

12 Steps@Trinity



Clear Thinking

June 30, 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 becomes harder to interrupt.

Before obsessive thinking takes hold, there is usually a point at which I have to make a choice. I opt to mentally toy with a subject that has held my mind hostage in the past and is therefore dangerous. Or I can recognize the danger and try to drop any thought of the topic from my mind, praying for my Higher Power's help. I can reach out to a Twelve Stepper for support before tackling a topic to which I am vulnerable, so that my thoughts won't have a chance to get locked inside my head.

I will exercise the power of choice by refusing the invitation of obsessive thoughts. If I don't pick them up, I won't have to let them go.

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.

Courage to
Change

*If you work
on your mind
with your mind,
how can you
avoid immense
confusion?
Seng-ts'am*

Melody Beattie

Second Reading

Strive for clear thinking. Many of us have had our thinking clouded by denial. Some of us have even lost faith in ourselves because we've spent a degree of time in denial. But losing faith in thinking isn't going to help us.

We didn't resort to denial – either of someone else's problem or our own – because we were deficient. Denial, the shock-absorber for the soul, protects us until we are equipped to cope with reality.

Clear thinking and recovery don't mean we will never resort to denial. Denial is the first step toward acceptance. For most of our life we will be striving to accept something.

Clear thinking means we don't allow ourselves to become immersed in negativity or unrealistic expectations. We stay connected to other recovering people. We go to meetings, where peace of mind and realistic support are available. We work the Steps, pray, and meditate.

We keep our thinking on track by asking our Higher Power to help us think clearly – not by expecting Her, or someone else, to do our thinking for us.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**O Ingenious God,
I rejoice in your creation,
and pray that your Spirit touch me so deeply
that I will find a sense of self
which makes me glad to be who I am
and yet restless
at being anything less
than I can become.
Make me simple enough
not to be confused by disappointments,
clear enough
not to mistake busyness for freedom,
honest enough
not to expect truth to be painless,
brave enough
not to sing all my songs in private,
compassionate enough
to get in trouble,
humble enough
to admit trouble and seek help,**

*One comes,
finally, to believe
whatever one
repeats to one's
self, whether the
statement is true
or false.
Napoleon Hill*

— Ted Loder

**joyful enough
to celebrate all of it, myself and others and you.
Amen.**

Third Reading

Our inner dialogue can have awesome power. It often determines the behavior that defines who we are. We do, of course, have some choice as to the direction this inner dialogue will take. It's as easy to affirm our self-worth with positive messages as it is to tear ourselves down with negative ones. And yet, many of us fall so easily into negative patterns of thought.

As with so many aspects of our life, we become proficient at what we regularly practice. The regular, preferably daily use of positive affirmations can make such a profound contribution to our well being and willingness to grow and learn, that it can change the course of our life.

All we have to do is develop the discipline to make these positive messages habitual. In so doing, we bring our vision of ourselves in line with God's, who accepts us completely as we are.

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.
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

In God's Care

*The primary
cause of
unhappiness
is never the
situation but your
thoughts about it.
Eckhart Tolle*

— Michael Leunig,
The Prayer Tree

*Focus on today.
Focus on the
belief that all is
well. All we need
to do to reach our
goal is to focus
on what presents
itself naturally,
and in an orderly
way, to us today.
Melody Beattie*

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.

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>.

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

*The messages
I give myself
today will
remind me that
I am a capable
and lovable
child of God.
In God's Care*

You can also get there by scanning this QR code:



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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