

12 Steps@Trinity



Healing Thoughts

November 17, 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

Think healing thoughts.

When you feel anger or resentment, ask God to help you feel it, learn from it, and then release it. Ask Her to bless those who you feel anger toward.

Ask Her to bless you too.

When you feel fear, ask Her to take it from you. When you feel misery, force gratitude. When you feel deprived, know that there is enough.

When you feel ashamed, reassure yourself that who you are is okay. You are good enough.

When you doubt your timing or your present position in life, assure yourself that all is well; you are right where you're meant to be. Reassure yourself that others are too.

When you ponder the future, tell yourself that it will be good. When you look back at the past, relinquish regrets.

When you notice problems, affirm there will be a timely solution and a gift from the problem.

When you resist feelings or thoughts, practice acceptance. When you feel discomfort, know it will pass. When you identify a want or a need, tell yourself it will be met.

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.

—Melody Beattie

*If the only prayer you said in your whole life was, "Thank you", that would be enough.
Meister Eckhart*

When you worry about those you love, ask God to protect and care for them.
When you worry about yourself, ask Her to do the same.

When you think about others, think love. When you think about yourself, think love.

Then watch your thoughts transform reality.

Hear the Spirit as it speaks to us.

Amen.

Musical Interlude

Second Reading

Let healing energy flow through your body.

The healing energy of God, the Universe, life, and recovery surrounds us. It is available, waiting for us to draw on it, waiting for us to draw it in. It's waiting at our meetings or groups, on the words of a whispered prayer, in a gentle touch, a positive word, a positive thought. Healing energy is in the sun, the wind, the rain, in all that is good.

Let healing energy come. Attract it. Accept it. Let it soak in. Breathe in the golden light. Exhale. Let go of fear, anger, hurt, doubt. Let healing energy flow to you, through you.

It is yours for the asking, for the believing.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Praise be to you, O Lord,
who spins shining stars across the wondrous heavens
and stretches out the seas,
who lifts the dawn into place
and sets boundaries for night.
who awes the earth with storms
and gentles it with green,
who gives everything a season
and breathes life and love into the dust of me.**

Praise be to you.

Praise in all things,

for all things:

the soft slant of sunlight,

—Melody Beattie

—Ted Loder

the sweat of battle,
a song in the wilderness,
the evening breeze,
the deep breath,
the tended wound,
mercy, quietness, a friend;
for the miracles of the daily,
the mysteries of the eternal.
Praise be to you.
Praise from all creatures,
laughers and list-makers,
wonders and worriers,
poets and plodders and prophets,
the wrinkled, the newborn,
the whale, and the worm,
from all, and from me.
Praise, praise be to you
for amazing grace. Amen.

Third Reading

Hard times, stressful times, are not all there is to life, but they are part of life, growth, and moving forward.

What we do with hard times, or hard energy, is our choice. We can use the energy of hard times to work out, and work through our issues. We can use it to fine tune our skills and our spirituality. Or we can go through these situations suffering, storing up bitterness, and refusing to grow or change.

Hard times can motivate and mold us to bring out our best. We can use these times to move forward and upward to higher levels of living, loving, and growth.

The choice is ours. Will we let ourselves feel? Will we take a spiritual approach, including gratitude, toward the event? Will we question life and our Higher Power by asking what we're supposed to be learning and doing? Or will we use the incident to prove old, negative beliefs? Will we say, "Nothing good ever happens to me... I'm just a victim... People can't be trusted... Life isn't worth living"?

We do not always require hard energy, or stress, to motivate us to grow and change. We do not have to create stress, seek it, or attract it. But if it's there, we can learn to channel it into growth and use it for achieving what's good in life.

Hear the Spirit as it speaks to us.
Amen.

*The core task
of all good
spirituality is
to teach us to
"cooperate" with
what God already
wants to do and
has already begun
to do through us.
Richard Rohr*

—Melody Beattie

—Melody Beattie

by Mary
Mrozowski
(popularized by
Thomas Keating)

*All we need to
do to reach our
goal is to focus
on what presents
itself naturally,
and in an orderly
way, to us today.*
Melody Beattie

Fourth Reading

Recovery is a process. It is a gradual process, a healing process, and a spiritual process – a journey rather than a destination.

Just as codependency takes on a life of its own and is progressive, so recovery progresses. One thing leads to another and things – as well as us – get better.

We can trust the process, even when we don't understand it. We are right where we need to be, we're going through exactly what we need to experience. And where we are going is better than any place we've been.

We can relax, do our part, and let the rest happen.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

Welcome, welcome, welcome.

**I welcome everything that comes to me today
because I know it's for my healing.**

**I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.**

I let go of my desire for power and control.

**I let go of my desire for affection, esteem,
approval and pleasure.**

I let go of my desire for survival and security.

**I let go of my desire to change any situation,
condition, person or myself.**

**I open to the love and presence of God and
God's action within. 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.**

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.**

*Life, when lived
fully, tends
to tool and
retool us until
we eventually
discover a
mercy that
fills all the
gaps necessary
for our very
survival and
sanity.*

Richard Rohr

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:



See We are Doing A New Thing

These past two years, we have seen tremendous changes--in where and how we work and play, and in our relationships. And although change is difficult, it isn't always bad. The Pandemic has shown us how much we need community. And Trinity is in the process of building a campus-based community that can share ideas and bring people together in our beautiful space in the vibrant city of Buffalo. In fact, we are envisioning speakers' series, concerts, and social opportunities involving our tenants, the congregants, and the wider community. We're opening our doors again, and have now begun to make our sanctuary a destination for architectural and stained-glass enthusiasts. Together, we have an opportunity to make this transformation reflect our values and our faith in God's plan to make us an instrument of peace. So at this time, please consider your investment in this opportunity to make a lasting, positive mark on Trinity's mission—a mission that is and will be a value to us and those that come after us.

Sincerely,

Joanne Sundell, Annual Campaign Committee



Discussion Group: Advent with Eyewitness Bible

On **Wednesday @7pm** during Advent, starting **November 23**, Tim Lane and Jeffrey Tooke are facilitating discussions on Advent with Eyewitness Bible. Each week we will watch short videos from Eyewitness Bible that look at people from the Bible who help us explore various themes of Advent and the anticipation of the celebration of Christmas.

You are invited to 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, please send an email to Jeffrey Tooke at jeffreytooke@outlook.com.

Darkness into Light: When the Christmas Spirit Eludes You

This quiet service is for anyone who may not feel the expected happiness of the holidays for any number of reasons—grief, loss, physical and or mental illness, family dysfunction or dissolution, loneliness. You are invited to share an evening of fellowship that will include readings, music, guided meditation, and communion open to all. The days are shorter, the nights are longer; winter is a long gray season in Buffalo. It is easy to fall into depression or just sadness. At Christmas, we are expected to feel a certain way, and we simply cannot. Whatever we are experiencing are our rightful feelings, and they are okay. We are not alone. From darkness there can come light, just not on a particular timeline, no matter what the calendar says. There is a light within us. We may not see it in ourselves, but others can. Experience the Darkness into Light service with no expectations imposed on you. You are welcome with warmth and light.

Sunday, December 11 @ 7pm in the Chapel (Trinity @7 will resume on December 19.)

12-Steps@7

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