

12 Steps@Trinity



Easy Does It

September 1, 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

What's so important about being right? Why do we complicate our lives and aggravate our difficulties by insisting our views be accepted?

In the tensions that are part of living with addictions and the addicted, this attitude can make much trouble for us. What harm would it do to "back down" – to accept what the alcoholic says, whether it makes sense or not? Why don't I just Let Go and Let God?

Why should I react to criticism and accusation, justified or not? What can I gain by heated denials and irrational discussions? In a neurotic environment, anything can start a row. I need not take part in it; I will ignore it – cheerfully if I can. This is an excellent technique for avoiding dissension.

I will try to apply Easy Does It to every incident that might increase the tension and cause an explosion. I will try to realize that an exchange of hostile words will not help me to find the serenity I want.

To withdraw from an argument may not make you the winner, but what you have saved is your own dignity and grace.

Hear the Spirit as it speaks to us.

Amen.

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.

One Day
at a Time

*Love is the only sane and satisfactory answer to the problem of human existence.
Erich Fromm*

Musical Interlude

Second Reading

Courage to
Change

I thought that in every conflict, in every confrontation, someone was invariably at fault. It was essential to assign blame and I would stew for hours weighing the evidence. I became a chronic scorekeeper. Because I approached every situation with this attitude, I was consumed by guilt and anger. Defensive and anxious, I made sure my own back was always covered. Twelve Step wisdom helps me understand that disputes come up even when everyone is doing their best.

Obsessively reviewing everyone's behavior focuses my attention where it doesn't belong and keeps me too busy to have any serenity. Instead, I can consider the part I have played. If I have made mistakes, I am free to make amends.

Today I accept that each life has its share of conflict. It is not my job to document every such incident. Instead of wringing my hands and pointing my finger, I can consider the possibility that everything is happening exactly as it should.

Today I know that conflict is not necessarily an indication that someone is wrong. Difficulties may just arise. Sometimes people simply disagree.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

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.

—Michael Leunig,
The Prayer Tree

*Where is the
dignity unless
there is honesty?
Marcus Cicero*

Third Reading

It's amazing how well we know our friends and how we think they should behave. And isn't it interesting that what we want others to do always benefits us in some way? When we are upset with people, it's usually because they have failed to fulfill an assignment we have mentally given them – or because their errors are a little too much like our own.

We couldn't fairly or accurately judge people without knowing an infinite number of things about them. And we would have to know how those things influenced their judgment. Too, we would have to be sure that our perception was without flaw before we could judge fairly.

God, of course, is the only competent judge of anyone. Only God knows everyone's past, present, and future. Only God can be fair. What, then, are we doing in the judge's chair?

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**We pray for the fragile ecology of the
heart and the mind. The sense of meaning
So finely assembled and balanced
and so easily overturned.
The careful, ongoing
construction of LOVE.
As painful and exhausting
as the struggle for truth
and as easily abandoned.
Hard fought and won
are the shifting sands of this sacred ground,
this ecology.
Easy to desecrate and difficult to defend,
this vulnerable joy, this exposed faith,
this precious order.
This sanity.
We shall be careful.
With others and
with ourselves.
Amen!**

Musical Interlude

In God's Care

— Michael Leunig,
A Common Prayer

*It may feel like
an enormous
risk but talking
honestly about the
situation is the
key to healing.
... In All Our
Affairs*

*I can't cope with
something unless
I acknowledge
its reality. When
I am willing to
look at the whole
picture, I take the
first step toward a
more manageable
life.*
Courage to
Change

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.

You can also get there by scanning this QR code:



First Sunday Brunch

Join Trinity friends on **Sunday, Sept 4** following the 10:30am service for brunch at Mexican restaurant Taqueria Ranchos Dos. Located at 445 Delaware Ave (between Edward and Virginia Streets), the restaurant is north 1½ blocks walking distance from the church. Street parking on Delaware. No reservations required! Just come. Or even better, invite someone to join you. We'll gather in the back dining room to enjoy traditional Mexican dishes in a colorful, welcoming space in the good company of one another. Hasta la vista!

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. We next meet Sept 4.

The Story of God

On **Wednesday evenings @7pm starting September 14**, Tim Lane and Jeffrey Tooke are facilitating discussions on the "The Story of God" series with Morgan Freeman.

"The Story of God" series explores Morgan Freeman's journey to explore the world religions and the important questions that we all ask – about death, God, evil, how did we get here, and more. The evening will run about an hour and a half to two hours, during which we will watch and discuss an episode of Morgan Freeman's "The Story of God". For some information on the series, check here: https://1drv.ms/b/s!Al-L5d_Lxgjcil4MBKWRuvv4vtcMgQ?e=FR0eVN

You are invited to join Tim and Jeff on Wednesdays @7pm using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONGlNUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions, please send an email to Jeffrey Tooke at jeffreytooke@outlook.com.

Trinity Spaces for Rent

Our church still has the first floor of 393 Delaware available for rent. We hope to rent to individuals that share our vision of community betterment. If you know someone that would be interested, 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!

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.



Sign up to get Trinity's eNews to stay in touch!

12-Steps@7

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