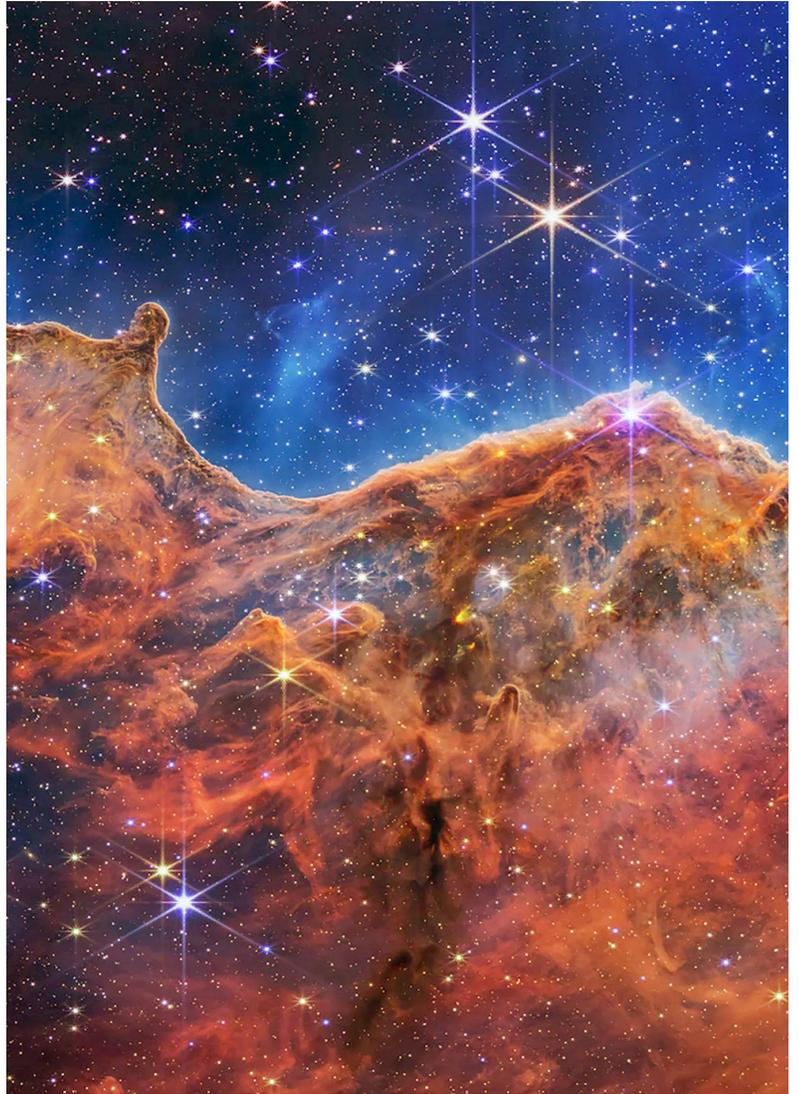


12 Steps@Trinity



Powerlessness and Surrender

July 14, 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

The road to my hometown wound along a steep hillside. As a child, I was often afraid that our car would swerve too widely and go over the edge. I used to take hold of the rear door handle and try to prevent this. I was too young to understand that my actions could not influence the path of the car. Yet I often take a similar approach to my adult fears and persist in futile actions.

Following the Twelve Steps helps me accept what I cannot change and change what I can. Although I can't control the way alcoholism has affected my life, I can't control another person, and I can't make life unfold according to my plans, I can admit my powerlessness and turn to my Higher Power for help.

When I am the driver, the responsibility for steering clear of the road's edge is mine. It is up to me to take my recovery seriously, to work on my attitudes, to take care of my mind, body, and spirit, to make amends when I have done harm – in short, to change the things I can.

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

Second Reading

Sometimes I need to work Step One backwards. I don't always recognize when I'm powerless, but I certainly notice when my life becomes unmanageable. Then I remember that usually when I'm feeling insane, I'm forgetting my powerlessness and trying to control outcomes or other people.

My life quickly deteriorates when I indulge my ego and recklessly set out to change someone or something over which I have no control – in other words, when I try to get my way. I can be stubborn about it, too, spending an inordinate amount of time and effort to that end. The inevitable result is pain, frustration, and utter failure. Even if I acknowledge my powerlessness, until I accept it, I still experience pain.

When I accept my powerlessness and surrender to my Higher Power's will, however, I gain some measure of serenity and humility. I become spiritually teachable. I wish I could say I always recognize and accept my powerlessness. If only I asked my Higher Power for guidance, let Her do Her part while I do mine, and then went on from there. Often this process really does happen, but I'm human. Sometimes I need to go through something before I become willing to surrender and accept reality once again.

My recovery is about progress, not perfection. Each time I practice accepting my powerlessness, it comes closer to being a natural response. The good news is that with surrender and acceptance comes release from my pain.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**O God, turn your Spirit loose now, and me with it,
that I may go to where the darkness is
to face with you the terrible uncertainty of tomorrow:
of what will happen, what might happen, what could happen,
to me and to my children and to my friends, to my job,
to my relationships, to my country;
all that I cannot see, but fantasize,
that I would prevent, but cannot,
and so must accept as possibilities.
Facing the uncertainty, Lord, grant me grace
to look at it directly and openly and truly,
to laugh at it with crazy faith in the crazy promise**

Hope for Today

Sometimes the only way I can determine what to accept and what to change is by trial and error. Mistakes can be opportunities to gain the wisdom to know the difference.
Courage to Change

— Ted Loder

**that nothing can separate me from your love;
to laugh for the joy of it,
the joy of those saving surprises that also stir in the darkness.
And, so, I trust,
despite the dark uncertainty of tomorrow,
in the light of my todays,
and, so, I move on and pray on,
following in the way you lead. Amen.**

Third Reading

Without faith in a power greater than myself, I am like a storm-tossed ship without a rudder. I am flung from one trouble to another; however bravely I may battle the elements, my own strength and wisdom are not enough.

All of us need something to cling to with absolute confidence. If I have been disillusioned by disappointments, or have been let down by someone I trusted, it makes me feel as though I were alone and vulnerable in a hostile world.

I will not deprive myself of God's help and guidance. I see it at work in Twelve Step meetings as we share knowledge, courage and hope with each other.

Confidence and dignity are restored to us by the knowledge that we are God's children.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**Dear Gracious and Loving God,
As I take this time to be still,
help me to let go of anxiousness and feel your peace.
You are love and where there is love there can be no fear.
Help me to let go of fear and receive your perfect love.
I come before you with heaviness because of being hurt by others.
Help me to accept the effect that their actions have had in my life
and to let go of this hurt.
I release this hurt.
I release this weight on my body and spirit. I ask your love to carry me.
I forgive those who have hurt me.
Help me to receive and accept love.
Help me to give love freely.**

One Day at a
Time in Al-anon

— Jackie
Trottmann

**Help me not to strive for perfection but to make progress each day.
Each day, help me to step into the glorious person you created me to be.
I accept and find comfort in knowing—
I am completely loved with your divine, perfect love. 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.

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.**

*If a crisis arises,
or any problem
baffles me, I hold
it up to the light
of the Serenity
Prayer and
extract its sting
before it can hurt
me.
One Day at a
Time in Al-Anon*

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>.

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!

If my faith has been dimmed by disappointment, I can begin to regain it by clinging to a spiritual idea like the one expressed in the Serenity Prayer. This living philosophy will give me a secure foundation of faith.

One Day at a Time in AI-Anon

You can also get there by scanning this QR code:



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 duffel 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

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

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

The Rev. Matthew Lincoln • mcolin@trinitybuffalo.org

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