

# 12 Steps@Trinity



Spiritual Refuge

March 16, 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

**E**ach of us accommodates “the God notion” in our own way, but we all have it. Although we may not all worship a great Mother or Father figure, our spiritual dimension makes us all kin.

To deny our spiritual selves will bring us unrest; our life’s journey is always toward serenity, and serenity means finding peace within, answering those searching questions of the spirit. Some of us will seek answers in many forms, in different languages, but our quest is as real and as simple if we stay at home and explore within ourselves.

When we are honest with ourselves, we find this radiant truth: an authentic search for spiritual wholeness can be successful.

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.*

The Promise of a New Day

*The more I turn outward to others, the stronger I become within. The Promise of a New Day*

## Second Reading

**A**t no instant are we honestly at a loss about what steps to take, what decision to make. Each of us is both guarded and guided by an inner voice that we occasionally tune in, but more frequently tune out. We may have defined the inner voice as conscience. However, it is not important what we think it is; it is only important that we acknowledge it. The inner voice is our special connection to the spiritual realm, a network that links us all, whether we acknowledge it or not.

The choice to listen to the inner message is a ready option and will never fail to benefit us. As we familiarize ourselves with it, and trust it enough to act as directed, we will glory in both the comfort and the sureness of the action we take. We sense that we are not alone. Even when no other human is present, we are not alone. Always we are connected to the spirit-energy that inspires us all to right action.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**O God of peace, you have taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit lift us to your presence, where we may be still and know that you are God. We ask this, trusting that you are already doing more than we can ask or imagine.**  
**Amen.**

## Third Reading

**T**he concept of a refuge strengthens us. For some of us, it is a dark basement and headphones, or a workbench, for others, a garden or a bedroom.

Some of us take refuge outside ourselves, in our spiritual faith. There we find a death-defying certainty and a reminder that our being is a gift. Some of us find this refuge in service to others; we feel the benign power of creation stream through us, and we are strengthened.

Death is a part of life, it belongs on the same plane as life's other events; birth, nurturing, and sickness. But spiritual refuge lifts us to another plane, where the powers of life and death join to form the whole of existence. This higher truth, like all real refuge, lies within us. We can summon it as the need arises.

Hear the Spirit as it speaks to us.

**Amen.**

The Promise  
of a New Day

—Adapted from  
*the Book of  
Common Prayer*

The Promise  
of a New Day

## Second Prayer

*Let us pray.*

**Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. 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

### 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;**

*—St. Chrysostom*

*Every dreaded circumstance is made easier if I am accustomed to going within for guidance. Today can run as smoothly as I want. I will seek my inner voice.  
The Promise of a New Day*

*It is a waste of time and effort to disapprove of ourselves. Scaling down expectations closer to what one is capable of will aid spiritual growth.  
The Promise of a New Day*

**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 Soup Study: Becoming Beloved Community: Here and Now**

**Sundays** after the 10:30am service: Lenten Soup Study in the Mission Room. All are invited - even if you've not come to a previous session. We don't study soup - we share soup and fellowship while we discuss a Lenten study developed by the Partnership's Commission to Dismantle Racism and Discrimination called Becoming Beloved Community: Here and Now. The study reviews our history of systemic racism in the Episcopal Church and in our community, and we will discuss how we can be a part of the racial healing and justice that will help us become the beloved community here in our place right now. For more information, email Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com).

## **Earthquake Relief Effort**

On February 6, a deadly 7.8-magnitude earthquake struck along the border between Turkey and Syria, killing over 46,000 people and causing widespread damage across the region. On February 20, the area was struck by a 6.4 magnitude earthquake. Episcopal Relief & Development (ERD) is working with partners to provide support. Partner with ERD to provide support to people affected by the deadly earthquake along the border between Turkey and Syria. Visit [episcopalrelief.org](http://episcopalrelief.org) today to make a contribution to the [Turkey-Syria Earthquake Response Fund](#).

*How  
magnificently you  
tossed away this  
God who plagues  
and helps man so  
much! But you  
did not and could  
not toss out of  
your heart that  
part of you from  
which the God  
notion had come.  
Richard Wright*

You can also get  
there by scanning  
this QR code:



### **Discussion Group: Lenten Creed Study**

Trying to figure out what you believe? Ever wonder about what the Episcopal Church believes? Come and discuss it on Wednesdays during Lent beginning March 1 with Tim Lane and Jeffrey Tooke. We will discuss various aspects of our Christian creeds and how to develop a practice of prayer using our creeds and the Book of Common Prayer. Join Tim and Jeff on **Wednesdays @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).

**Walk the labyrinth** at First Presbyterian Church though 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.

### **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 will be leading a tour of Trinity's windows as part of its Sacred Spaces series. The next date is **Saturday, March 11 @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/>



### **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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