

# 12 Steps@Trinity



Presence

January 6, 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

“**T**his very instant” is all we have. We make plans for the future, we invoke memories of the past, but really, all we have to deal with and to act in is the moment at hand. We cannot stop its going; we cannot hurry the next moment on its way. Like everyone else in the world, we are partners in the dull, humdrum, dazzling, fabulous, totally unpredictable moment.

And if we have a time that is “our time,” it is right now. It has to be, because there isn’t any other. Maybe we have had times in the past that were special for us; maybe the future will hold precious moments. But the only time that is truly “our time” is this time, where we are right now. And what we do with this time is ours to decide.

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

*Each moment is mine, to make as beautiful or as painful as I choose.*  
The Promise of a New Day

The Promise  
of a New Day

## Second Reading

**W**e have been invited to participate in this life, to be present to one another, and that is all that is expected of us. Our successes may bring us personal joy, but our value as persons lies only in our being.

But living fully is more than just making an appearance here – today. It is celebrating our oneness – our ties to one another – our need for one another’s presence to complete our own. And we can be a celebrant only when we are involved and fully focused on the experience. We capture life’s gifts, its riches, when we are intent on the moment’s fullness. We miss what we most need when our hearts and minds are distracted.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**O God of the miracles,  
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.**

— Ted Loder

*All that is asked  
of me is rapt  
attention here,  
and now, to  
others.*  
The Promise  
of a New Day

**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**

**T**he responsibility we each are charged with for our individual development is awesome, particularly when we look ahead to our whole life stretching before us. It is not uncommon to be immobilized with the fear of making a wrong decision, heading down a dead-end path. It is with great relief that we realize that the tomorrows will take care of themselves if today is well lived.

Lives well lived, a hope that is cherished by us all, are not beyond our simple grasp. Attention to the demands of the moment only, coupled with the decision to behave in ways that will fill us with pride, will ensure that our experiences are generally smooth. The attitude we carry into any situation will influence the outcome, our growth, but most of all the quality of our whole lives..

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

### **Second Prayer**

*Let us pray.*

**Earth teach us stillness  
as the grasses are stilled with light.  
Earth teach us suffering  
as old stones suffer with memory.  
Earth teach us humility  
as blossoms are humble with beginning.  
Earth teach us caring  
as the mother who secures her young.  
Earth teach us courage  
as the tree which stands alone.  
Earth teach us limitation  
as the ant which crawls on the ground.  
Earth teach us freedom  
as the eagle which soars in the sky.  
Earth teach us resignation  
as the leaves which die in the fall.**

The Promise  
of a New Day

— Lakota Chief  
John Yellow Lark

**Earth teach us regeneration  
as the seed which rises in the spring.  
Earth teach us to forget ourselves.  
as melted snow forgets its life.  
Earth teach us to remember kindness  
as dry fields weep in the rain. 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.**

*... you don't get  
to choose how  
you are going  
to die or when.*

*You can only  
decide how you  
are going to live.*

*Now.*

*Joan Baez*

## 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.

*It is not the things we accomplish that are important, it is the very act of living that is truly important.  
Dr. Bill Jackson*

You can also get there by scanning this QR code:



## **12-Steps@7**

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