

# 12 Steps@Trinity



Surrender

April 6, 2023

## **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

Surrendering is a highly personal and spiritual experience.

Surrender is not something we can do in our heads. It is not something we can force or control by willpower. It is something we experience.

Acceptance, or surrender, is not a tidy package. Often it is a package full of feelings – anger, rage, and sadness, followed by release and relief. As we surrender, we experience our frustration and anger at God, at other people, at ourselves, and at life. Surrender sets the wheels in motion.

Then we come to the core of the pain and sadness, the heavy emotional burden inside that must come out before we can feel good. Often these emotions are connected to healing and release at a deep level. Our fear and anxiety about the future are released when we surrender.

We are protected. We are guided. Good things have been planned. The next step is now being taken. Surrender is the process that allows us to move forward. It is how our Higher Power moves us forward.

Trust in the rightness of timing, and the freedom at the other end, as you struggle humanly through this spiritual experience.

Hear the Spirit as it speaks to us.

**Amen.**

*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.*

*Melody Beattie,  
The Language of  
Letting Go*

*I have God as  
my companion  
always. I'll  
remember that  
today and be at  
ease.  
In God's Care*

## Musical Interlude

### Second Reading

**H**ow fascinated we become with our own cleverness. So much so that we can't understand how we get into trouble. Our mind is indeed fascinating. Our powers of reasoning are prodigious. But we do well to remember that dependence on reason alone can get us into trouble.

We become so confident of our ability to figure things out – especially in regard to other people – that we may lose touch with Divine guidance. We forget God and start thinking our own reasoning is enough to steer us and everyone else through life's bramble patches. It isn't until we get scratched that we remember the Third Step and decide, once again, to turn it over.

Hear the Spirit as it speaks to us.

**Amen.**

### First Prayer

*Let us pray together.*

**Dear God,**

**In this moment, I let go of all thoughts and concerns.**

**When I let go, I am able to receive.**

**When my hands are formed into tight fists,  
I cannot open my hands to receive anything.**

**When I hang onto tight control,**

**When I close off my heart and my spirit  
I cannot receive your blessings for me.**

**I let go to receive your blessings.**

**Letting go in this moment,**

**I receive your loving presence around me and within me.**

**Help me to let go when I am feeling overwhelmed,  
so that I may receive your peace.**

**Help me to let go when I feel fear  
so that in fear's place I may receive love and courage.**

**I let go of problems and challenges  
in order to receive your guidance and clarity.**

**I let go and trust you.**

**I will not fall.**

**You will catch me.**

**I let go and trust in the still, small voice inside of me.**

**Help me not to struggle but to surrender my struggle to you.**

**I gladly receive this gift of letting go and  
letting you lead me and guide me.**

**Amen.**

In God's Care

— Jackie  
Trottmann

*Step Three  
suggests I teach  
myself, from this  
moment on, to be  
receptive, to open  
myself to help  
from my Higher  
Power.*

Al-Anon's Twelve  
Steps & Twelve  
Traditions

## Third Reading

*Because you cannot see him, God is everywhere. – Yasunari Kawabata*

**W**hat a nice reminder that God is everywhere, even when we don't remember God. Many of us still spend time each day trying to manipulate future outcomes and trying to control other people in the process. We wear ourselves out trying to control the uncontrollable, while God patiently waits to receive our burdens. All we need to do is hand them over: God's presence is here, now.

When we surrender all our concerns to God – both our failures and successes – we begin to realize the breadth of God's care and the constancy of God's presence in our life. We have always been close to God, as close as our breath.

Learning to acknowledge God as our protector and guide is exhilarating and eases our every step, thought, plan, and dream. We are learning that we can do nothing alone, but we can do anything if we just let God join us in partnership.

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

## 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!*

In God's Care

*—Mary  
Mrozowski  
(popularized by  
Thomas Keating)*

*Faith takes  
practice. I will  
include my Higher  
Power in more of  
my actions and  
decisions today.  
Courage to  
Change*

*I have held many things in my hands, and I have lost them all; but whatever I have placed in God's hands, that I still possess.  
Martin Luther*

*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.  
In God's Care*

## **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.

### **Holy Week Services**

You are welcome to gather at church in person or online! If you have any 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 about the rest of this week.

#### **Good Friday 4/7 12pm**

The reading of the passion, solemn prayers for the world  
In person or on Facebook or YouTube

#### **Easter Sunday 4/9 10:30am**

A full celebration of the hope of new life that overcomes death  
In person or on Facebook or YouTube

#### **Sunday 4/17**

**Trinity @7: NO SERVICE**

### **Easter Bonnet Parade Returning**

It's been a few years, but it's back. All are welcome to wear their Easter bonnets; we encourage creativity! We will be holding the Easter Bonnet parade this year.

**Easter Egg Hunt** following the 10:30 service on Easter morning.

### **Discussion Group: Eyewitness Bible - Acts**

On Wednesday evenings @7pm, starting **April 19**, Tim Lane and Jeffrey Tooke will be facilitating discussions on the book of Acts using *Eyewitness Bible*. Each week we will watch short videos that help us explore the people and events during the first three decades of the early church. Join Tim and Jeff on **Wednesday@7pm** using the zoom link below:

<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 [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com).

### **Explore Buffalo**

Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo is leading a tour of Trinity's windows as part of its Sacred Spaces series. There are four dates in April, all @10am. You can help the wider community appreciate the resources Trinity has to share. Post this link on your social media or email it to friends. Better yet, invite someone to come on the tour with you. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>

You can also donate by scanning this QR code:



### Now What? Imagining Next Steps

As a result of the meetings held recently after the service concerning racial justice, we are offering an opportunity for all to meet on **Sunday, April 16 @8:00am** in front of Trinity to gather and share rides to the 8:30am service at Elim Christian Fellowship at 70 Chalmers Ave. We would like to show our presence at Elim from Trinity. All are welcome! Questions: contact Judy Fitzgerald: [fitzjm88@gmail.com](mailto:fitzjm88@gmail.com) or 716-367-9391.

### Trinity Spaces for Rent

Our church has work spaces available for rent at both 371 and 393 Delaware Ave. We hope to rent to groups or 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 a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group.



### Remember Nina's Kitchen?

Maybe you've forgotten or are new to Trinity, but we have a well-designed and useful kitchen right upstairs off the Marfield Room. Let's pull out the cutting boards and work bowls, and fire up the soup pot! It's time to roll with Sunday lunch/ brunch and whatever ideas we imagine for gathering at the table(s.) If you are curious and want to join a "kitchen crew," please contact Judy Atkinson Miller at [jatk1812@gmail.com](mailto:jatk1812@gmail.com).

### Comfort and Care Team

A new committee has formed with the purpose of offering care and comfort to members of the Trinity family who may be experiencing health or other life challenges. There are currently four of us on the committee, and we are inviting and welcoming others who are interested in this ministry and/or have ideas for us. We are excited about this new initiative and have already begun to implement some of our activities. Please contact any of the four of us with your interest, ideas, or for more information. We look forward to hearing from you! Phoebe McKay, [phoebemckay@gmail.com](mailto:phoebemckay@gmail.com); Judy Atkinson-Miller, [jatk1812@gmail.com](mailto:jatk1812@gmail.com); Susie Green, [susie432@gmail.com](mailto:susie432@gmail.com); Patti Nisbet, [tudorspace@aol.com](mailto:tudorspace@aol.com).

### Friends of Night People

We are looking for volunteers to help out at Friends of Night People, which provides food, clothing, medical care, counseling and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45-7. For more information, please speak to Emily Carlin or email: [emily.g.carlin@gmail.com](mailto:emily.g.carlin@gmail.com).

### Visiting Trinity

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.



Sign up [here](#) to get Trinity's eNews to stay in touch!

## 12-Steps@7

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