

12 Steps@Trinity



Making A Better World

March 30, 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

Our inspiration to do small kindnesses for friends, our desire to express love for those persons dear in our life, our inclination to offer a smile to a stranger – all are reminders that God is working in our life. Our willingness to let God's will be felt by us and then expressed through us is the most complete contribution each of us can make to this spirit-filled world that is our home.

However, none of us is yet free from our ego that, at times, pushes us to act in self-centered, mean-spirited ways. When we aren't thinking of God first, we often aren't inclined toward expressing our better selves. Fortunately, our program helps us remember God throughout the day and, in turn, God gives us opportunities to exercise our willingness to be kind rather than mean and show we're thinking of others' needs before our own.

With God's help each of us will share in making this a better world for all.

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.

In God's Care

*All the good that has ever been or will ever be has its beginnings in God.
Daily Word,
July 11, 1988*

In God's Care

Second Reading

Life's assignment is to live unselfishly, lovingly, and cooperatively with God's will. The program's principles, which are offered as guidance in our life, make our assignment quite manageable – even simple. It's often only a matter of expressing the love we feel to the people who cross our path each day. Our own burdens will lighten every time we show kindness to another person. Our conflicts mysteriously begin to dissipate when we switch from a fearful, negative outlook to a loving, trusting one.

Love is God's gift, and our existence is proof of that love. When we offer love freely and honestly to someone else, we give a gift not only to that person by showing unconditional love, but also to God by doing God's will. We also give a gift to ourselves in that each expression of love heightens our own awareness of being loved.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Thank you for our time in community,
for deep, if fleeting friendships,
for those conversations late at night,
for the vulnerable intensity lubricated by laughter
for the freedom to serve others
and to affirm ourselves
in the face of all that you know and we know of our lives.
And we thank you for any signs that the churches,
from which so many are disaffected,
can yet be your body on earth in the community of creation.
Amen.**

— Kathy
Galloway of the
Iona Community

*Be of love a little
more careful than
of anything.
e.e. cummings*

In God's Care

Third Reading

Our days are filled with busyness. Few of us seem to have time to pause for a breath of fresh air, let alone take time out to commune with our Higher Power. But if we practice knowing that God is present in our life, and keep at it until it becomes habitual, we find ourselves noticing that we are not alone.

And it doesn't take much to establish a connection. Just thinking that God cares is enough to do it. Realizing that we can commune with God through other people does it too. A smile, a sympathetic word, a pat on the back, and we are connected.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

Your kingdom is not only beyond our efforts, O God, it is beyond our vision. We will accomplish only a tiny fraction of the magnificent enterprise into which you have invited us. **We know that nothing we do is complete and we acknowledge your kingdom is always beyond us.**

This is what we are about: We plant seeds that one day will grow. We water seeds already planted, knowing that they hold future promise. **We will lay foundations that will need further development. We will provide yeast that produces effects beyond our capabilities.**

We cannot do everything and we are liberated by knowing that; it enables us to do something, and to do it very well. **Our efforts will be incomplete, but it is a beginning, a step along the way, an opportunity for your grace to enter and do the rest.**

We may never see the end results of our effort, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs. We are prophets of a future not our own. 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!

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

*—Attributed to
Oscar Romero*

*I will do my
part toward a
better world
today by
thinking of
God during
each encounter
I have with
another person.
In God's Care*

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.**

*A little lifting
of the heart
suffices; a little
remembrance
of God, one
act of inward
worship are
prayers which,
however short,
are nevertheless
acceptable
to God.
Brother
Lawrence*

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:



First Sunday Brunch

Sunday, April 2 following the 10:30 service, join Trinity friends for brunch at Mexican restaurant Taqueria Ranchos Dos. Located at 445 Delaware Ave (between Edward and Virginia Streets), the restaurant is north 1½ blocks walking distance from the church. Street parking on Delaware. No reservations required! Just come. Or even better, invite someone to join you. We'll gather in the back dining room to enjoy traditional Mexican dishes in a colorful, welcoming space in the good company of one another. Hasta la vista!

Walk the labyrinth at First Presbyterian Church through lent and holy week. Thursdays 4-8pm, Sundays 11:30am-12:30pm at [1 Symphony Circle](#) (across from Kleinhans.) The Labyrinth is in the Blue Room accessible from the side office door for First Presbyterian. There will be visible signage as well as volunteers directing people to the elevator and to the Blue Room.

Easter flowers!

You can help provide the beauty of flowers for Easter with a special donation. Write a check marked "Easter Flowers" in the memo line or make an online donation here <https://onrealm.org/TrinityEpiscopa93948/-/form/give/flowers>. If you donate by 5pm, Tuesday, April 4, we can include memorials in the Easter worship guide.



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.

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/>



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 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.

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; Judy Atkinson-Miller, jatk1812@gmail.com; Susie Green, susie432@gmail.com; Patti Nisbet, 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.

Visiting Trinity

The church is open by appointment for private prayer or meditation. Contact our parish administrator, Colleen O'Neill, at 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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