

# 12 Steps@Trinity



Choose Love

March 17, 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

**I** sometimes worry that I am not doing something truly important with my life. Caught up in day-to-day trivialities, it doesn't seem that I accomplish much. Yet I forget that through all of my daily routine, I am working my 12 Step program.

Working my program is about learning how to love myself, my Higher Power, and those around me. To be loving is to be fully alive. To be fully alive is to use all the splendid faculties of my personality in every area of my life.

As I grow in love, I worry less about doing something important. Instead, I stretch my abilities as far as they can take me. My action is now the spontaneous expression of a loving heart. I have done more in the past year working my program than in the previous ten without it. To me there is nothing more important I can do with my life than becoming more loving and spiritual.

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.*

Hope for Today

*If I look for fear,  
I will find fear.  
If I look for  
love, I will find  
love. Which do  
I choose to seek  
today?*

Hope for Today

## Second Reading

**B**efore I came into 12 Step Recovery, my attitudes were based on fear. I cast all my doubts and feelings of unworthiness onto other people. I set myself up as a victim. I always acted upon my anxiety, and I was forever reacting. Most times my reactions came in the form of blaming, running, or freezing. When I blamed others, I didn't have to feel my deep sense of shame. I ran because facing my fear and hurt seemed too difficult. I froze because frozen hearts cannot feel pain.

The wisdom of the 12 Step program has given me a fresh way to view my life. I no longer choose to be a victim. Now I choose to take responsibility for my actions. I choose how I act, how I think, and how I feel about any situation that arises. I can choose fear, or I can choose love. Fear keeps me shut off and unhealed. Love opens me up and heals me. Today I choose love.

Choosing love means I stay away from physically, emotionally, or spiritually unhealthy situations. I no longer accept unacceptable behavior. I love myself and care about myself enough to walk away from hurtful people and relationships. I look at my part in situations, own my mistakes, and change my behavior. Choosing love means I accept and embrace my humanity and that of others. Then with my Higher Power's help, I can see defects and weaknesses with compassion, which brings me release, joy, and serenity.

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.**

Hope for Today

*Don't ask what  
the world needs.  
Ask what makes  
you come alive,  
and go do it.  
Because what the  
world needs is  
people who have  
come alive.  
Howard Thurman*

— Jackie  
Trottmann

## Third Reading

**L**oving ourselves is a healthy and necessary attitude if we are to garner strength and confidence to move into our world of experiences each day. Self-love, when it is honest and nurturing, fosters compassion toward the others who share our experiences. Preoccupation with self is not self-love.

How distorted our perceptions of life are when, with incessant rigidity, we force our personal selves to the center of every experience. When we focus only on how a situation relates to our own lives, too often we lose sight of the lesson we might have learned. To look instead with compassion upon the needs and frustrations of those sharing our experiences will usher in solutions and will invite an exchange of gratitude which makes all expressions of love easier.

When we look outward with love and acceptance toward our fellow travelers, we inwardly feel greater love, too.

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

The Promise  
of a New Day

—Michael Leunig,  
The Prayer Tree

*Any expression  
of real love today  
– toward anyone  
– will multiply  
my possibilities  
for loving.*

The Promise  
of a New Day

*When I feel  
unaccomplished,  
I will remember  
that loving myself  
is the greatest  
accomplishment  
of all.*  
Hope for Today

## 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.

### 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, March 23 @7pm**, we will explore how we come to know our own pain and brokenness, and how we can get beyond the denial of the status quo to find the artistry of God's presence and mystery within the margins.

Join Tim and Jeff on Wednesdays @7pm using this Zoom link:

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](mailto:jeffrey@bayharboradvisors.com).

*"I used to believe thinking was the highest function of human beings . . . I now realize loving is our supreme function. The heart precedes the mind."*

Lois Remembers,  
p.196

You can also get there by scanning this QR code:



## **Spring is here! Time for Easter flowers!**

It may seem like a well-kept secret at this point, but Spring is here and so Easter is near. Let's welcome this beautiful and much longed-for season and holiday with colorful potted flowers. You'll be contributing to the church, too! Trinity will once again hold an Easter flower sale. Place your order by Friday, 3/25 at 5pm and pick up at Trinity on Saturday, 4/16 between noon and 2pm. Use this link <https://www.kindridgiving.com/App/Form/6f1b78a8-bb9d-4ae2-a9d1-199c4df03ba7> or scan the QR code to go to the order page.



## **Easter Flower Donations**

Many parishioners wish to donate to the decorating of the church at Easter. This is gratefully accepted. To facilitate this, you can use the flower envelope found in the church pews or donate electronically here. Thank you for helping make Trinity the beautiful inviting place that it is with both the gifts of your presence and the gifts you donate. Donations made prior to Sunday, 4/3 will be included in the Easter service worship guide. <https://onrealm.org/TrinityEpiscopa93948/give/flowers>

## **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!

## **Holy Week Services**

Palm Sunday 4/10 10:30am Includes the passion story reading

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 will commemorate Jesus' last supper.

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

Good Friday 4/15 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 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.

Sunday 4/17 Trinity @7: NO SERVICE

## **12-Steps@7**

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