

12 Steps@Trinity



Our Spiritual Selves

January 12, 2023

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, 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't 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

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

Second Reading

For the most part, we receive too much information. We are bombarded with print, sound, images. Many of us cultivate a healthy skepticism: we consider the source. What does this person, this agency, this network, this advertiser, or this elected official stand to gain from telling me this information?

But we cannot doubt everything. Humans need to believe in something, even something wildly implausible on the face of it. Thus, cults and causes abound. In this age of widespread corruption and cynicism, faith also is widespread.

Faith is healthy; it is an affirmation of human worth and continuity. Fortunate are those of us who have both strong faith and good judgment. Belief in the essential goodness of our fellows and in the basic rightness of our world can renew our vitality and remind us to treat others with the respect due their humanity. In turn, others will respect our belief in them.

Sometimes, faith is betrayed; sometimes we stumble. But the delusions or mistakes of others need not sour us; they are part of the mystery.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Dear God, we pray for another way of being: another way of knowing.
across the difficult terrain of our existence
we have attempted to build a highway, and
in so doing have lost our footpath.**

God lead us to our footpath:

lead us where in simplicity we may move

at the speed of natural creatures

and feel the earth's love beneath our feet.

Lead us there where step-by-step

We may feel the movement of creation in our hearts.

And lead us there where side-by-side we may feel

the embrace of the common soul.

Nothing can be loved at speed.

God lead us to the slow path;

To the joyous insights of the pilgrim;

Another way of knowing: another way of being.

Amen.

The Promise
of a New Day

— Michael
Leunig, *The
Prayer Tree*

*Everything as
far as my eyes
can see and
heart can feel
is contributing
to a part of
my personal
existence today.*
The Promise of
a New Day

Third Reading

Let us take a moment and look around ourselves. All that we see has its connection to us and to all other parts of this vast universe, and there is a universal rhythm with whose beat all life is in tune.

Our existence, all existence, is to be marveled at. How perfect is the rosebud, the baby's toenails, the dog's sense of direction. We are not alive by accident. The beat of our hearts is necessary to the continued beat of the Universe. The whole is maintained by the combination of all the parts.

Life is sacred, all life. Friends and enemies are sacred. Lovers, children, parents are sacred. When we have come to understand this fact, understand it to the depths of our being, we will know love; we will know ourselves. Most of all we will feel the peace that accompanies faith in the vastness and the rightness of the Universe and all it contains.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

Dear Gracious and Loving God,

As I take this time to be still,

help me to let go of anxiousness and feel your peace.

You are love and where there is love there can be no fear.

Help me to let go of fear and receive your perfect love.

I come before you with heaviness because of being hurt by others.

**Help me to accept the effect that their actions have had in my life
and to let go of this hurt.**

I release this hurt.

I release this weight on my body and spirit. I ask your love to carry me.

I forgive those who have hurt me.

Help me to receive and accept love.

Help me to give love freely.

Help me not to strive for perfection but to make progress each day.

Each day, help me to step into the glorious person you created me to be.

I accept and find comfort in knowing—

I am completely loved with your divine, perfect love. Amen.

Musical Interlude

The Promise
of a New Day

—Jackie
Trottmann

*I will relish the
moments of
silence today.
They will reward
me with sure
guidance and
clarity of thought.
The Promise of
a New Day*

*When the most important things in our life happen we quite often do not know, at the moment, what is going on.
C.S. Lewis*

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.

Discussion Group: Church – A Community Called for the Future

On **Wednesdays @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on this program from *The Work of the People*. Each week we will watch a short video and discuss issues about how congregations and the church can be a life-giving and life-sustaining body responding to the Spirit amongst us.

Join Tim and Jeff this **Wednesday, January 18, @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 about the group, please send an email to Jeffrey Tooke at jeffreytooke@outlook.com.

Love Letters Performance by the Fantinis, Friday, February 10

Elaine & John Fantini are performing A. R. Gurney's play, *Love Letters*, at Trinity. The play is a funny and emotional portrait about the powerful connection of love. Two friends, rebellious Melissa Gardner and straight arrow Andrew Makepeace Ladd III, have exchanged notes, cards, and letters with each other for over 50 years. Beginning in second grade and well into adulthood, they have spent a lifetime discussing their hopes and ambitions, dreams and disappointments, and victories and defeats. Long after the letters are done, the real question remains: Have they made the right choices, or is the love of their life only a letter away? **Friday, February 10 @7pm** in the chapel. (doors will open at 6:30.) Tickets are \$25, available by clicking [here](#) or use the QR code. All proceeds go to benefit Trinity.

Shoe Fundraiser

We continue to collect gently used footwear until we have a pickup date from funds2orgs.com. So please take another look and bring in those shoes! They can be placed in the labeled collection bin in the Red-Carpet area on Sunday mornings. Please contact Erickson at ehc@buffalo.edu with questions. Thanks to all who've donated shoes!

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 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

Visiting Trinity

The church is open by appointment for private prayer or meditation. Contact our parish administrator, Colleen O'Neill, at coneill@trinitybuffalo.org to schedule an appointment.



Sign up [here](#) to get Trinity's eNews to stay in touch!

12-Steps@7

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