fence. We can lose sight of the difference between what happened yesterday and what can happen today. We can allow yesterday's resentments to become today's facts or yesterday's expectations to become today's prophecies. Yesterday's people may become the people we deal with today. Our fathers become our husbands or male friends. Patterns between our mothers and their family systems become the expected norm for today. It is unfair to do this to those around us now.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**O God of beginnings,  
as your Spirit moved  
over the face of the deep  
on the first day of creation,  
move with me now  
in my time of beginnings,  
when the air is rain-washed,  
the bloom is on the bush,  
and the world seems fresh  
and full of possibilities,  
and I feel ready and full.  
I tremble on the edge of a maybe,  
a first time,  
a new thing,  
a tentative start,  
and the wonder of it lays its finger on my lips.  
In silence, Lord,  
I share now my eagerness  
and my uneasiness  
about this something different  
I would be or do;**

— Ted Loder

*To live means  
sharing one  
another's space,  
dreams, sorrows,  
contributing our  
ears to hear, our  
eyes to see, our  
arms to hold, our  
hearts to love.  
Paul Tillich*

and I listen for your leading  
to help me separate the light  
from the darkness  
in the change I seek to shape  
and which is shaping me.  
**Amen.**

### **Third Reading**

**W**e are not all the same. We have not all started at the same place. The effort and heroism it has taken to reach a certain level of success, on whatever field it may have been played, vary as greatly as the players in this game of life. Competition can be a killer. Allowing our value or worth to be measured against the achievements of another leads to confusion and a misunderstanding of the truth.

Our task is to learn to stay within ourselves. We must learn to measure our grandness, not by another's yardstick or in relation to another, but to know ourselves well enough to acknowledge the effort and desire we have put forth to get where we are – wherever that may be.

Hear the Spirit as it speaks to us.  
**Amen.**

### **Second Prayer**

*Let us pray.*

**Dear God, we pray for another way of being: another way of knowing.  
across the difficult terrain of our existence  
we have attempted to build a highway, and  
in so doing have lost our footpath.  
God lead us to our footpath:  
lead us where in simplicity we may move  
at the speed of natural creatures  
and feel the earth's love beneath our feet.  
Lead us there where step-by-step  
We may feel the movement of creation in our hearts.  
And lead us there where side-by-side we may feel  
the embrace of the common soul.  
Nothing can be loved at speed.  
God lead us to the slow path;  
To the joyous insights of the pilgrim;  
Another way of knowing: another way of being.  
**Amen.****

### **Musical Interlude**

Days of Healing  
Days of Joy

— Michael Leunig

*God comes to  
you disguised  
as your life.  
Paula D'Arcy*

*Success is to be  
measured not  
so much by the  
position that  
one has reached  
in life as by the  
obstacles which  
he(she) has  
overcome while  
trying to succeed.  
Booker T.  
Washington*

## 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.

*Let us run with  
patience the race  
that is set before  
us.*

Hebrews 12:1

### 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

### LENTEN PROGRAM: THE PSALMIST'S CRY

**Wednesday, April 13 @7pm**, is your last chance to join Tim Lane and Jeffrey Tooke as they explore the Psalms to learn how we can share our story of lament and praise with those we are journeying with and with those who come after us on the journey. 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. Use this zoom link:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions, email Jeffrey Tooke at [jeffrey@bayharboradvisors.com](mailto:jeffrey@bayharboradvisors.com).

### 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, *in person only*.

**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**

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