

# 12 Steps@Trinity



Straight Talk

November 3, 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

I will examine, with a sharp and honest eye, my own motives, for I need to do a lot of straight thinking about my own attitudes and actions.

If I am troubled, worried, exasperated or frustrated, do I rationalize the situation and put the blame on someone else? Or can I honestly admit that I may be at fault? My peace of mind depends on overcoming my negative attitudes. I must try, day by day, to be honest with myself.

What we are meant to know will come to our knowledge without any action on our part. This is a basic spiritual truth, implicit in our slogan, *Let go and let God*. When action is really required, as when a crisis happens, we will then be better prepared to meet the emergency.

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.*

One Day at a  
Time in Al-Anon

## Second Reading

**W**hen we decide to turn our will and our life over to the care of God, we are performing an act of courage. God has given us freedom to make our own choices. When we surrender our will, we are putting our fate in the hands of a power we don't always understand. God's will for us may be something we think we are not at all ready for, such as a new vocation, a new partner, a new life. It could mean anything God has planned for us.

Accepting those possibilities takes courage. To ask God's will for ourselves without reservation, without bargaining, is scary. But it is also a great relief. With the death of our self-will, the weight of the world comes off our shoulders, and stays off, if we stay in tune with our Creator.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**LORD, you have searched me out and known me;**

**you know my sitting down and my rising up;**

**you discern my thoughts from afar.**

**You trace my journeys and my resting-places**

**and are acquainted with all my ways.**

**Indeed, there is not a word on my lips,**

**but you, O LORD, know it altogether.**

**If I say, "Surely the darkness will cover me,**

**and the light around me turn to night,"**

**Darkness is not dark to you;**

**the night is as bright as the day;**

**darkness and light to you are both alike.**

**For you yourself created my inmost parts;**

**you knit me together in my mother's womb.**

**I will thank you because I am marvelously made;**

**your works are wonderful, and I know it well. Amen.**

—*Psalm 139 1-3,  
10-13*

*Practicing the  
Twelve Steps to  
recovery gives me  
the opportunity  
to retrieve all the  
broken, scattered  
aspects of myself  
and offer them  
to God to piece  
together.*

**Hope for Today**

## Third Reading

**A**s I grow, I continue to learn and to unlearn, replacing old ideas with new ones and reclaiming others that had been cast aside. Today I welcome this flow of information that will nourish and replenish me as I become more fully myself.

How do I feel today? How am I doing? If I can answer those questions truthfully, I am more likely to pursue the help I need and to share the happy times with others as well.

Hear the Spirit as it speaks to us.

**Amen.**

## Fourth Reading

**B**efore I came into the program, I struggled with feeling numb and fragmented. Once in a Twelve Step group and exposed to Step Two, I had to ask the question, "What does it mean to be sane or insane?" There were some good indicators in my life of both sanity and insanity. Still I didn't believe I had anything to do with the presence or absence of either of them; they just happened.

In time I learned that the emotional numbness I had developed to cope with growing up with alcoholism contributed much to my sense of insanity. It forced me to see life as happening totally outside of and unconnected to myself. In recovery, by learning to listen to my feelings, give them a name, and express them, I built a bridge between my broken self, my Higher Power, and my wholeness. Never in my wildest dreams could I have known that *my insanity came from my lost relationship with myself and with God.*

Hear the Spirit as it speaks to us.

**Amen.**

## Second Prayer

*Let us pray.*

**Dear God,**

**In this moment, I let go of all thoughts and concerns.**

**When I let go, I am able to receive.**

**When my hands are formed into tight fists,  
I cannot open my hands to receive anything.**

**When I hang onto tight control,**

**When I close off my heart and my spirit**

**I cannot receive your blessings for me.**

**I let go to receive your blessings.**

**Letting go in this moment,**

Courage to  
Change

Hope for Today

— *Ted Loder*

*We blame little things in others and pass over great things in ourselves; we are quick enough in perceiving and weighing what we suffer from others, but we mind not what others suffer from us.*  
*Thomas A' Kempis*

**I receive your loving presence around me and within me.  
Help me to let go when I am feeling overwhelmed,  
so that I may receive your peace.  
Help me to let go when I feel fear  
so that in fear's place I may receive love and courage.  
I let go of problems and challenges  
in order to receive your guidance and clarity.  
I let go and trust you.  
I will not fall.  
You will catch me.  
I let go and trust in the still, small voice inside of me.  
Help me not to struggle but to surrender my struggle to you.  
I gladly receive this gift of letting go and  
letting you lead me and guide me.  
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;**

*Acceptance is  
a form of living  
and letting live  
that frees all  
concerned to  
follow their  
Higher Power's  
will.*

**From Survival to  
Recovery**

**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.

## **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

*God can write  
straight with  
crooked lines.  
In God's Care*

You can also get  
there by scanning  
this QR code:



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

### 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](mailto:emily.g.carlin@gmail.com)

### Trinity Spaces for Rent

Our church still has the first floor of 393 Delaware available for rent. See <https://www.trinitybuffalo.org/copy-of-trinity-center-rentals>. We hope to rent to a group and individuals that share our vision of community betterment. If you know someone that would be a good fit, please have them call Colleen O'Neill at 716-852-8314, ext 1, or send an email to [coneill@trinitybuffalo.org](mailto:coneill@trinitybuffalo.org).



### Shoe Fundraiser Running Until January 1, 2023

Trinity is having a shoe fundraiser running until January 1, 2023. We are collecting gently used (no holes) or new footwear. This includes both adult and children's shoes, sneakers, sandals, boots, and athletic footwear. Our goal is to exceed 2,500 pairs! Shoes can be placed in the labeled collection bin in the Red-Carpet area on Sunday mornings.

The shoes we collect will be sent overseas to micro-enterprises which are small businesses, generally owned and operated by families. Because of systemic poverty in many developing countries, individuals have to create their own economic opportunities. Our efforts will provide shoe inventory for people worldwide and fundraising dollars for Trinity!

In addition to your contribution, we are asking you to reach out to your families, friends, co-workers, and neighbors and ask them to donate their unwanted shoes. Please contact Erickson at [ehc@buffalo.edu](mailto:ehc@buffalo.edu) with questions or to get involved in this fundraiser. Thanks in advance for your support!

### Compass House 50th Anniversary!

The Emergency Shelter and Resource Center has been a continuous support for teens in crisis. Our own Trinity folks, many still among us, were founders! Please consider honoring them with a "50th Anniversary" donation@ [www.compasshouse.org](http://www.compasshouse.org), OR contact Judy Atkinson Miller at [jatk1812@gmail.com](mailto:jatk1812@gmail.com) for more information.

### 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](mailto:coneill@trinitybuffalo.org) to schedule an appointment.



Sign up 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](mailto:mcolin@trinitybuffalo.org)

[www.TrinityBuffalo.org](http://www.TrinityBuffalo.org) • (716) 852-8314