

# 12 Steps@Trinity



Grateful and Willing

September 22, 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

**W**e can look back on our old life and be thankful for what we are like now. Although it is useless to dwell on the past, it is sometimes helpful to cast a backward glance. It sharpens our gratitude. The blessings we experience today are in such stark contrast to the misery we used to endure.

We examine the serendipity – all the good things that are happening to us – and we know not to take credit ourselves. We express gratitude to God because we know the good things are not accidental.

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.*

In God's Care

*One of life's gifts  
is that each of  
us, no matter  
how tired and  
downtrodden,  
finds reasons for  
thankfulness.  
J. Robert Maskin*

## Second Reading

**L**ack of gratitude is a sure sign we've forgotten how far we've come from where we were, and who's responsible. When we start feeling good, begin accomplishing things, and even find ourselves admired by others, we may think not only do we deserve this, we earned it. We think we're hot stuff.

Well, sure we are. All of us are hot stuff. If we enjoy respectability, if we are an inspiration to others, if we're in a position of service, it's because God put us there. With our cooperation, and through the love of our friends in the program, God has changed our life. Now we have the opportunity, by sharing that love, to let God change others. Our gratitude acknowledges God's handiwork in all of this. It gives credit where it's due.

Hear the Spirit as it speaks to us.  
**Amen.**

## First Prayer

*Let us pray together.*

**Thank you for all I forget are gifts,  
not rights.**

**Forgive me for all the grievances  
I remember too well.**

**Save me from the self-pity,  
the self-seeking,  
the fat-heartedness  
which is true poverty.**

**Guide me, if I'm willing  
(drive me if I'm not)  
into the hard ways of sacrifice  
which are just and loving.**

**Make me wide-eyed for beauty,  
and for my neighbor's need and goodness;  
wide-willed for peace-making,  
and for the confronting power  
with the call to compassion;**

**wide-hearted for love  
and for the unloved,  
who are the hardest to touch  
and need it the most.**

**Dull the envy in me which criticizes  
and complains life into a thousand ugly bits.**

**Keep me honest and tender enough to heal,  
tough enough to be healed of my hypocrisies.**

**Match my appetite for privilege  
with the stomach for commitment.**

In God's Care

—Ted Loder

*The worst  
moment for the  
atheist is when he  
is thankful and  
has nobody to  
thank.  
Dante Gabriel  
Rossetti*

**Teach me the great cost of paying attention  
that, naked to the dazzle of your back as you pass,  
I may know I am always on holy ground.  
Breathe into me the restlessness and courage  
to make something new,  
something saving,  
and something true  
that I may understand what it is to rejoice. Amen.**

### **Third Reading**

**W**e're sober and clean and honest (to the best of our ability) and surrounded by caring people when we attend a meeting. For all this, and much more, we can be grateful. We no longer have to struggle in isolation. Willing ears and arms are only a request away. And closer yet is a Higher Power who promises us, daily, that we're not alone with any situation or secret.

We're so lucky to have discovered the joys of living One Day at a Time, with the help of God and our friends. We can pray that alcoholics and addicts who still suffer can open their ears and hearts to God's guidance and love. We also need to keep in mind that the only difference between them and us is that today, we're listening. And so, here we are, grateful and willing to help one another stay grateful.

Hear the Spirit as it speaks to us.  
**Amen.**

### **Second Prayer**

*Let us pray.*

**O Ingenious God,  
I rejoice in your creation,  
and pray that your Spirit touch me so deeply  
that I will find a sense of self  
which makes me glad to be who I am  
and yet restless  
at being anything less  
than I can become.  
Make me simple enough  
not to be confused by disappointments,  
clear enough  
not to mistake busyness for freedom,  
honest enough  
not to expect truth to be painless,  
brave enough  
not to sing all my songs in private,  
compassionate enough  
to get in trouble,  
humble enough**

In God's Care

— Ted Loder

*Gratitude is not  
only the greatest  
of virtues, but the  
parent of all the  
others.  
Marcus Tullius  
Cicero*

*If the only prayer  
you said in your  
whole life was,  
“thank you,” that  
would suffice.  
Meister Eckhart*

**to admit trouble and seek help,  
joyful enough  
to celebrate all of it, myself and others and you.  
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.**

## 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.

## The Story of God

On **Wednesday evenings @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on the "The Story of God" series with Morgan Freeman which looks at the world's religions and the important questions we all ask. On **Wednesday, September 21, @7pm**, we will watch we will watch "Apolcalypse" in which we will explore what various faith traditions predict about the End of Days.

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, please send an email to Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com).

## Pet Blessing

**Sunday, Oct 2** from 2 to 3:30 in the courtyard, all furry, feathered, hairy creatures welcome! Amphibians and reptiles, too! Why? In honor of the feast of St. Francis, the patron saint of animals and the environment, on Oct 4.

You can also get there by scanning this QR code:



## Friends of Night People

We are looking for volunteers to help out at Friends of Night People. Friends of Night People 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)

## Tech Volunteer Needed

Do you have a facility in using a laptop? Familiar with Zoom or other remote meeting programs? Interested in a volunteer job that won't eat up a lot of your time? Trinity @7 (which meets in the Chapel on Sunday nights @7pm) needs someone to run Zoom during the service. We're talking about arriving at 6:30 and departing around 8pm. As a bonus, you get to hear Krista's great playing and experience a lovely quiet atmosphere. Matt will teach you what you need to know. Plus, he'll usually be there should any snafus occur. If you're interested, please email Teresa Maciocha at [tmaciocha@aol.com](mailto:tmaciocha@aol.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).

## Facet & Form

Explore, create, and reconsider at Facet & Form this Fall. Join in glass-creating activities, meet artisans testing the boundaries of stained glass, and learn more about how historic glass is preserved and created. Experiences in the arts await you around every corner of Trinity's historic campus. The art and craft of architectural stained glass and mosaic are illuminated as you've never had the opportunity to see it before. This fundraiser will support glass education, scholarships, and the preservation and sharing of the visionary and artistic stained glass treasures of Trinity Church. Click <https://stainedglass.org/foundation/facet-and-form> or use the QR code for tickets.



# FACET & FORM

GLASS TRADITION REIMAGINED

GET YOUR TICKETS NOW!

FRIDAY, NOVEMBER 4, 2022  
5:30PM - 9:00PM

TRINITY EPISCOPAL CHURCH  
BUFFALO, NY

 The Stained Glass  
Association of America  
Foundation

## 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

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