

12 Steps@Trinity



Interdependence

March 9, 2023

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

We live in concert with others, compatibly at times and at other times not so well, but always with others. We don't always acknowledge our togetherness, but when we are moved to, we quickly sense the comforts of a shared journey. We belong to more than just our neighborhood, our families, our circle of friends. The concert that has captured us is greater, and it has a conductor with whom we travel a path as well. It is this journey that encourages us to appreciate the steps we take with others.

The whole of creation depends on the contribution of each part for its completion. Interdependently, never singly and alone, we exist. We are one with another, and this oneness is eternal.

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.

The Promise
of a New Day

I will try to live today so as to answer for it to all my fellow creatures.
The Promise of
a New Day

Second Reading

Safe in our homes, or deep into our jobs, it is difficult to remember that we are part of the indivisible life of each, and that everything we do affects that “network of mutuality,” just as we are affected by it. Stop and think of the beautiful image of the Arctic tundra, or the atmospheric envelope. These are parts of the world that we may have thought of as inert, nonliving, until we learned how delicate is their sensitivity to everything that touches them.

And everything touches them, as everything touches us. We are as much a part of the rhythm of life as the delicate web of roots that hold the permafrost in place. The same over-arching world spirit inhabits us, and we are as necessary as molecules of oxygen.

At last, we have achieved the capacity to communicate with our fellow human beings. Let us hope we can do it as well as sparrows do, or grass does, for we can shape our destiny even as we are shaped by it.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

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.

Third Reading

Joy for living depends on the level of intimacy with others whom we have grown comfortable with; sharing our grief, our fears, and our glories with others relieves their power over us and fosters a healthier perspective on all the situations in our lives. Yet even the deepest level of sharing does not relieve us of the need to come to full acceptance, solely alone, of the turmoil, the trauma, the tension in our lives.

Interdependently we share this universe, each of us giving to its continuance and receiving sustenance in turn. With little thought, really, we are living our lives bonded in myriad ways, great and small, to one another and to the cycles of the earth housing us all. Just as absolute as is our interdependence, so sure is our need to be at peace. This means for understanding, for serenity, for certainty about the direction we are taking. Together and yet alone we are traveling the path of life.

The Promise
of a New Day

—Attributed to
St. Francis

The Promise
of a New Day

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

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.

— *Michael Leunig,*
A Common Prayer

I feel we have picked each other from the crowd as fellow travelers, for neither of us is to the other's personality the end-all and the be-all.
Joanna Field

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.**

*There is nothing
so moving – not
even acts of love
or hate – as the
discovery that
one is not alone.
Robert Ardrey*

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.

Lenten Soup Study: Becoming Beloved Community: Here and Now

Sundays after the 10:30am service: Lenten Soup Study in the Mission Room. All are invited - even if you've not come to a previous session. We don't study soup — we share soup and fellowship while we discuss a Lenten study developed by the Partnership's Commission to Dismantle Racism and Discrimination called Becoming Beloved Community: Here and Now. The study reviews our history of systemic racism in the Episcopal Church and in our community, and we will discuss how we can be a part of the racial healing and justice that will help us become the beloved community here in our place right now. For more information, email Jeffrey Tooke at jeffreytooke@outlook.com.

Earthquake Relief Effort

On February 6, a deadly 7.8-magnitude earthquake struck along the border between Turkey and Syria, killing over 46,000 people and causing widespread damage across the region. On February 20, the area was struck by a 6.4 magnitude earthquake. Episcopal Relief & Development (ERD) is working with partners to provide support. Partner with ERD to provide support to people affected by the deadly earthquake along the border between Turkey and Syria. Visit episcopalrelief.org today to make a contribution to the [Turkey-Syria Earthquake Response Fund](#).

Discussion Group: Lenten Creed Study

Trying to figure out what you believe? Ever wonder about what the Episcopal Church believes? Come and discuss it on Wednesdays during Lent beginning March 1 with Tim Lane and Jeffrey Tooke. We will discuss various aspects of our Christian creeds and how to develop a practice of prayer using our creeds and the Book of Common Prayer. Join Tim and Jeff on **Wednesdays @7pm** using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions about the group, email Jeffrey Tooke at jeffreytooke@outlook.com.

Walk the labyrinth at First Presbyterian Church though lent and holy week.

Thursdays 4-8pm, Sundays 11:30am-12:30pm at [1 Symphony Circle](#) (across from Kleinhans.)

Explore Buffalo

Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo will be leading a tour of Trinity's windows as part of its Sacred Spaces series. The next date is **Saturday, March 11 @10am**. You can help the wider community appreciate the resources Trinity has to share. Post this link on your social media or email it to friends. Better yet, invite someone to come on the tour with you. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>

Trinity Spaces for Rent

Our church has work spaces available for rent at both 371 and 393 Delaware Ave. We hope to rent to groups or 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 a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group.

You can also get there by scanning this QR code:



I will not discount the value of any person or any experience that circumstances offer today.

The Promise of a New Day



Remember Nina's Kitchen?

Maybe you've forgotten or are new to Trinity, but we have a well-designed and useful kitchen right upstairs off the Marfield Room. Let's pull out the cutting boards and work bowls, and fire up the soup pot! It's time to roll with Sunday lunch/ brunch and whatever ideas we imagine for gathering at the table(s.) If you are curious and want to join a "kitchen crew," please contact Judy Atkinson Miller at jatk1812@gmail.com.

Comfort and Care Team

A new committee has formed with the purpose of offering care and comfort to members of the Trinity family who may be experiencing health or other life challenges. There are currently four of us on the committee, and we are inviting and welcoming others who are interested in this ministry and/or have ideas for us. We are excited about this new initiative and have already begun to implement some of our activities. Please contact any of the four of us with your interest, ideas, or for more information. We look forward to hearing from you! Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com; Susie Green, susie432@gmail.com; Patti Nisbet, tudorspace@aol.com.

Friends of Night People

We are looking for volunteers to help out at Friends of Night People, which provides food, clothing, medical care, counseling and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45-7. For more information, please speak to Emily Carlin or email: emily.g.carlin@gmail.com.

Visiting Trinity

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 [here](#) to get Trinity's eNews to stay in touch!

12-Steps@7

Trinity Episcopal Church • 371 Delaware Avenue • Buffalo, New York 14202

The Rev. Matthew Lincoln • mcolin@trinitybuffalo.org

www.TrinityBuffalo.org • (716) 852-8314