

12 Steps@Trinity



Intuition

July 7, 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

Obsessive thinking, like alcoholism, can be too much to handle. My best hope in battling it is not to begin, because once started, it gains steam and Intuition is an inner knowledge too easily discounted in our culture. We may also seldom trust our inner wisdom because we've doubted ourselves for so long.

The things our intuition tells us are not made up by us. Our intuition arises from the deep well of knowledge that comes from God. Through our intuition, God may share with us at a particular moment the best course to take or just what we need to say. And we can be certain we'll not be led astray when we've put aside our will and trust only God's.

God offers us the information and guidance we need when we rest our mind and allow the messages to come from within. Suddenly, as if by magic, we'll know what to do.

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.

In God's Care

Second Reading

All of us have had the experience of ignoring warning tugs on the sleeve from our intuition, unhappily discovering too late that we should have paid attention. Or who of us hasn't impulsively followed our intuition and found, to our delight, that what we did was exactly the right thing to do? God speaks to us in various ways. When we need an answer, it often comes to us in unexpected forms: words overheard in a crowded room, a passage in a familiar book. If we are in tune with our Higher Power, the messages we get are likely to be as ordinary as a thought to call someone, or to say "I care" to someone.

We were probably taught from childhood to obey authority, to stifle spontaneous ideas, to disregard our feelings. God has been talking to us all along but we have trained ourselves well not to listen, not to feel. Now we have to learn all over again to recognize our Guiding Voice.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Praise be to you, O Lord, for life
and for my intense desire to live;
praise be to you for the mystery of love
and for my intense desire to be a lover;
praise be to you for this day
and another chance to live and love.**

— Ted Loder

**Thank you, Lord,
for friends who stake their claim in my heart,
for enemies who disturb my soul and bump my ego,
for tuba players,
and story tellers,
and trapeze troupes.**

*Conversion for
me was not a
Damascus Road
experience. I
slowly moved into
an intellectual
acceptance of
what my intuition
had always
known.
Madeleine
L'Engle*

**Thank you, Lord,
for singers of songs,
for teachers of songs,
who help me sing along the way
... and for listeners.**

**Lord, grant me grace, then,
and a portion of your spirit
that I may so live
as to give others cause
to be thankful for me,**

thankful because I have not forgotten
how to hope,
how to laugh,
how to say, "I'm sorry,"
how to forgive,
how to bind up wounds,
how to dream,
how to cry,
how to pray,
how to love when it is hard,
and how to dare when it is dangerous.

Undamn me, Lord,
that praise may flow more easily from me
than wants,
thanks more readily
than complaints.
Praise be to you, Lord, for life;
praise be to you for another chance to live. Amen.

Third Reading

God speaks to us in many ways at many times. If we are spiritually alert, we will know it when it happens. A stray thought occurs; we overhear a bit of conversation; a passage in something we are reading suddenly stands out — and we know we have connected. A feeling of assurance and peace comes over us. The trouble is that we might acknowledge this contact only briefly, and then it slips away. The time to act passes. The favor we could have done; the advice or support we could have offered; the help we could have given or received — all are missed opportunities.

When God speaks, we must do more than listen.

Hear the Spirit as it speaks to us.

Amen.

In God's Care

*Inspirations never
go in for long
engagements;
they demand
immediate
marriage to
action.*

Brendan Francis

— *Attributed to
Oscar Romero*

Second Prayer

Let us pray.

Your kingdom is not only beyond our efforts, O God, it is beyond our vision. We will accomplish only a tiny fraction of the magnificent enterprise into which you have invited us. **We know that nothing we do is complete and we acknowledge your kingdom is always beyond us.**

This is what we are about: We plant seeds that one day will grow. We water seeds already planted, knowing that they hold future promise. **We will lay foundations that will need further development. We will provide yeast that produces effects beyond our capabilities.**

We cannot do everything and we are liberated by knowing that; it enables us to do something, and to do it very well. **Our efforts will be incomplete, but it is a beginning, a step along the way, an opportunity for your grace to enter and do the rest.**

We may never see the end results of our effort, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs. We are prophets of a future not our own. 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 intellect
has little to do
on the road to
discovery. There
comes a leap in
consciousness,
call it intuition
or what you will,
and the solution
comes to you and
you don't know
how or why.
Albert Einstein*

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.

*Every time I've
done something
that doesn't feel
right, it's ended
up not being
right.
Mario Cuomo*

You can also get
there by scanning
this
QR code:



Trinity Spaces for Rent

Our church has work spaces--large and small--available for rent at Trinity Center. We hope to rent to groups and 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 <https://www.trinitybuffalo.org/trinity-center-rentals>.



Another Way to Help Journey's End

Do you have a bicycle collecting dust in your garage or basement? We can give it new life! Wheels for Workers 716 is a new non-profit, supporting Buffalo's large number of re-settling families. They collect unused bikes and bike parts, provide necessary repairs and servicing to make them functional, and coordinate their distribution to needy families primarily through a partnership with Journey's End. If you would like to donate a bicycle, call or email John Alduino at (937) 239-5181, john.alduino@gmail.com. and he will arrange pick up. Thank You!

Justice For Migrant Families (JFMF) Dignity Bags

JFMF is in immediate need of small travel bags/ backpacks with supplies. People who are released from detention are given these bags when they arrive at the bus station with nothing to carry their belongings, food, money for tickets, and weather-appropriate clothing.

Recently a person was released who needed to travel to San Francisco, five days on the bus. These travel bags ensure people can get to their families and communities safely and with dignity.

Each person who is released is given a backpack or small duffle bag that contains:

- 1 folder for important documents
- 1 notebook and pen
- shoelaces
- 1 empty small refillable water bottle
- snacks appropriate for travel (power bars, nuts, crackers, cookies, etc.)
- hygiene supplies - toothbrush, toothpaste
- PPE supplies - mask and hand sanitizer
- other supplies: a pack of tissues, Dramamine for travel sickness, a comb
- Men's socks and underwear
- a \$20 bill to buy snacks for their journey

While not part of the dignity bags, baseball type hats and hoodies are also needed. There will be a container at Trinity through July 24 to place any of the above supplies.

If you prefer to donate cash, please send directly to JFMF here at Trinity.

Trinity @7 this Summer

Trinity @7 has a bi-monthly schedule for the summer. We meet in person and on Zoom on the first and third Sunday of the month from now through September.

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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