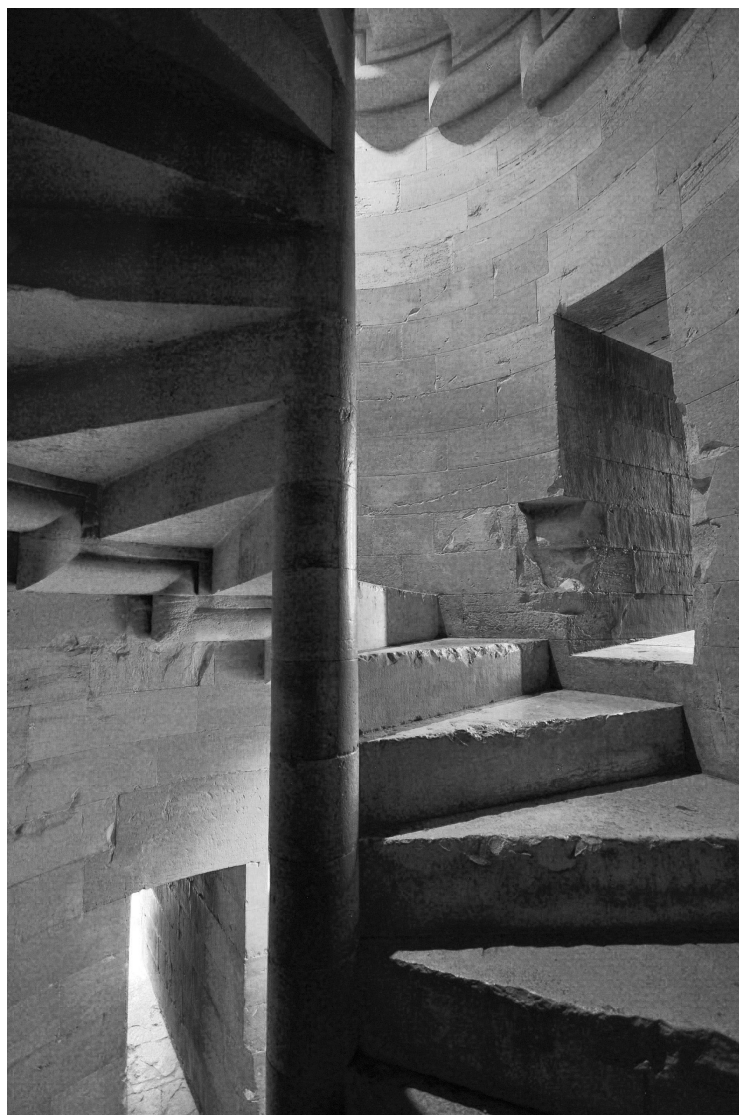


12 Steps@Trinity



Toward Wholeness

March 24, 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

We pray for wholeness of the spirit: to be able to love cleanly, with no shame, and to meet every aspect of life with the same serene face. It isn't easy for most of us. We fuss. We trip ourselves up. We may find ourselves telling lies, creating emotional turmoil to escape what we see as even greater turmoil.

The first step toward wholeness is for us to admit that we are human. No, not perfect; yes, about as flawed as everybody else. Once the knowledge is part of us that we are part of suffering, seeking humanity, a lot of falsehood and turmoil shears away.

There isn't any big secret to protect; there is just you, just me. However different we may appear; we are more than kin. And we can keep each other honest. The habit of honesty, once formed, is harder to break than the habit of lying.

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

*Let me learn
to trust myself;
then I know I
will like what I
do.*

The Promise of
a New Day

The Promise
of a New Day

*There are two
tragedies in life.
One is not to
get your heart's
desire. The other
is to get it.
George Bernard
Shaw*

— Thomas Merton

The Promise
of a New Day

Second Reading

Each 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 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.

First Prayer

Let us pray together.

My Lord God, I have no idea where I am going.

I do not see the road ahead of me.

I cannot know for certain where it will end.

Nor do I really know myself,

**and the fact that I think that I am following your will
does not mean that I am actually doing so.**

But I believe that the desire to please you does in fact please you.

And I hope I have that desire in all that I am doing.

I hope that I will never do anything apart from that desire.

**And I know that if I do this you will lead me by the right road
though I may know nothing about it.**

**Therefore will I trust you always though I may seem to be
lost and in the shadow of death.**

I will not fear, for you are ever with me,

and you will never leave me to face my perils alone.

Amen.

Third Reading

The important thing in life is to know what matters for us. Our reality and values are our own; no one else can dictate them to us. They come out of our experiences and observation, and our spiritual health asks that we be true to them.

Similarly, we must be true to what matters for us. We won’t try to win anyone over. Nor will we let someone else sway us. We will respect each other’s reality, for that is how we will live in peace.

Further, if we are open and frank with each other, and with everyone else, we can spread integrity, respect, and peace. Quakers have a saying, "Let it begin with me." Integrity will spread outward, in concentric rings, for we are connected with one another.

Strength and growth come from knowing each other, we will find the way to fit any apparent conflict into a broader system that can accommodate us both.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**O God, turn your Spirit loose now,
and me with it,
that I may go to where the edge is
to face with you the shape of my mortality:
the inescapable struggle and loneliness and pain
which remind me
that I am less than god after all,
that you have made me with hard limits,
limits to my strength,
my knowledge,
my days.
Facing those limits, Lord,
grant me grace
to live to the limit
of being unflinchingly alive,
irrepressibly alive,
fully alive,
of experiencing every
fragile, miraculous, bloody, juicy, aching, beautiful ounce
of being a human being;
of doing my duty and a little more;
of loving the people around me, my friends and my enemies;
of humbling myself to take others seriously and delightedly;
of applying my heart to the wisdom of simplicity,
the freedom of honesty. Amen.**

— Ted Loder

Musical Interlude

*My struggles
today are my gifts
in disguise. I will
grow accordingly.
The Promise
of a New Day*

*My defects will
offer me new
learning today if
I relinquish my
incessant urge to
be free of them.*
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.

ANNOUNCEMENTS

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 30 @7pm**, we will explore how we come to experience genuine praise through lament as seen in the Psalms.

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.

*What life offers
today is what I
need – no matter
what I may think!*

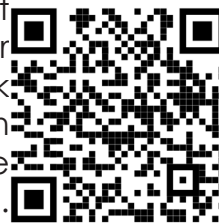
**The Promise of a
New Day**

You can also get
there by scanning
this
QR code:



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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