

12 Steps@Trinity



Our Place in the World

May 5, 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

The beautiful correspondences that structure the world from the five-pointed star in the core of the apple to the snail-shell spiral of our inner ear – can be a source of great comfort to us. When we feel most alone, most abandoned, and out of sorts, the simple forms of beauty can remind our eyes of the world's unity and our place within it.

Our path through the world is a part of it. We add our individual voices to the chord that is language, that is history. No matter how desperate may feel, or how hopeless our lives may seem at times, the fact remains that loss and sorrow are a part of life, and the law of life is change. Unless we choose to cling to sorrow, it will flow through us. The next wave of feeling may bring joy.

The hexagonal cells of the honeycomb recall the shapes of insects' eyes, snowflakes, geodesic domes. We fit into this grand design. We are here for a reason – for many reasons. Let us treat ourselves as gently as we try to treat the other parts of the delicate web of life.

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

Second Reading

In all the world there is no one like you or like me. Even identical twins are not wholly alike. The sum of genetic information, experience, learning, desire, and memory that makes up each individual is absolutely unique. At any given moment we represent that sum – and the next moment the sum is different.

It follows that each of us is best in the world at one thing – being ourselves. To let go of competition with others is to release within ourselves the creative energy to be the best we can. We need never stop growing; the task of developing our individuality lasts our whole life. Fortunately, it is an absorbing task, and one that each one of us happens to be uniquely suited for.

To be ourselves in the world is a glorious thing. We should stretch our spirits so that we inhabit our lives fully, and we will learn all we can.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Praise be to you, O Lord,
who spins shining stars across the wondrous heavens
and stretches out the seas,
who lifts the dawn into place
and sets boundaries for night.
who awes the earth with storms
and gentles it with green,
who gives everything a season
and breathes life and love into the dust of me.**

**Praise be to you.
Praise in all things,
for all things:
the soft slant of sunlight,
the sweat of battle,
a song in the wilderness,
the evening breeze,
the deep breath,
the tended wound,
mercy, quietness, a friend;
for the miracles of the daily,
the mysteries of the eternal.**

**Praise be to you.
Praise from all creatures,
laughers and list-makers,
wonders and worriers,**

— *Ted Loder,*
Guerrillas
of Grace

*We don't have
time to not
have time.*
— *Gary Burke*

poets and plodders and prophets,
the wrinkled, the newborn,
the whale, and the worm,
from all, and from me.

Praise, praise be to you
for amazing grace. Amen.

Third Reading

Dreams can be so potent and mysterious that many of us, at one time or another, have felt that they put us in touch with some other level of reality. Sometimes we wonder if we are dreaming our waking lives, too. Some of us have had the fantasy that we are characters in someone else's dream, or in some great world-dream.

Sometimes our dreams show us what we want; or what we fear. Dreams are like messages sent from one part of us to another: scrambled messages in which the people, places, and happenings from many epochs of our lives come together.

Sometimes we may dream a great happiness, or a wonderful solution to a problem. Such dreams cast a rosy glow over our whole day; as a nightmare can make us feel uneasy for a long time. Such dreams may be messages about feelings we are not feeling. The dreamed-about fear or joy – does seem to change places with the dreamers, who have shut the feeling out of their waking lives.

Owning our dreams, cherishing them, is part of fully accepting ourselves. However silly, scary, sexy, or confusing a dream may be, it is our dream, we made it.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**Dear God, we pray for another way of being: another way of knowing.
across the difficult terrain of our existence
we have attempted to build a highway, and
in so doing have lost our footpath.**

**God lead us to our footpath:
lead us where in simplicity we may move
at the speed of natural creatures
and feel the earth's love beneath our feet.**

**Lead us there where step-by-step
We may feel the movement of creation in our hearts.
And lead us there where side-by-side we may feel
the embrace of the common soul.
Nothing can be loved at speed.**

The Promise
of a New Day

— Michael
Leunig, *The Prayer
Tree*

*Let this day be
my teacher, and
my mirror.*

The Promise
of a New Day

**God lead us to the slow path;
To the joyous insights of the pilgrim;
Another way of knowing: another way of being.
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;
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.**

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

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.

Eyewitness Bible: The Book of James

On **Wednesday evenings @7pm** Tim Lane and Jeffrey Tooke are facilitating *The Book of James* from the *Eyewitness Bible* series. We will explore the Book of James and look at the major themes found there by watching and discussing video monologues of eyewitness characters from the book.

On **Wednesday, May 11 @7pm**, we will explore obedience as explained by James' brother Jude to understand how James focuses on obedience as a response to God's invitation to live a life that exhibits God's presence within the community.

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 any questions, email Jeffrey Tooke at jeffreytooke@outlook.com.

Trinity Men's Group Meeting

Come join other men of Trinity on Sunday, May 15 @9:00am at the Towne Restaurant. During this time we will learn of an opportunity to further develop relationships among ourselves and other Trinity men. All are welcome.

*We are caught in
an inescapable
network of
mutuality, tied in
a single garment
of destiny.*

— *Martin Luther
King*

You can also get
there by scanning
this
QR code:



Volunteers Needed for Allentown

Join us in welcoming the return of Allentown Art Festival visitors to Trinity's beautiful historic and sacred space. We will greet and share conversation with visitors on June 11 and June 12. For more information contact Patti Nisbet at tudorspace@aol.com.

Sign up with SignUpGenius (<https://www.signupgenius.com/go/70A0C4FAFA629A3F58-allentown1>) in 1-hour shifts. If you are able to volunteer for a 2 hour shift, that will also be very welcome! Volunteers needed on either day:

Saturday, June 11 10am to 5pm

Sunday, June 12 noon to 5pm



Visiting the Church

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.

12-Steps@7

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