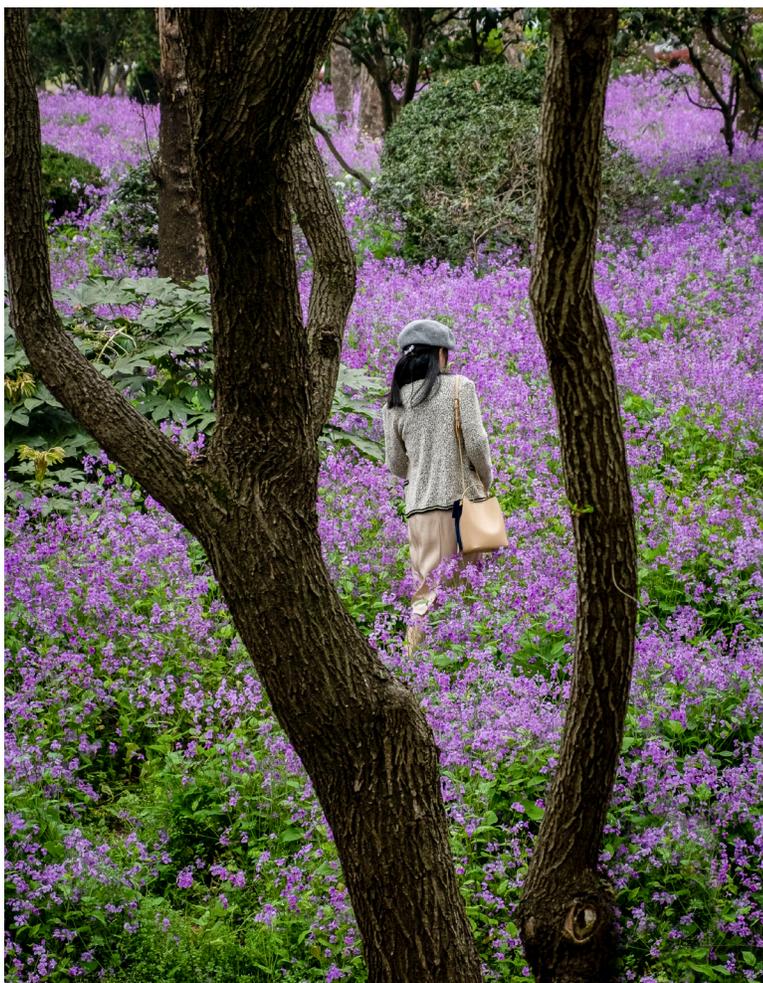


# 12 Steps@Trinity



In This Moment

June 9, 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

**T**here is magic in believing in our capabilities at the moment, believing in our future potential, believing that we are worthy human beings with a purpose for being alive. Those ideas we hold in our minds, be they positive self-appraisals or negative personal assessments, will influence our behavior and as a consequence will invite others to form like-minded opinions. We tell others what to think of us by our actions and reactions, silences and outbursts.

However, the chance is present every moment to realize new dreams, to progress to new heights, to switch whatever course we are presently traveling on. All it takes is a changed attitude, commitment to a new idea, and the accompanying belief in the idea's potential. Any idea held in our mind can become a reality.

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

The Promise of a  
New Day

— Ted Loder,  
Guerrillas of  
Grace: Prayers for  
the Battle

*Paradoxical but  
true: I will find  
lasting happiness  
only when I let go  
of the notion of  
permanence.*  
The Promise of a  
New Day

## Second Reading

**E**ach day we hope for accomplishment and satisfaction, and we will achieve these when we scale our hopes to our real capacities. There is no more satisfying feeling than finishing a project we have set up ourselves, tailored to our abilities, and worked at with patience and care. Our lives can be filled with such success.

Learning to live means learning to keep ourselves in the present. This day is all we really have to work with. Of course, today will be influenced by what has already happened; and its influence will extend to tomorrow, next week, and beyond. But all we can make or do lies here, within this window of space and time.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**O God of beginnings,  
as your Spirit moved  
over the face of the deep  
on the first day of creation,  
move with me now  
in my time of beginnings,  
when the air is rain-washed,  
the bloom is on the bush,  
and the world seems fresh  
and full of possibilities,  
and I feel ready and full.  
I tremble on the edge of a maybe,  
a first time,  
a new thing,  
a tentative start,  
and the wonder of it lays its finger on my lips.  
In silence, Lord,  
I share now my eagerness  
and my uneasiness  
about this something different  
I would be or do;  
and I listen for your leading  
to help me separate the light  
from the darkness  
in the change I seek to shape  
and which is shaping me.  
**Amen.****

## Third Reading

**W**hen I can live fully in each moment, I can open myself to beauties that might otherwise escape me entirely. The more attuned I am to what is really going on right now, which means unhooking my mind from preoccupation with the past and worry about the future, the freer I am to catch fleeting perceptions and subtle shifts in the world about me.

We know that we only use about ten percent of our brain's capacity for the ordinary business of living, which includes building space shuttles and filing tax returns. The more fully we can bring all of ourselves to each moment, the more of our capacity is available for living.

Life is not last year, or ten minutes from now; it is now, this moment, which will pass and be followed by more passing moments, a flow of time in which we are carried forward. Our journey is smoothed when we learn to let go, and it is eased by the joy we learn to take in "undeepest and unabiding things."

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 I have a  
chance to practice  
believing in  
myself and my  
potential today.  
It will open new  
doors.*  
**The Promise of a  
New Day**

*Any idea  
seriously  
entertained tends  
to bring about  
the realization of  
itself.  
Joseph Chilton  
Pearce*

## 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.

### Volunteers Needed for Allentown

Join us in welcoming the return of Allentown Art Festival visitors to Trinity's beautiful historic and sacred space. We will greet and share conversation with visitors on June 11 and 12. For more information contact Patti Nisbet at [tudorspace@aol.com](mailto:tudorspace@aol.com).

Sign up with SignUpGenius (<https://www.signupgenius.com/go/70A0C4FAFA629A3F58-allentown1>) in 1-hour shifts. If you are able to volunteer for a 2 hour shift, that will also be very welcome!

Volunteers needed on either day:

**Saturday, June 11 10am to 5pm**

**Sunday, June 12 noon to 5pm**

### Helping our Afghan neighbors

You have until **June 19** to donate household items for Journey's End to distribute to Afghan evacuee families who have come to Buffalo. The families are setting up completely new lives, so they need just about everything. A short sample: sheets and blankets, pots and pans, cleaning materials, tea kettle, cutting board, etc. Please read the full list, which is available online and at the welcome table. Or scan the QR code. You can leave your donations in the Banta Kitchen. Thank you for your generosity!

### Trinity @7 this Summer

Trinity @7 now has a bi-monthly schedule. We meet in person and on Zoom on the first and third Sunday of the month.

Our dear friend George Caldwell plays piano for us while Krista takes a summer hiatus. He has a completely different and great style so come check out his music. We think you'll like it!

*Today my first  
step may be  
surrender.*

**The Promise of  
a New Day**

You can also get  
there by scanning  
this  
QR code:



### **Trinity Spaces for Rent**

Our church has work spaces--large and small--available for rent at Trinity Center. We hope to rent to groups and 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 <https://www.trinitybuffalo.org/trinity-center-rentals>.



### **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.

## **12-Steps@7**

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