

12 Steps@Trinity



Excercising Our Spiritual Muscles

February 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

Exercising our spiritual muscles for the arduous and exacting work of faith is a new thing for many of us. Our culture doesn't seem to put the same value on spiritual power as it does on muscles or intellect. Yet a strong and agile spirit, the kind that can do the work that moves mountains, is possible for us all.

Like the muscles of our arms and legs, the spirit swells and grows with use. Small acts of faith will show us the way. As we grow increasingly secure, we are capable of greater and greater leaps of faith. Real prayer, real meditation, means touching and using that inner core of faith, and the more we do it, the stronger it grows.

The fullest life is possible for those whose powers are the best developed. If we choose to move mountains, we must be prepared to work. Even achieving freedom of choice in our lives means developing our spirit.

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

*It is important to know that words don't move mountains. Work, exacting work, moves mountains.
Danilo Dolci*

Second Reading

Living on the fringes of activity is a choice we can make. Always holding back, rather than becoming fully intimate with another in conversation is a choice we can make. Partial attention rather than wholehearted involvement with the task at hand, whether it be reading a report, chopping wood, or preparing a meal, is also such a choice. Each moment we choose half-involvement we are also choosing partial death. The soul is nourished only by the rapture of fully experiencing the myriad vibrations surrounding us.

Attuning ourselves to “all that is” elevates the mind, heightens gladness, nurtures the creative act. Each task we undertake today will benefit ourselves and others only to the degree of attention we give it.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Welcome, welcome, welcome.

**I welcome everything that comes to me today
because I know it's for my healing.**

**I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.**

I let go of my desire for power and control.

**I let go of my desire for affection, esteem,
approval and pleasure.**

I let go of my desire for survival and security.

**I let go of my desire to change any situation,
condition, person or myself.**

**I open to the love and presence of God and
God's action within. Amen.**

—Mary
Mrozowski
(popularized by
Thomas Keating)

*The joys today
offers are
tucked inside
the experiences
that invite my
attention. Living
on life's fringes
won't bring joy.*
**The Promise
of a New Day**

Third Reading

Some of our goals are easily attained. Others demand stamina and resourcefulness. And still others require a commitment of long standing, a willingness to postpone gratification, but most of all, an acceptance of possible failure. We can never be certain of a final outcome. We can only be sure of our effort. However, we can be assured that honest effort will allow us to make measurable progress.

Life is a process. We learn and grow and move toward our goals little by little. The choice to quit moving is also available to us. In fact, a breather from the path we are on is occasionally in order. Recommitment is necessary, however, to begin the growth process again.

Charging ahead takes energy – emotional, mental, spiritual, even physical energy. The whole person is involved in the process of growth; our progress is in direct correlation to the process.

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.**

Musical Interlude

The Promise
of a New Day

— Thomas Merton

*Today may
challenge me,
but I will make
progress.*

The Promise
of a New Day

*I was taught
that the way
of progress is
neither swift nor
easy.
Marie Curie*

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.

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