

12 Steps@Trinity



Grace
October 20, 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

It is nowhere evident, at least in this life, that our Creator expects us to fully eliminate our instinctual drives. So far as we know, it is nowhere on the record that God has completely removed from any human being all his natural drives.

Since most of us are born with an abundance of natural desires, it isn't strange that we often let these far exceed their intended purpose. When they drive us blindly, or we willfully demand that they supply us with more satisfactions or pleasures than are possible or due us, that is the point at which we depart from the degree of perfection that God wishes for us here on earth. That is the measure of our character defect, or, if you wish, of our sins.

If we ask, God will certainly forgive our derelictions. But in no case does He render us white as snow and keep us that way without our cooperation. That is something we are supposed to be willing to work toward ourselves. He asks only that we try as best we know how to make progress in the building of character.

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.

12 and 12

*All men who live with any degree of serenity live with some assurance of grace.
Reinhold Niebuhr*

Alcoholics
Anonymous

Second Reading

We have all had the experience of struggling to break a habit, failing repeatedly, and then at some point meeting with success. What was this success, and how did it happen? We can say it was willpower, but what suddenly empowered our will? We can say it was finding the right strategy, but what enabled that discovery?

Did we do it on our own, or did grace break through and deliver us, or was it some mysterious cooperation of will and grace that we could never have engineered?

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**God, I offer myself to thee -
To build with me and to do with me as thou wilt.**

**Relive me of the bondage of self,
That I may better do Thy will.**

Take away my difficulties, that victory over them

May bear witness to those I would help

Of Thy Power, Thy Love, and Thy Way of life.

May I do Thy will always.

Amen.

—*Third Step
Prayer*

Third Reading

Which should come first, Grace or responsibility? The answer is that both come first. All we can do is get out of the way. Grace is inherent to creation from the beginning (Genesis 1:2), just like springtime; but it is a lot of work to get out of the way and allow that grace to fully operate and liberate. The dilemma is a constant one: Does God “produce” us, or do we by our efforts “produce” God? The seeming paradox was summed up in an old aphorism: No one catches the wild ass by running after him, yet only those who run after the wild ass ever catches him.

I like to say that we must “undergo God.” Yes, God is a pure and free gift, but there is a necessary undergoing to surrender to this Momentous Encounter. As others have put it, to fully understand is always to stand under and let things have their way with you. It is strangely a giving up of control to receive a free gift and find a new kind of “control.”

We must both try and not try, we must both “care and not care,” as poet T.S. Elliot puts it. It seems we must both surrender and take responsibility. We must pray as if it all depends on us, and work as if it all depends on God. Grace will always favor

*Richard Rohr
Breathing
Underwater*

the prepared mind. We can sum it up this way: God is humble and never comes if not first invited, but God will find some clever way to get invited.

Hear the Spirit as it speaks to us.

Amen.

Fourth Reading

Freedom is possible through a mysterious, incarnational synthesis of human intention and divine grace. The issue is not simply whether one follows personal attachments or follows God. It is instead a question of aligning one's intention with the God within and with us, through love and in grace... Thus, ironically, we must have attachments if we are to be free. We have to turn away before we can come home with dignity. Just as God invites us toward love, we must be pulled away.

*Gerald G. May
'Addiction and
Grace'*

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**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.**

— Thomas Merton

*Relying on God
has to begin all
over again every
day as if nothing
had yet been
done.
C.S. Lewis*

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.**

*The power of
grace flows
most fully when
human will
chooses to act in
harmony with
divine will.
Gerald G. May
Addiction and
Grace*

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 26**, @7pm, we will watch the episode "The Power of Miracles" and explore why we believe in miracles and how they shape our understanding of God. 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.

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

You can also get there by scanning this QR code:



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.

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.



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. 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, OR contact Judy Atkinson Miller at 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 to schedule an appointment.



Sign up to get Trinity's eNews to stay in touch!

12-Steps@7

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