

12 Steps@Trinity



Being Teachable

February 23, 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 more available I am to listen and learn, the more available I am to be healed by my Higher Power. During my early days of working the Twelve Steps I had trouble understanding humility and how to develop it. I related to the concept of being teachable, however, and began to look at what I could change about myself to become more open and willing to learn.

When I begin to think that I know it all or that perhaps it is all right to skip some meetings, I am in dangerous territory. Being teachable means I go to meetings and really listen to everyone, newcomers and long-time members alike. It also means I listen when I talk with my sponsor or another program friend. Sometimes I will hear suggestions and think, "No, that doesn't apply to me." When this happens, I need to open my mind and remain receptive to what I hear. Working the Twelve Steps works to the extent that I am open, honest, and willing, each of which is an important component for a humble state of learning. Being teachable means I admit that I don't know it all. Walking the path of self-improvement is a lifelong journey.

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.

Hope For Today

Second Reading

Courage to
Change

Humility was a tough concept for me to comprehend. Taught from childhood to place the wants and needs of others always above my own, I equated humility with taking care of others and ignoring my own feelings and needs. In recovery I have learned that true humility is not degrading; it does not require that I neglect my own needs. In fact, humility is not measured by how much I do for other people, but by my willingness to do my part in my relationship with the God of my understanding.

I begin to learn humility when I take the First Step. By admitting I am powerless, I make room for the possibility that a Power greater than myself can do all those things that are beyond my reach. In other words, I begin to learn about what is, and is not, my responsibility. As this becomes clear, I am better able to do my part, for myself and for others, and better able to ask God to do the rest.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Dear God,

In this moment, I let go of all thoughts and concerns.

When I let go, I am able to receive.

When my hands are formed into tight fists,

I cannot open my hands to receive anything.

When I hang onto tight control,

When I close off my heart and my spirit

I cannot receive your blessings for me.

I let go to receive your blessings.

Letting go in this moment,

I receive your loving presence around me and within me.

Help me to let go when I am feeling overwhelmed,

so that I may receive your peace.

Help me to let go when I feel fear

so that in fear's place I may receive love and courage.

I let go of problems and challenges

in order to receive your guidance and clarity.

I let go and trust you.

I will not fall.

You will catch me.

I let go and trust in the still, small voice inside of me.

Help me not to struggle but to surrender my struggle to you.

I gladly receive this gift of letting go and

letting you lead me and guide me.

Amen.

— Jackie
Trottmann

Third Reading

When I take the Seventh Step (“Humbly asked Him to remove our shortcomings”), I calmly ask for help. I don’t beg or demand; I neither grovel nor puff myself up. I needn’t demean myself, and I have no one to impress. I am simply accepting my place in my relationship with my Higher Power, no more, no less. True humility should never be humiliating. Instead I can feel honored to take my rightful place in the wonderful partnership I am developing with the God of my understanding.

Humility is said to be perpetual quietness of heart. It means that I do my part and trust God to take care of the rest. Although I may not know how my help will come, I can remain serene. All I have to do is to ask my Higher Power for healing.

Hear the Spirit as it speaks to us.
Amen.

Second Prayer

Let us pray.

**Praise be to you, O Lord, for life
and for my intense desire to live;
praise be to you for the mystery of love
and for my intense desire to be a lover;
praise be to you for this day
and another chance to live and love.**

**Thank you, Lord,
for friends who stake their claim in my heart,
for enemies who disturb my soul and bump my ego,
for tuba players,
and story tellers,
and trapeze troupes.**

**Thank you, Lord,
for singers of songs,
for teachers of songs,
who help me sing along the way
... and for listeners.**

**Lord, grant me grace, then,
and a portion of your spirit
that I may so live
as to give others cause
to be thankful for me,
thankful because I have not forgotten
how to hope,
how to laugh,**

Courage to
Change

— Ted Loder

*Remaining
teachable frees
me from outside
pressures and
allows me to learn
at any time from
anyone or any
experience.
Courage to Be
Me, p. 137*

how to say, "I'm sorry,"
how to forgive,
how to bind up wounds,
how to dream,
how to cry,
how to pray,
how to love when it is hard,
and how to dare when it is dangerous.

Undamn me, Lord,
that praise may flow more easily from me
than wants,
thanks more readily
than complaints.
Praise be to you, Lord, for life;
praise be to you for another chance to live. 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;**

*Part of learning
humility is
learning to
contribute to my
own well-being.
Today I will do
something loving
for myself that I
would normally
do for someone
else.
Courage to
Change*

**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.

Earthquake Relief Effort

On February 6, a deadly 7.8-magnitude earthquake struck along the border between Turkey and Syria, killing over 46,000 people and causing widespread damage across the region. On February 20, the area was struck by a 6.4 magnitude earthquake. Episcopal Relief & Development (ERD) is working with partners to provide support. Partner with ERD to provide support to people affected by the deadly earthquake along the border between Turkey and Syria. Visit episcopalrelief.org today to make a contribution to the [Turkey-Syria Earthquake Response Fund](#).

“We cannot tell what may happen to us in the strange medley of life. But we can decide what happens in us – how we can take it, what we do with it – and that is what really counts in the end.”

*Joseph Fort
Newton*

You can also get there by scanning this QR code:



Discussion Group: Lenten Creed Study

Trying to figure out what you believe? Ever wonder about what the Episcopal Church believes? Come and discuss it on Wednesdays during Lent beginning March 1 with Tim Lane and Jeffrey Tooke. We will discuss various aspects of our Christian creeds and how to develop a practice of prayer using our creeds and the Book of Common Prayer. Join Tim and Jeff on **Wednesday, March 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, email Jeffrey Tooke at jeffreytooke@outlook.com.

Explore Buffalo

Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo will be leading a tour of Trinity's windows as part of its Sacred Spaces series. The next date is **Saturday, February 25 @10am**. You can help the wider community appreciate the resources Trinity has to share. Post this link on your social media or email it to friends. Better yet, invite someone to come on the tour with you.

<https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>



Coldest Night of the Year Walk for Compass House, Saturday, February 25

This year's walk takes place **February 25 from 4pm to 7pm** at Delaware Park.

Event details: <https://cnoy.com/location/buffalo>

To join our Trinity team or donate [click here](#).

Questions? Email Missy Stolfi at missy.stolfi@gmail.com.

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.



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!

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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