

12 Steps@Trinity



The Formula for Inner Peace

July 27, 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

In following the Twelve Steps of recovery we gradually come to realize the important influence that prayer has on our lives. The idea of prayer (how, why, when) calls for some reflection on our part.

If I were to pray: "My will be done," wouldn't it be exactly what I am saying when I ask God to do what I want? If I were to receive what I pray for, would it satisfy me and make me really happy? Do I always know what is best for me?

Prayer, then, is not the act of giving directions to God, but to ask to learn Her will.

It should not be so hard for us to accept the obvious fact that few of us know what we really want, and none of us knows what is best for us. That knowledge remains in the hands of God. This is the best reason for limiting our prayers to requests for guidance, for an open mind to receive it, and for courage and confidence to use it.

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.

One Day at a Time in Al-anon

*It's all right to have goals, but peace comes from letting God run my life.
In God's Care*

One Day at a
Time in Al-anon

Second Reading

It is in Step Eleven that I find a spiritual prescription for the practice of the Twelve Steps.

“Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.”

If we are living by our slogan *First Things First*, prayer and meditation come before all else, since it is in this way that we receive guidance for our decisions.

Am I too busy to pray? Have I no time for meditation? Then let me ask myself whether I have been able to solve my problems without help. As I face them day by day, I want to acknowledge my need for Her guidance. I will not let this day pass – nor any day from now on – without making myself consciously aware of God.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

—Attributed to
St. Francis

Third Reading

As goal-oriented people, we are often determined to do such things as lose ten pounds, bring our cholesterol down to 180, read three books a month, spend fifteen minutes a day in meditation. We are constantly measuring ourselves by one standard or another – standards that we create for ourselves. We are so intent upon measuring up that we end up putting ourselves down.

We all want peace of mind, but when that's our focus, it eludes us. True peace comes not from trying to have peace, but in trying to find God's will and doing it. Turning our will and our life over to the care of God in prayer is the formula for inner peace. And when we share God's love with others, we are too pleasantly occupied to wonder if we're happy – we just are.

Hear the Spirit as it speaks to us.

Amen.

In God's Care

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

Second Prayer

Let us pray.

**Praise be to you, O Lord,
who spins shining stars across the wondrous heavens
and stretches out the seas,
who lifts the dawn into place
and sets boundaries for night.
who awes the earth with storms
and gentles it with green,
who gives everything a season
and breathes life and love into the dust of me.
Praise be to you.**

**Praise in all things,
for all things:
the soft slant of sunlight,
the sweat of battle,
a song in the wilderness,
the evening breeze,
the deep breath,
the tended wound,
mercy, quietness, a friend;
for the miracles of the daily,
the mysteries of the eternal.
Praise be to you.**

**Praise from all creatures,
laughers and list-makers,
wonders and worriers,
poets and plodders and prophets,
the wrinkled, the newborn,
the whale, and the worm,
from all, and from me.**

**Praise, praise be to you
for amazing grace. 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!

— *Ted Loder*

*If my problems
have brought me
to prayer, then
they have served
a purpose.
As We
Understood...*

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.**

There are many things that I can do to improve my life and to further my recovery, but I cannot heal myself. Today I can ask for help in becoming free of all that blocks me from my true self.

**Courage to
Change**

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.

More Than Matched! Wardens' Update

More than 45 households have participated in the matching funds challenge that has been running the last few weeks. The \$15,000 goal of the challenge was met and exceeded with gifts of under \$1,000. This is really gratifying. Your support, no matter how large or small, is essential to the ongoing presence of Trinity Church making a difference in the greater Buffalo community. Thanks for being part of it!

In addition, a few of you made larger gifts, bringing the total of the campaign, including the \$15,000 matching funds, to a total of \$85,000! That is the amount that our annual income lost when the parking lot rental agreement ended in January! Together, we have recovered from that loss for this year! What an amazing accomplishment!

Please keep in mind that while this campaign is crucial at this time, it has to be part of a larger strategy if Trinity is going to have long term sustainability. Options for that larger strategy are being explored. If you would like to be involved in those explorations, please speak to either of us or anyone on the vestry!

John Gillespie, Senior Warden and John Alduino, Junior Warden

Parking at Trinity's Franklin Street Lot

When you come to a church service or other Trinity event, you can park in Trinity's Franklin Street lot without paying. The parking fees will not be enforced during Trinity events. But you can use the lot any other time you are in the neighborhood, too! Park in your church's lot any time you would have to pay for parking in the neighborhood so that Trinity gets the parking fee! Use your smartphone to pay.

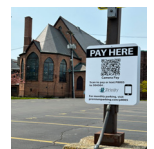
Directory Update

It's been a few years since we've updated our information in the directory. Could you please take a moment to review your information and update it with any changes? Many profiles are missing individual and family photos. We'd all love it if you could include a photo. There are 2 ways to update your information. You could go to your realm account and do it all directly by visiting [onRealm.org](#) or you could [fill out a form](#) and Colleen O'Neill will update your information for you. You can also email Colleen photos at <https://www.trinitybuffalo.org/colleen-oneill-contact-page> and she'll get them added to your profile. For additional help contact Colleen O'Neill, the parish administrator, at 716-852-8314, ext 1.

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 leads tours of Trinity's windows as part of its Sacred Spaces series. Check the website listed below or scan the QR code for the schedule. 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/>

You can also donate by scanning this QR code:



onRealm QR



Directory Form



Comfort and Care Team

Please let the Comfort and Care Team members (listed below) know how we can be of help and support to you or someone you know who may be experiencing health or other life challenges. You may email anyone of us as we share with each other the information concerning the needs of those that reach out. Support may be offered in many ways such as a caring phone call, notes, information on resources, and a friendly visit. We can also assist with arranging needed meals. Our prayers are always offered. Sincerely, the Comfort and Care Team.



Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com;
Susie Green, susie432@gmail.com; Patti Nisbet, tudorspace@aol.com; Marie Keane, MNMKKeane@gmail.com;
Sara Merritt, smerrit172@gmail.com; Victoria Kearns, kearns.vr@gmail.com

Trinity Spaces for Rent

Our church has work spaces available for rent at 371 Delaware Ave. We hope to rent to groups or individuals that share our vision of community betterment. 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. 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>.



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 until 7. For more information, please speak to Emily Carlin or email: emily.g.carlin@gmail.com.

Donations to welcome asylum seekers to Buffalo

Justice for Migrant Families is collecting supplies to welcome asylum seekers to Buffalo. We are currently in need of:

socks (adult, all sizes), underwear (adult, all sizes), shorts (adult, all sizes), children's toiletries, children's summer clothing and fun supplies, grocery cards (Wegmans, Tops, Walmart, etc.)

If you would like to donate supplies, please contact Jennifer@jmfwny.org or EmilyRose@Jmfwny.org to coordinate. You can also drop off supplies at Burning Books, 420 Connecticut St, Buffalo 14213, Monday-Sunday 11am-7pm. Thank you for your ongoing support!

Sign up [here](#) to get Trinity's eNews to stay in touch!



12-Steps@7

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