

# 12 Steps@Trinity



## First Things First Our Spiritual Journey

November 10, 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 like everyone to know they can count on us to take care of things. Something needs doing on time? Someone is needed to go the extra mile? Ask us. For both better and worse, most of us have learned to be the epitome of responsibility when it comes to our jobs, children, appearance, or social commitments.

But when it comes to taking care of ourselves spiritually, we usually don't rate so high. Yet nothing else should be so high on our list. It is from our spirituality that friendship and love spring up like flowers. It is from the depth of our spirituality that we become more able to forgive. And it is the quality of our spirituality that determines how well we can accept reality and let go of what needs to be released.

Spirituality is not a luxury to be pursued only if we have time left after we strike everything else off the list. Quiet time, time with friends, time to read, pray, and walk in the woods – these are all important in the proper care of our spiritual lives. We must beware of being too busy!

Hear the Spirit as it speaks to us.

**Amen.**

*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.*

Days of Healing  
Days of Joy

*Each moment of this day is precious, and I will make it count.  
Courage to Change*

## Musical Interlude

### Second Reading

**W**hen doing my Fourth Step, I saw a major character defect that permeated my life. I had the attitude of “hurry up and get it over with.” This phrase indicates the lack of peace I live with when I focus on my destination rather than on my journey.

When I live for results, I put all my progress, achievement, and faith in the future rather than in the present. I miss the gifts today has to offer. These might include the fierce beauty of a storm-ridden sky, the spontaneous warmth of a child’s hug, the self-respect which comes from making amends, and the joyful validation that arises from encouraging someone I sponsor.

Conversely, when I focus on my recovery journey, I honor my thoughts and feelings and pay attention to what they have to tell me regarding my path. I attend to the spiritual meaning embedded in the minute-by-minute details of my life. As I keenly notice the changes I undergo when I stretch myself spiritually by using a slogan, Step, or Tradition, I stay in today.

Hear the Spirit as it speaks to us.

**Amen.**

### First Prayer

*Let us pray together.*

**My Lord God, I have no idea where I am going.**

**I do not see the road ahead of me.**

**I cannot know for certain where it will end.**

**Nor do I really know myself,**

**and the fact that I think that I am following your will does not mean that I am actually doing so.**

**But I believe that the desire to please you does in fact please you.**

**And I hope I have that desire in all that I am doing.**

**I hope that I will never do anything apart from that desire.**

**And I know that if I do this you will lead me by the right road though I may know nothing about it.**

**Therefore will I trust you always though I may seem to be lost and in the shadow of death.**

**I will not fear, for you are ever with me,**

**and you will never leave me to face my perils alone.**

**Amen.**

Hope for Today

— Thomas Merton

*...All I need to do is make a plan without anticipating the outcome.*

Hope for Today

## Third Reading

**W**e were prisoners of our obsessions. No more. Three words, “came to believe,” were the key that unlocked the gates of our personal prison. For some of us, the changes that have happened since we came to believe in a power greater than ourselves have been miraculous.

When we rely on this power, wonderful and unexplainable things happen. Our recovery is just the beginning. We are also restored to sanity. Often, we are led to special people and special experiences. Peace and reassurances come to us. Once this power unlocks the prison gates, anything is possible.

Hear the Spirit as it speaks to us.

**Amen.**

## Second Prayer

*Let us pray.*

**My God, I have always thought  
that growing stronger in spirit  
would mean becoming invincible, beyond need.**

**Now I see you are teaching me  
to receive another kind of strength  
when I come to the end of mine.**

**Teach me to walk in your ways  
as I have never known them before.**

**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.*

In God's Care

—David Hazard,  
You Set My Spirit  
Free

*Living one day at  
a time, focusing  
on my best efforts  
rather than on  
outcomes, gives  
me a healthy  
framework for  
living.*

Hope for Today

## 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.**

*God comes to  
you disguised as  
your life.  
Paula D'arcy*

#### 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

These past two years, we have seen tremendous changes--in where and how we work and play, and in our relationships. And although change is difficult, it isn't always bad. The Pandemic has shown us how much we need community. And Trinity is in the process of building a campus-based community that can share ideas and bring people together in our beautiful space in the vibrant city of Buffalo. In fact, we are envisioning speakers' series, concerts, and social opportunities involving our tenants, the congregants, and the wider community. We're opening our doors again, and have now begun to make our sanctuary a destination for architectural and stained-glass enthusiasts. Together, we have an opportunity to make this transformation reflect our values and our faith in God's plan to make us an instrument of peace. So at this time, please consider your investment in this opportunity to make a lasting, positive mark on Trinity's mission—a mission that is and will be a value to us and those that come after us.

Sincerely,

Joanne Sundell, Annual Campaign Committee

## Clean Air Coalition Open House

Come see the new offices of the Clean Air Coalition of WNY here at Trinity Church on **Wednesday, November 16, from 5:30 - 7:30pm** and celebrate their recent wins and ongoing work! Their open house will feature:

- A self-guided tour of their new office space and Trinity Campus
- Collaborative movement art making
- Tabling by our campaign teams
- Snacks and refreshments
- Much more!

RSVP today by visiting <https://bit.ly/cacopenhouse22> or <https://www.cacwny.org/2022/10/clean-air-openhouse-2022/>.

## 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)

## 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).

You can also get there by scanning this QR code:



*Holding tightly to the past – the known – can shut us off from God's invitations to grow. Our openness to the unfamiliar, whether ideas or people or new opportunities, will enrich us immeasurably..*  
In God's Care



## Shoe Fundraiser Running Until January 1, 2023

Trinity is having a shoe fundraiser running until January 1, 2023. We are collecting gently used (no holes) or new footwear. This includes both adult and children's shoes, sneakers, sandals, boots, and athletic footwear. Our goal is to exceed 2,500 pairs! Shoes can be placed in the labeled collection bin in the Red-Carpet area on Sunday mornings.



The shoes we collect will be sent overseas to micro-enterprises which are small businesses, generally owned and operated by families. Because of systemic poverty in many developing countries, individuals have to create their own economic opportunities. Our efforts will provide shoe inventory for people worldwide and fundraising dollars for Trinity!

In addition to your contribution, we are asking you to reach out to your families, friends, co-workers, and neighbors and ask them to donate their unwanted shoes. Please contact Erickson at [ehc@buffalo.edu](mailto:ehc@buffalo.edu) with questions or to get involved in this fundraiser. Thanks in advance for your support!

## 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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