

12 Steps@Trinity



Your Identity
February 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.

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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.**

Your identity is not equivalent to your biography.

There is a place in you where you have never been wounded . . .

*Where there is a seamlessness in you, where there is confidence
and tranquility in you.*

*The intention of prayer and spirituality and love is now and again
to visit that kind of sanctuary.*

First Reading

Our minds are marvelous, always moving, growing, absorbing, discarding, storing. And we are in control of the direction our minds take. Thus, it is by choice, either conscious or unconscious, that we dwell on negative outcomes rather than positive projections.

Claiming ownership of and responsibility for the direction of our minds and our lives develops a sense of individual power and, in turn, enhances self-esteem. We are what we think. We can think ourselves into becoming better selves.

We are free, at last, from the overwhelming feelings of powerlessness and impotence. The decision to take control of our thoughts and attitudes will be the turning point. When we complement that decision by offering positive direction to our minds, we will quickly benefit from the advantageous outcomes.

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.*

— John
O'Donahue

The Promise
of a New Day

Musical Interlude

Second Reading

Our ears would fill with advice, if we listened to it: advertisers, evangelists, publishers, educators, all clamoring to market their products, trying to get us to conform to their notions of what we should be.

One of the dangers of a democratic society is confusing the individual and the mass – using statistical data to define persons instead of trends. “Trendiness” is a way of avoiding individuality. To choose for ourselves means taking responsibility for our choices, saying “I do this because I want to.”

Each of us has an interior voice that knows what we want. We know – even if the knowledge sometimes causes us pain – that we are unique individuals, with goals, programs, and behaviors distinct from others’. Acknowledgment and enjoyment of our full humanity means owning our differences – listening to our own voices.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**O Ingenious God,
I rejoice in your creation,
and pray that your Spirit touch me so deeply
that I will find a sense of self
which makes me glad to be who I am
and yet restless
at being anything less
than I can become.
Make me simple enough
not to be confused by disappointments,
clear enough
not to mistake busyness for freedom,
honest enough
not to expect truth to be painless,
brave enough
not to sing all my songs in private,
compassionate enough
to get in trouble,
humble enough
to admit trouble and seek help,
joyful enough
to celebrate all of it, myself and others and you.
Amen.**

The Promise
of a New Day

— Ted Loder

*Let me listen
to me and
not to them.*
Gertrude Stein

Third Reading

Self-talk is powerful. It will develop a healthy ego. Likewise, it can trigger ego deterioration. Our strength in times of trouble can be doubled or eroded depending on the commitment we have made to positive self-worth.

A secure self-image and unwavering self-confidence are characteristics we all long for. They need not elude us; they are our birthright. However, most of us fail to understand we need only to claim them to own them. Instead, we doubt our abilities, question our self-worth, and discover that our strength and our potential are exactly what we think they are.

Belief in ourselves precedes achievement. Our successes are always within our power if we understand our responsibility for them. We are self-talking every moment; the words we use are our personal choice.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

LORD, you have searched me out and known me;

you know my sitting down and my rising up;

you discern my thoughts from afar.

You trace my journeys and my resting-places

and are acquainted with all my ways.

Indeed, there is not a word on my lips,

but you, O LORD, know it altogether.

If I say, "Surely the darkness will cover me,

and the light around me turn to night,"

Darkness is not dark to you;

the night is as bright as the day;

darkness and light to you are both alike.

For you yourself created my inmost parts;

you knit me together in my mother's womb.

I will thank you because I am marvelously made;

your works are wonderful, and I know it well. Amen.

Musical Interlude

The Promise
of a New Day

*Psalm 139 1-3,
10-13*

*No one can
make you feel
inferior without
your consent.*

Eleanor Roosevelt

*I am the expert
on my own life.
Today and every
day let me be
wise enough to
consult myself.
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.

You can also get there by scanning this QR code:



*I will be
conscious today
of my self-talk.
My experiences
will directly
reflect my
thoughts.*

**The Promise
of a New Day**

12-Steps@7

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