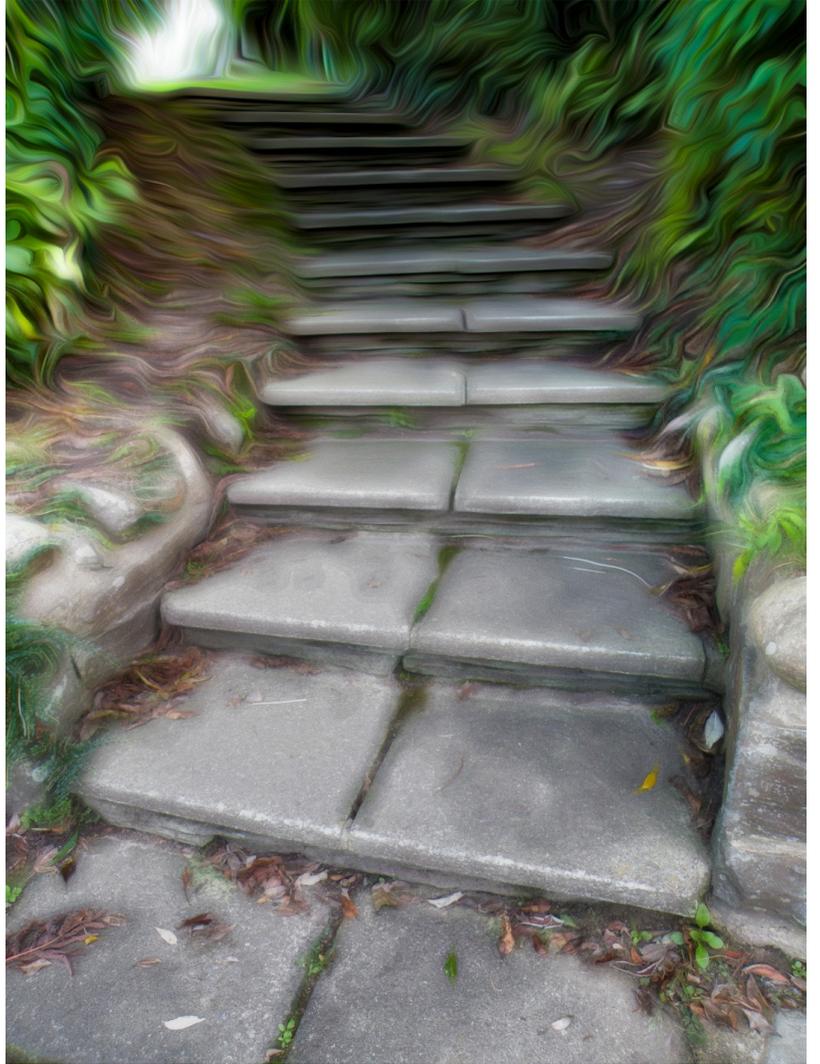


# 12 Steps@Trinity



Dreams, Desires, Our Feelings

October 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

**D**reams, like desires and feelings, simply happen. They happen to everyone from early childhood to old age; they're part of the life of the human mind, and we can't really control them. All we ever can control is our behavior – how we act on our dreams, our desires, and our feelings.

At times some of us try to control the uncontrollable, and stay “permanently awake,” to fence out or repress the sadness, desire, or rage that we don't want to feel. By doing this, we make ourselves doubly unhappy; for human beings are creatures of feeling and fumbling. To try to engineer the unruly parts of our lives is just to create another way to feel bad, for the attempt is doomed to fail.

Accepting our roughness, the violence and vulnerability that live within us, is to let go of shame. Why be ashamed? All others are the same as we. We can't choose our feelings, but we can choose how – or whether – we express them.

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

*... we ourselves are only fragments of existence, and our lived life does not fill the whole of our capacity to feel and to conceive.  
Paul Valery*

## Second Reading

**O**ur feelings are bigger than we are. The love, sorrow, fear, or rage that any one of us feels at any moment is just a thin slice of a great stream of feeling that runs through all of humanity. To experience strong emotions in a crowd, for instance, takes us out of ourselves.

Mob anger can be viciously destructive. Mob joy can be transcendent. The difference between one individual and the mob is that each one of us can choose, every moment, what we will do with our emotions. We can feel rage and choose to express it without harm. We can feel rage and survive it. We can choose to dwell with feelings that console and enhance our spirits, and we can choose to let go of those that diminish us.

With feelings, and with everything else, the law of life is change. We shall not always feel as we feel now. If we accept our feelings as they come and try to feel them fully as we are able, we shall become more unified with our fellow human creatures, and with all existence.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**Eternal God,  
lead me now  
out of the familiar setting  
of my doubts and fears,  
beyond my pride and my  
need to be secure into a  
strange and graceful ease  
with my true proportions  
and with yours;  
that in boundless silence  
I may grow  
strong enough to endure  
And flexible enough to  
share your grace.  
Amen.**

The Promise  
of a New Day

— Ted Loder

*Today will be a  
mixture of joy,  
boredom, perhaps  
both pain and  
sorrow. Each  
element will give  
me reasons for  
growth.*  
The Promise of  
a New Day

## Third Reading

**W**hy should we punish our feelings? Everyone feels much the same things. Why should our humanity shame us? Perhaps somewhere we acquired the notion that it's wrong to be human; that an inhuman perfection is the only proper public image.

Shame is a little whip that we carry with us. We can shame ourselves easily, the little whip stings. We often use it to punish our feelings, because they evoke the helpless children we were. So we learn to suppress our feelings of fear or rage or desire. We would rather not feel at all than feel the sting of shame.

Love can heal the pain of shame. Self-love and acceptance can make us strong enough to discard the little whip. We are much more lovable when we acknowledge our humanity and let go of our shame. We are also better able to love others. Shame shuts us up; love opens us to joy.

Hear the Spirit as it speaks to us.

**Amen.**

## Second Prayer

*Let us pray.*

**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.**

## 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!*

The Promise  
of a New Day

—Psalm 139  
1-3, 10-13

*If I fence out  
my dreams  
and feelings, I  
turn them into  
enemies.  
The Promise of  
a New Day*

## 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.**

*“I would not exchange the laughter of my heart for the fortunes of the multitudes; nor would I be content with converting my tears . . . into calm. It is my fervent hope that my whole life on this earth will ever be tears and laughter.  
Kahlil Gibran*

### 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**

This year's Annual giving campaign theme is "See We Are Doing a New Thing". One of the many things I like about Trinity Church is its ability to adapt and change to meet the needs of the congregation and the community. This is evident in its help creating organizations like Compass House, Homespace, and Justice For Migrant Families.

During the pandemic, Trinity built an online community that met the needs of parishioners both near and far and allowed more people to participate. We have also built new partnerships to meet the needs of the community and congregation.

As we approach the time of the year when we ask you to prayerfully consider pledging financial resources to Trinity, please reflect on all the things you have made possible as part of Trinity's family and how you can help us continue that work.

Sincerely, John Alduino, Annual Campaign Chair

### **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, **October 19**, @7pm, we will watch the episode on "Why Does Evil Exist?" in which we will explore the root of evil and how our ideas of it have evolved over the millennia.

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).

### **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)

### **Tech Volunteer Needed**

Trinity @7 (which meets in the Chapel on Sunday nights @7pm) needs someone who will occasionally 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 music 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).

You can also get there by scanning this QR code:



### Trinity Spaces for Rent

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



### Used Shoe Fundraiser Coming October 30

The Fundraising team is planning a shoe collection drive beginning on Sunday, October 30. We'll have more details later on this month. In the meantime please hold on to your gently used shoes, sandals, and sneakers. We'll accept all footwear in good condition. We'll need lots of shoes to meet our goal. If you would like to get involved in this unique fundraiser, please contact Erickson at [ehc@buffalo.edu](mailto:ehc@buffalo.edu). Thanks!!

### Volunteer or Participate at the Stained Glass Association Fundraiser

On **Friday, November 4**, Trinity is partnering with the Stained Glass Association of America for Facet & Form: Glass Tradition Reimagined. The art and craft of architectural stained glass and mosaic will be illuminated as never before. This fundraiser will support glass education, scholarships, and the preservation and sharing of the visionary and artistic stained glass treasures of Trinity Church. Come enjoy glass melting demonstrations, food, drinks, and more!

**VOLUNTEER:** We need your support - from window docents describing the jewels of Trinity, to registrants and raffle set ups, there are volunteer opportunities for everyone! Click [here](#) for the volunteer sign-up.

**PARTICIPATE:** 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. Click [here](#) for more information and to get tickets or use the QR code.



**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

### 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

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