

12 Steps@Trinity



No Better Remedy

January 19, 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.

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.

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

What do we want out of recovery? Ten people asked usually give ten different answers. Freedom, maturity, relief from pain, experiencing self, and healing the wounded child are just a few of the classic answers. And each one is certainly a valid, compelling reason to keep on going when the work of recovery seems to involve more perspiration than inspiration.

Yet, we must not forget that there is one goal of recovery that takes in and transcends all others. This is that we become better able to love and be loved. We can accomplish many things in life, but the history of human experience tells us that, without love, all other rewards are hollow.

The more we focus our recovery efforts on becoming more capable of sharing in healthy relationships, the more efficient our recovery efforts will be. Especially for adult children, the fullest experience of love is and will always be the ultimate quest.

Hear the Spirit as it speaks to us.
Amen.

Days of Healing
Days of Joy

Love is something if you give it away, you end up having more.
Malvina Reynolds

Musical Interlude

Second Reading

Tradition Five helps me to set three goals: to work the Steps for myself; to have compassion for alcoholics; and to have compassion for those who come to recovery meetings. What strikes me is the amount of love to be found in these three goals. First, I love myself enough to try to heal and grow by working the Twelve Steps. Next, I call upon this strength to love those people I once thought were my enemies, recognizing that they too were struggling to cope with this terrible disease. Finally, I draw upon these experiences and extend love to those who are following a similar journey - the families and friends of alcoholics.

I know that I was pulled from despair by the love of strangers who quickly became friends. Now I have enough love and wholeness within myself to share it with others who suffer from the effects of alcoholism.

I needed love before I even knew what it was. Now that I understand something about it, I need it even more. By loving myself, I not only take care of my own needs, but I lay a foundation for loving others. By loving others, I learn to treat myself well.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Our Father who art in everything. Our Father who art in orphanages and neonatal units, and jail cells and luxury high-rises, who art in law offices and adult book stores, and in rooms alone with suicidal people. Our Father who art in the halls of Congress and the halls of tenements.

Hallowed be thy name. Ever since the beginning we have attributed our own sin and ego and wishful thinking and greed and malice and racism and ambition and manipulations of others to you and to your name – and yet your name remains holy. We print “In God we trust” on the US dollar and then worship that dollar and the power that dollar brings us, and yet still, your name remains holy.

Thy kingdom come, God, right now we beg you to bring more than just a small measure of heaven to earth because, if you haven’t noticed, we are in the middle of a global pandemic and millions are sick and dying, not to mention, the Earth is on fire. We need wise leaders, and just systems and an extra dose of compassion for all of us.

Give us today our daily bread, our daily naan, our daily tortillas, our daily rice. Lord, give us real bread, even when we keep reaching for those literal and metaphorical Krispy Kremes. Give us the gift of enough-ness. May our response to perceived scarcity always be increased generosity for we are your children and from you we receive everything. Give us today our desire for the neighbor to be fed. Amen.

Nadia Bolz-Weber's "Lord's Prayer, Extended Dance Mix" Part 1.

Love cures people. Both the ones who give it, and the ones who receive it.
Karl Menninger

Third Reading

We've been told since early in recovery that our program gains strength each time we share some of it – perhaps with a sponsee or with a newcomer at our meeting. As Bill W. discovered: To keep it, we have to give it away.

Love must be given away too. Carrying the message is perhaps the most loving act any of us can do in the next twenty-four hours. The message we carry, that is reflected in our life, is one of hope. Positive, dramatic changes have occurred on our lives. We can help struggling newcomers understand that the same can happen for them too.

We also need to share our love with the other people in our lives, from family members to even the stranger on the bus. There is no better remedy for what ails us than to give a little love away. The recipients are certainly helped, but the ones who receive even greater benefit are us.

Hear the Spirit as it speaks to us.

Amen.

In God's Care

Fourth Reading

Being genuinely loved by someone special heals our wounds caused by isolation. We've all felt our pain lessen and our burdens flee when we're hugged warmly and offered a word of encouragement. Letting ourselves be loved and, in turn, loving others is not difficult. But our ego often complicates the process. We may feel we don't deserve love, and this would mean that no one would desire our love wither.

When we feel this way, it's time to remember that we're on this journey with God's blessing. We're here by design, protected by God's unconditional love.

We're not here to make money. We're not here to raise the perfect family. We're here to learn about love – God's love for us, our love for others. And our love for ourselves

Days of Healing
Days of Joy

Hear the Spirit as it speaks to us.

Amen.

To have reason to get up in the morning, it is necessary to possess a guiding principle, a belief of some kind.
Days of Healing
Days of Joy

*Nadia Bolz-
Weber's "Lord's
Prayer, Extended
Dance Mix"
Part 2*

Second Prayer

Let us pray.

And forgive us our sins. As we forgive those who sin against us. Forgive us when we hate what you love. Forgive us when we would rather anesthetize ourselves than feel anything. Forgive us for the terrible things we think about our own bodies, bodies you have made in your image. Forgive us for thinking we know the hearts of our enemies.

And lead us not into temptation, but deliver us from evil. Deliver us from thinking that we do not have evil in our hearts. Deliver us from complacency. Deliver us from Complicity.

As Jesus taught us, we are throwing this bag of prayers at your door. We are not asking nicely, Lord. We are your children and we are claiming your promises as our own today. Amen.

Musical Interlude

*Love is the
only sane and
satisfactory
answer to the
problem of
human existence.
Erich Fromm*

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:



Discussion Group: Church – A Community Called for the Future

On **Wednesdays @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on this program from *The Work of the People*. Each week we watch a short video and discuss issues about how congregations and the church can be a life-giving and life-sustaining body responding to the Spirit amongst us.

Join Tim and Jeff this **Wednesday, January 25, @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, please send an email to Jeffrey Tooke at jeffreytooke@outlook.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

Love Letters Performance by the Fantinis, Friday, February 10

Elaine & John Fantini are performing A. R. Gurney's play, *Love Letters*, at Trinity. The play is a funny and emotional portrait about the powerful connection of love. Two friends, rebellious Melissa Gardner and straight arrow Andrew Makepeace Ladd III, have exchanged notes, cards, and letters with each other for



over 50 years. Beginning in second grade and well into adulthood, they have spent a lifetime discussing their hopes and ambitions, dreams and disappointments, and victories and defeats. Long after the letters are done, the real question remains: Have they made the right choices, or is the love of their life only a letter away? **Friday, February 10 @7pm** in the chapel. (doors will open at 6:30.)

Tickets are \$25, available by clicking [here](#) or use the QR code. All proceeds benefit Trinity.

Shoe Fundraiser

We continue to collect gently used footwear until we have a pickup date from [funds2orgs.com](#). So please take another look and bring in those shoes! They can be placed in the labeled collection bin in the Red-Carpet area on Sunday mornings. Please contact Erickson at ehc@buffalo.edu with questions. Thanks to all who've donated shoes!

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.



Mutual Aid and Emergency Preparedness - Initial Response Training

Join our friends at Clean Air Coalition of WNY on **Thursday, February 9** from 12-5 here at Trinity Church for a training to strengthen our community's mutual aid responses to emergencies and to learn life-saving medic skills with trainers from Erie County Department of Health. The training will cover the basics of mutual aid during disaster response as well as emergency medical response, like how and when to use Narcan, how to do hands-only CPR, and how to "Stop the Bleed." Childcare and lunch will be provided. If you need additional accommodation, such as translator services, please contact us. Registration is required and is capped at 15 people - visit <https://bit.ly/3Collu> to register today or reach out to Bridge Rauch at bridge@cacwny.org.



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

12-Steps@7

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