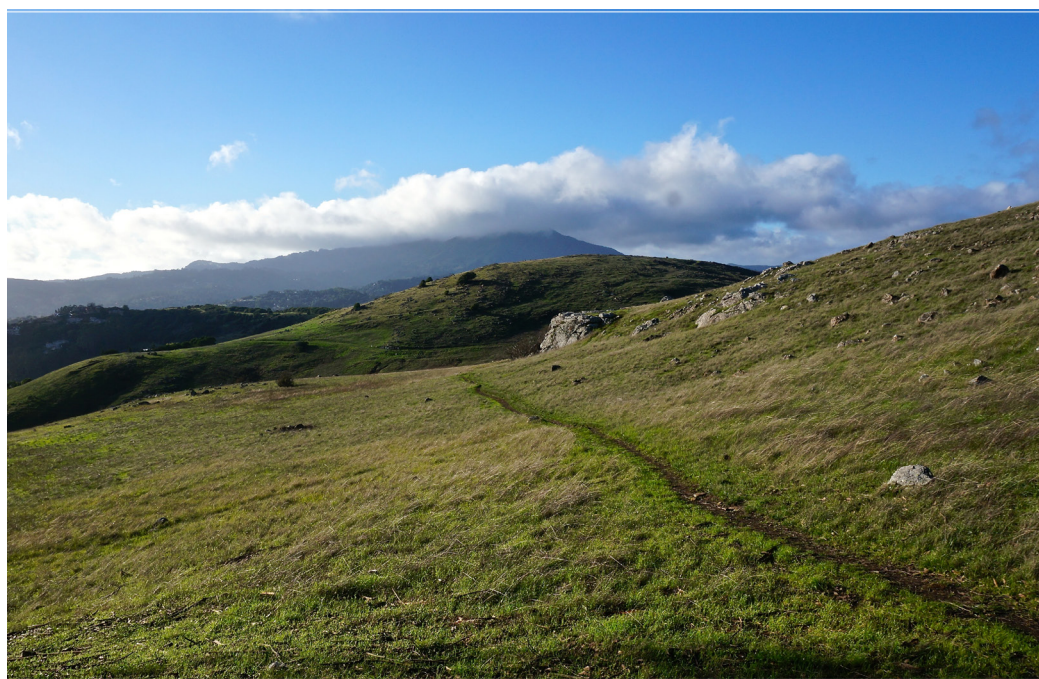


12 Steps@Trinity



A Quiet Mind

January 26, 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

When we quiet our mind, bypassing our thoughts about the hour or day before, or our fear over what may come tomorrow, we can more easily relish each moment – this moment. We too often succumb to the seduction of worrying about the past and future, which are beyond our control. Our unwillingness to give up this obsessive thinking keeps the joy and serenity we long for out of reach. We forget that the power lies within us to clear our mind and to fully experience the peace of the moment.

Quieting our mind requires commitment and practice. We can circumvent any thought and experience moments of peace – a peace that will become as seductive as our old obsession to worry.

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

*To improve the golden moment of opportunity, and catch the good that is within our reach, is the great art of life.
Samuel Johnson*

Second Reading

How many precious moments of sunshine, birds' song, or friends' laughter we never lay claim to because we're lost in our thoughts about yesterday or tomorrow. God has given us *these* moments we're experiencing right now, and in each one is a gift – intended for each of us.

In God's Care

The smile we get from a loved one or a stranger is precious and worthy of cherishing; but to cherish it, we must notice it. When our mind is not quietly and intently immersed in the present, we fail to garner the strength God is offering us every moment.

Our Higher Power is evident wherever we look, but we must *see*; our Higher Power is evident in every voice, but we must *hear*. Our Higher Power is evident within, but we must be quiet and *know*.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

O God of peace, you have taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit lift us to your presence, where we may be still and know that you are God. We ask this, trusting that you are already doing more than we can ask or imagine. Amen.

—Adapted from
the Book of
Common Prayer

Third Reading

In a moment's pause, before we respond to a person or situation, may come a clear message indicating how we are to act or what we are to say. In that quiet moment, our conscience calls to us. Our willingness to pause, listen, and then act as our Inner Guide suggests, will ensure that our relations with others will reflect our true values.

In God's Care

Many of us feel God's presence most through our conscious. Seldom are we truly in doubt about the proper response to a friend. And yet, we may still refuse to pause and listen to God's message – to remember and affirm our values. And then we experience guilt and shame.

We complicate our relationships needlessly when we act before we think. Our agitated ego takes over, and we lose sight of the sure knowledge that God is the director, we are the actors. A quiet mind lets us hear the directions.

Hear the Spirit as it speaks to us.

Amen.

*Every happening,
great and small,
is a parable
whereby God
speaks to us, and
the act of life is to
get the message.
Malcolm
Muggeridge*

Second Prayer

Let us pray.

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

*—Attributed to
St. Francis*

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

*We seek happiness
in external things
without realizing
that they don't
help when we
have problems
within. We need to
focus instead on
the joy that comes
with peace of
mind that allows
us to remain
happy whatever
happens.
Dalai Lama*

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.**

*I know deep down
inside that God
had not created
me to feel sad,
but I needed to
learn how to get
out from under
that feeling.
The Forum
May '98*

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.

You can also get there by scanning this QR code:



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 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, February 1, @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.

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!

Friendraising & Fundraising Meeting on February 2

Our next meeting is on **Thursday, February 2 @7pm** on Zoom. Please consider joining us to plan events to raise funds and bring our congregation together. Are all welcome. Please contact Erickson at ehc@buffalo.edu with questions or for the Zoom meeting link.

First Sunday Brunch

February 5 following the 10:30am service, join Trinity friends for brunch at Mexican restaurant Taqueria Ranchos Dos. Located at 445 Delaware Ave (between Edward and Virginia Streets), the restaurant is north 1½ blocks walking distance from the church. Street parking on Delaware. No reservations required! Just come. Or even better, invite someone to join you. We'll gather in the back dining room to enjoy traditional Mexican dishes in a colorful, welcoming space in the good company of one another. Hasta la vista!

Mutual Aid and Emergency Preparedness - Initial Response Training

Join our friends at Clean Air Coalition of WNY on **Thursday, February 9** from 12-5 here at Trinity Church for a training to strengthen our community's mutual aid responses to emergencies and to learn life-saving medic skills with trainers from Erie County Department of Health. The training will cover the basics of mutual aid during disaster response as well as emergency medical response, like how and when to use Narcan, how to do hands-only CPR, and how to "Stop the Bleed." Childcare and lunch will be provided. If you need additional accommodation, such as translator services, please contact us. Registration is required and is capped at 15 people - visit <https://bit.ly/3Collu> to register today or reach out to Bridge Rauch at bridge@cacwny.org.

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 benefit Trinity.



Trinity Spaces for Rent

Our church has work spaces available for rent at both 371 and 393 Delaware Ave. We hope to rent to groups or individuals that share our vision of community betterment. If you know someone that would be a good fit, please share this QR code which links to a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group.



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



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

12-Steps@7

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