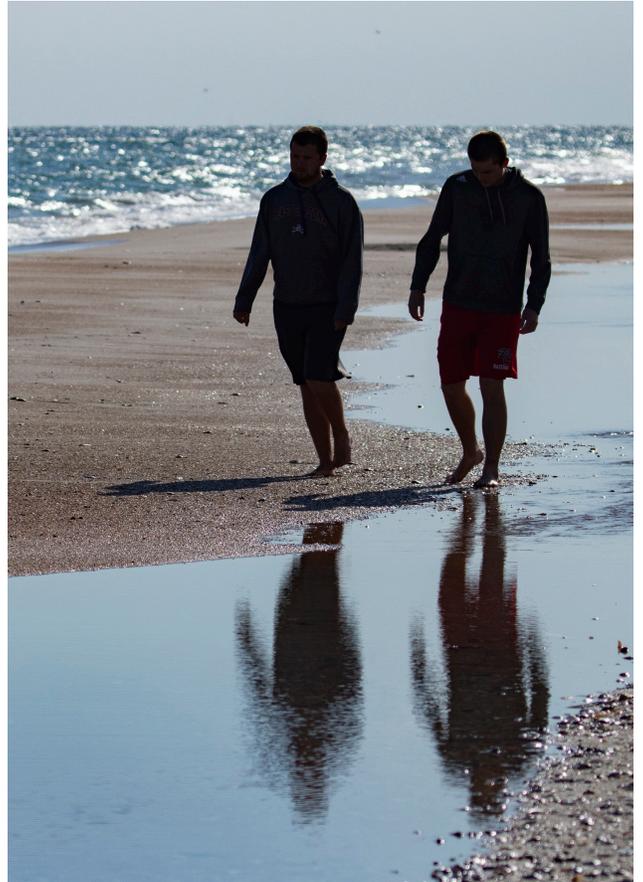


12 Steps@Trinity



Personal Understanding

December 8, 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

Maybe the only thing we know about God is that dependence on this power greater than us brings remarkable changes to our life, and that ultimately those changes are for the best. That may be all we need to know about God. We can guess at other characteristics as we appreciate the grandeur of the universe and the gentleness of people who try to do God's will.

But a God that we could pigeonhole wouldn't be much of a Higher Power. God's ways are sometimes simply beyond human understanding. The closest we can come is to equate God with love. If our actions are based on love for one another, we can hardly go wrong.

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

A consciousness of God releases the greatest power of all.
Science of Mind Magazine

Second Reading

Twelve Step recovery gives me great spiritual freedom because it encourages me to find a personal understanding of God, and to allow others the same freedom. Until I could think of God in terms that were meaningful to me, I was not able to truly turn my life over to a Higher Power.

Courage to
Change

My concept of God evolves. It changes and grows as I continue to change and grow. How wonderful it is, for I now sense a Higher Power that is as alive as I am! Never in my life did I dream of finding such a source of serenity, courage, and wisdom.

There is a sense of unique purpose to my journey through life. I am the only one who can live it, and I need the help of the God *of my understanding* to live it fully. Grounded in faith, I can hold tight to my course and meet the future with confidence.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

— Celtic Prayer

As the rain hides the stars, as the autumn mist hides the hills, as the clouds veil the blue of the sky, so the dark happenings of my life hide the shining of your face from me. Yet if I may hold your hand in the darkness, it will be enough, since I know that, though I may stumble, you will not fall. Amen.

Third Reading

1 John 3:1-3
The Message
(MSG)

What marvelous love the Father has extended to us! Just look at it—we're called children of God! That's who we really are. But that's also why the world doesn't recognize us or take us seriously, because it has no idea who he is or what he's up to.

But friends, that's exactly who we are: children of God. And that's only the beginning. Who knows how we'll end up! What we know is that when Christ is openly revealed, we'll see him—and in seeing him, become like him. All of us who look forward to his Coming stay ready, with the glistening purity of Jesus' life as a model for our own.

Hear the Spirit as it speaks to us.

Amen.

*Permission for
our own belief
in God is one
of the gifts of
our Twelve Step
program.
Today will flow
with ease if I let
the God of my
understanding in.
In God's care*

Second Prayer

Let us pray.

**My Lord God, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I really know myself,
and the fact that I think that I am following your will
does not mean that I am actually doing so.
But I believe that the desire to please you does in fact please you.
And I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that desire.
And I know that if I do this you will lead me by the right road
though I may know nothing about it.
Therefore will I trust you always though I may seem to be
lost and in the shadow of death.
I will not fear, for you are ever with me,
and you will never leave me to face my perils alone.
Amen.**

— Thomas Merton

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

*Only God alone,
as each of us
understands God
to be, comes freely
to anyone with
an open heart.
The least socially
acceptable person
in this world is
acceptable to God.
The divine gift is
always there for
the asking.
Days of Healing
Days of Joy*

*To say I am made
in the image of
God is to say that
love is the reason
for my existence,
for God is love.
Thomas à Kempis*

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.

You can also get there by scanning this QR code:



announcements - see insert

There are so many things happening at Trinity, that we've decided to create one insert for all of the services. This way, you'll be in the know for anything which might interest you, and you can ignore anything that doesn't.

12-Steps@7

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