

12 Steps@Trinity



Wonder

December 23, 2021

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 big basic wonders about our origin, and that of the stars, must still occur to us all, even though we are grown up and knowledgeable about astronomy and human reproduction. The germination of a seed is still much more wonderful, in a strict sense, than the mere electronic marvel of a calculator that makes twelve thousand computations in a second.

Do we ever let ourselves simply wonder? Do we still open ourselves to the awe that filled us once, when we first realized the vast intricacies of the solar system or of human physiology?

Every great ritual surrounds a story that is wonderful; the presence of a god; the deliverance of a people; the transformation of life or death. It is appropriate that we should respond to them with a thrill of wonder. Wonder is a gift; it contains the germs of reverence and of knowledge.

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

Today I will try to position myself in readiness for whatever miracle might come my way.

The Promise of a New Day

Second Reading

Many of us will insist that miracles do happen. We have seen transformations in ourselves or our loved ones that have seemed miraculous, strokes of fate, demonstrations of divine intervention.

Yet we must do our part. If we look at the history of our personal miracles, we can usually see that time, pain, and patience prepared the way. Nothing comes from nothing. The changes that transform our lives are born from the suffering that is itself a reason for change.

Whether or not we believe that a Higher Power intervenes directly in this world's affairs, we realize, if we think about it, that humans must be ready. To catch a falling star, we must be standing under it.

Hear the Spirit as it speaks to us.
Amen.

First Prayer

Let us pray together.

**O God of the miracles,
of galaxies
and crocuses
and children,
I praise you now
from the soul of the child within me,
shy in my awe,
delighted by my foolishness,
stubborn in my wanting,
persistent in my questioning,
and bold in my asking you
to help me unbury my talents
for wonder
and humor
and gratitude,
so I may invest them eagerly
in the recurring mysteries
of spring and beginnings,
of willows that weep,
and rivers that flow
and people who grow
in such endlessly amazing
and often painful ways;
that I will be forever linked and loyal
to justice and joy,
simplicity and humanity,
Christ and his kingdom. Amen.**

— *Ted Loder*
Guerrillas
of Grace

*That life is a
fragile shell on
the beach I have
thought of before.
This Christmas I
am thinking big
basic wonders
as if I were just
born.
Naomi Shihab
Nye*

Third Reading

Let's take a moment and look around ourselves. All that we see has its connection to us and to all other parts of this vast universe, and there is a universal rhythm with whose beat all life is in tune.

Our existence, all existence, is to be marveled at. How perfect is the rosebud, the baby's toenails, the dog's sense of direction? We are not alive by accident. The beat of our hearts is necessary to the continued beat of the Universe. The whole is maintained by the combination of all the parts.

Life is sacred, all life. Friends and enemies are sacred. When we have come to understand this fact, understand it to the depths of our being, we will know love; we will know ourselves. Most of all we will feel the peace that accompanies faith in the vastness and the rightness of the Universe and all it contains.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

May I be happy.

May I be peaceful.

May I be free.

May my friends be happy.

May my friends be peaceful.

May my friends be free.

May my enemies be happy.

May my enemies be free.

May my enemies be peaceful.

May all beings be happy.

May all beings be peaceful.

May all beings be free. 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!

The Promise
of a New Day

— Buddhist
Prayer

*The true wonder
of the world
is available
everywhere, in
the minutest parts
of our bodies, in
the vast expanses
of the cosmos,
and in the inter-
connectedness
of these and all
things.
Michael Stark*

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.**

*You are a child
of the universe
no less than the
trees and the
stars; you have a
right to be here.
And whether or
not it is clear to
you, no doubt
the universe is
unfolding as it
should.*

Max Ehrmann

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.

CLICK [HERE](#) TO FIND THE READINGS AND REQUEST THE ZOOM PASSWORD.

CHRISTMAS EVE FESTIVAL WORSHIP WITH AN UPSIDE-DOWN PAGEANT!

TOMORROW @3pm, in person or online, the same way we do Sunday morning these days. It will be complete with favorite Christmas hymns, Holy Communion and singing Silent Night by candlelight. This worship service will be available to watch later on both [Facebook](#) and [YouTube](#) if you can't come to church or watch online live @3.

Note - This will be Trinity's only Christmas service this year.

It is not the things we accomplish that are important, it is the very act of living that is truly important.
Dr. Bill Jackson

12-Steps@7

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