

# 12 Steps@Trinity



Daily Lessons  
December 2, 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

**E**very person in our life is an invitation to know God better. We may understand this intellectually, but it's all too easy to become self-absorbed and distant. We see other people, but not with our spirit-filled eyes; we don't see them as emissaries of God who have been sent to teach us about love.

More frequently, when we first really notice the people around us, we compare ourselves to them, checking to see how we measure up physically or intellectually or even spiritually. Seldom does our first thought or action express unselfish love.

We may have to practice the act of loving for years before it comes naturally. But it will become an automatic reaction in time, just as self-loathing may have been the automatic reaction in years past.

We can reach God through the men and women sharing our journey. It's no accident that our path is filled with people; through them God intends for us to learn to love, and thus know God.

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

*Let God love you  
through others  
and let God love  
others through  
you.  
D.M. Street*

## Second Reading

Often the spiritual and recovery lessons we're learning at work reflect the lessons we're learning in other areas of our life.

Often the systems we're attracted to in our working life are similar to the systems in which we find ourselves living and loving. Those are the systems that reflect our issues and can help us learn our lessons.

Are we slowly learning to trust ourselves at work? How about at home? Are we slowly learning to take care of ourselves at work? How about at home? Are we slowly learning boundaries and self-esteem, overcoming fear, and dealing with feelings?

If we search back over our work history, we will probably see that it is a mirror of our issues, our growth. It most likely is now too.

For today, we can believe that we are right where we need to be – at home and at work.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**Thank you for our time in community,  
for deep, if fleeting friendships,  
for those conversations late at night,  
for the vulnerable intensity lubricated by laughter  
for the freedom to serve others  
and to affirm ourselves  
in the face of all that you know and we know of our lives.  
And we thank you for any signs that the churches,  
from which so many are disaffected,  
can yet be your body on earth in the community of creation.  
Amen.**

— Melody Beattie

— Kathy  
Galloway of the  
Iona Community

*Troubles are often  
the tools by which  
God fashions us  
for better things.  
H.W. Beecher*

## Third Reading

**W**hat we think about, we talk about. And what we talk about, we bring about. Sooner or later, the thoughts that forecast reality become reality, at least as far as we are able to know. Suppose that each of us had a recorder taping our thoughts, rather than our words, for a whole day. What would we hear when we played the tape? Would our thoughts be mostly focused on the injustices of life and the slim chances we have of ever making progress? Or would our thoughts be positive, appreciative, and hopeful about ourselves and our world? Good thoughts bring good things. When we think in terms of the goodness of life, we see the good, talk the good, and the goodwill comes to be part of our lives.

Hear the Spirit as it speaks to us.  
**Amen.**

## Second Prayer

*Let us pray.*

**Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. 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.*

Days of Healing  
Days of Joy

—Attributed to St.  
Francis

*Each experience,  
each frustration,  
each situation,  
has its own truth  
waiting to be  
revealed. We shall  
be guided into  
truth, if we are  
seeking it. Don't  
give up until  
you find it – for  
yourself. We are  
not alone.  
Melody Beattie*



*I'll rejoice in my  
many invitations  
to know God's  
love today.*  
**In God's Care**

## 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  
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Buffalo, NY 14202

Thank you for your participation and contribution. Peace.

## **12-Steps@7**

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