

12 Steps@Trinity



What Really Counts

January 13, 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 original meaning of property is “belonging to the self.” In this sense, land, houses, money, paintings, jewels, cars, cannot be our *property*; they are all things, and we enjoy using them, but they have nothing to do with our *selves*.

What then is our true property? It is our moral and spiritual qualities, our capacity for love, our commitment to honesty. These are what make a difference in who we are. The difference between a lie and the truth is vastly greater than the difference between a bicycle and a Mercedes. When we appreciate this distinction, we can begin to develop our spiritual selves.

We all know that things can not make us happy; only a loving heart and a clear conscience can do that. Yet often we act as though the piling up of things was important in itself. A little reflection can restore our balance and return our imaginary property to its true place in our lives.

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

True property is what nothing can take away from me.

The Promise of a New Day

Gold, for the instant, lost its luster in his eyes, for there were countless treasures of the heart which it could never purchase.

-Charles Dickens

Second Reading

The mysterious thing about “treasures of the heart” is that they are “countless” — boundless, self-renewing, inexhaustible. When we love and are loved, trust and are trusted, this reciprocal relationship gives us and those who love and trust us a literally endless wealth.

Only when the relationship is one-sided do we feel drained by our commitments. Love based on mutual understanding and respect will never drain us of our resources; our fund of love is replenished even as it flows out of us, as though the act of loving generates more love.

Fear can impede this miraculous process. In general, we have to know ourselves pretty well and be quite secure in our own skins before we can make to someone else the glad and unconditional gift of ourselves. Love entails risk — the risk of being completely open, and completely self-forgetful. But all success involves risk; and in this case the rewards are the greatest possible.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Lord, grant me your peace,
for I have made peace
with what does not give peace
and I am afraid.**

**Drive me deep, now,
to face myself so I may see
that what I truly need to fear is
my capacity to deceive
and willingness to be deceived,
my loving of things
and using of people,
my struggle for power
and shrinking of soul,
my addiction to comfort
and sedation of conscience,
my readiness to criticize
and reluctance to create,
my clamor for privilege
and silence at injustice,**

The Promise
of a New Day

— Ted Loder

*I will not let fear
keep me from the
treasures of the
heart.*

The Promise
of a New Day

my seeking for security
and forsaking the kingdom.
Lord, grant me your peace.
Instill in me such fear of you
as will begin to make me wise,
and such quiet courage
as will enable me to begin to make
hope visible,
forgiving delightful,
loving contagious,
faith liberating,
peace-making joyful
and myself open and present
to other people
and your kingdom. Amen.

Third Reading

The goal of our spiritual quest is to put ourselves back together, reintegrating the self that acts and the self that observes. To be split is to be in pain. We feel our inner separation as a wound, and we try to dull our pain with frantic or self-destructive methods.

The pain will not yield to pleasure nor to danger or violence. These sensational methods leave us alienated as we were before. We seek Wholeness, and we will achieve it only by surrendering to our sense of a reality beyond ourselves. Whatever we choose to call the great oneness, we must acknowledge it as a higher power, or we will continue to suffer the anguish of alienation.

Achieving serenity is a lifelong process. While we have this goal in view, our efforts will be unified, and our attention not easily distracted by setbacks.

Hear the Spirit as it speaks to us.

Amen.

The Promise
of a New Day

*Today I will
resolve to focus
on my spiritual
goal and let it
heal me.*

The Promise
of a New Day

— Mary
Mrozowski

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;**

*When a man
leaves off
believing in
imaginary
property, then
only will he make
use of his true
property.
Leo Tolstoy*

**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.

CLICK [HERE](#) TO FIND THE READINGS AND REQUEST THE ZOOM PASSWORD.

You can also get there by scanning this QR code:



12-Steps@7

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

The Rev. Matthew Lincoln • milcoln@trinitybuffalo.org

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