

12 Steps@Trinity



No Way Out But Through

October 30, 2025

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

If nothing changes, nothing changes.

One reason people read books like this or throng to meetings is they want change – if not total change, then at least a modification of the portions of their lives that cause them distress. There are always reasons for our being stuck in the places we are. Those reasons are often our habits and patterns. If the painful consequences of whatever we find hurtful in our lives are frequent and recurring, we have a negative pattern.

As long as those habits and patterns remain unchallenged, of course there will be nothing new. Habits are like machines routinely, consistently, stamping out the same product year after year. They can do nothing else. They are made to create that specific product.

Change demands new behaviors, new thoughts, possibly new surroundings. Change demands the willingness to go to war with old habits. – Frightening – yes. Exciting – even more so!

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.

*Days of Healing
Days of Joy*

*It is the daily
strivings that
count, not the
momentary
heights.
God Calling,
January 16*

Second Reading

Oh, how we hate pain! Doesn't everyone? And it isn't true that pain is ennobling or in some other mysterious way "good for you." The only people who say that are those who have gotten by, so far, without much pain. But sometimes things have to get worse – more painful – before they get better.

We feel painful conflict when we start to recover. After all, we have lived in certain systems for many years. And these systems are self-perpetuating – they always seek stability. Sparks fly when we move in on our systems and start to change the rules. There is always confrontation when we act instead of react. And confrontation means challenge. In the midst of conflict and confusion, the pain of forging on can be almost unbearable. It would be so easy to throw in the towel and surrender. But sometimes there's just no way out but through. The rewards of discovering that path are great and will stay with us for a lifetime.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Lord, grant me your peace,
for I have made peace
with what does not give peace
and I am afraid.**

**Drive me deep, now,
to face myself so I may see
that what I truly need to fear is
my capacity to deceive
and willingness to be deceived,
my loving of things
and using of people,
my struggle for power
and shrinking of soul,
my addiction to comfort
and sedation of conscience,
my readiness to criticize
and reluctance to create,
my clamor for privilege**

**and silence at injustice,
my seeking for security
and forsaking the kingdom.**

**Lord, grant me your peace.
Instill in me such fear of you
as will begin to make me wise,
and such quiet courage
as will enable me to begin to make
hope visible,
forgiving delightful,
loving contagious,
faith liberating,
peace-making joyful
and myself open and present
to other people
and your kingdom. Amen.**

— Ted Loder

*As long as habit
and routine
dictate the
pattern of living,
new dimensions
of the soul will
not emerge.
Henry Van Dyke*

Third Reading

Progress, not perfection, is the hallmark of our program, and spiritual progress is guaranteed when we stay focused in the simple act of loving ourselves and others moment by moment.

Our longing for the one dramatic spiritual experience that will eliminate all uncertainty in our life and guarantee absolute happiness for all time clouds our vision of the moment. And as long as our sights remain on this hoped-for event, we'll continue to miss the spiritual comfort allotted each step of each day's journey.

We need to reflect daily on the progress we've made. Some of us, immobilized by fear in the past, are no longer anxious. Many of us, lonely and isolated in the past, now have caring friends to turn to. And so many of us are now discovering the relief of sincerely asking God for help.

We grow spiritually even when we seem to be neglecting our spiritual responsibilities. For this we can thank our Higher Power.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

Companion of the Way,

you know the place where I have come from, those I have loved and left.

You know those things I have longed to bid farewell to.

Accompany my trembling feet as I step onto a new road now.

Accompany my quivering hands as they grapple with unfamiliar things.

Accompany my memory as I absorb new information.

Accompany my wandering legs when I get lost and disorientated.

Accompany my heart that I may be open to new possibilities of friendship.

Accompany me when I tarnish the new place with my old mistakes.

Take my brave face in your hands and my fears in your love.

Take the strain of being a beginner and not yet competent.

Take the exhausting alertness of being unknown and not yet loved

until I can return and tell them my story this day.

Accompany me as I enter this chapter on my own,

dear Companion of my way. Amen.

In God's Care

—Tess Ward

Musical Interlude

*Sometimes
things have
to get worse
before they
get better.
Joe B.*

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 sometime 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.**

*God comes to
you disguised
as your life.
Paula D'Arcy*



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ANNOUNCEMENTS

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 to community health. Additionally, I have experience working with individuals with intellectual and/or physical disabilities, negotiating contracts with a labor union, and ensuring a complete count during each census cycle, including the homeless population. In all of these efforts, inclusion and reducing disparities are priorities.

From Rock to Bach and Back

Not your run-of-the-mill organ concert. Come hear Paul Cena play amazing arrangements featuring artists from contrasting eras and genres from Baroque to rock'n'roll on **Friday, November 7 @7:00pm** in the main sanctuary. To purchase tickets [click here](#).

Two volunteers are needed to help with the reception which will follow the performance. You can sign up by [clicking here](#). Free will donations to Trinity greatly appreciated!

Vet Appreciation / Bills Watch Party

Come watch the Bills game with Trinity fans noon-4:30 on **Sunday, November 9**. All are welcome, and veterans are encouraged to participate in our veterans appreciation pregame party (potluck style) leading up to 1pm kickoff. Email Christian at Christian.Eshelman@yahoo.com with any questions. Please sign up with your expected contribution for the potluck. Childcare is available as well.

Krista Seddon Trinity Jazz Concert Blue Note Series Fall 2025 November 21 "Mood Indigo"

Performances start @7:00. Tickets are \$30, available at Trinitybuffalo.org or use the QR code. Volunteers needed for reception and ticket table. Email Tim at t.w.lane@outlook.com or use the volunteer QR code to signup. Volunteers receive a complimentary ticket plus one for a friend.

Comfort and Care Team

The Comfort and Care Team is here to help and support you or someone you know experiencing health or other life challenges. Email any one of us to request prayers, a caring phone call, notes, information on resources, a friendly visit, or arranging meals.

Phoebe McKay, phoebemckay@gmail.com
Susie Green, susie432@gmail.com
Patti Nisbet, tudorspace@aol.com

Marie Keane, MNMKKeane@gmail.com
Sara Merritt, smerrit172@gmail.com

Parking at Trinity's Franklin Street Lot

Trinity has a parking lot behind the church off Franklin Street. Parking is available for no fee during each of the weekly services (Sundays 10am-1pm and 6-9pm, Wednesdays 11:30am-1:30pm, and Thursdays 6-9pm) You can use the lot any other time you are in the neighborhood so that Trinity gets the parking fee! Use your smartphone to pay. You may wish to download the Premium Parking app ahead of time to make it easier to park and go.

Visiting Trinity

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.

Explore Buffalo - November 15 is the next scheduled date

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:

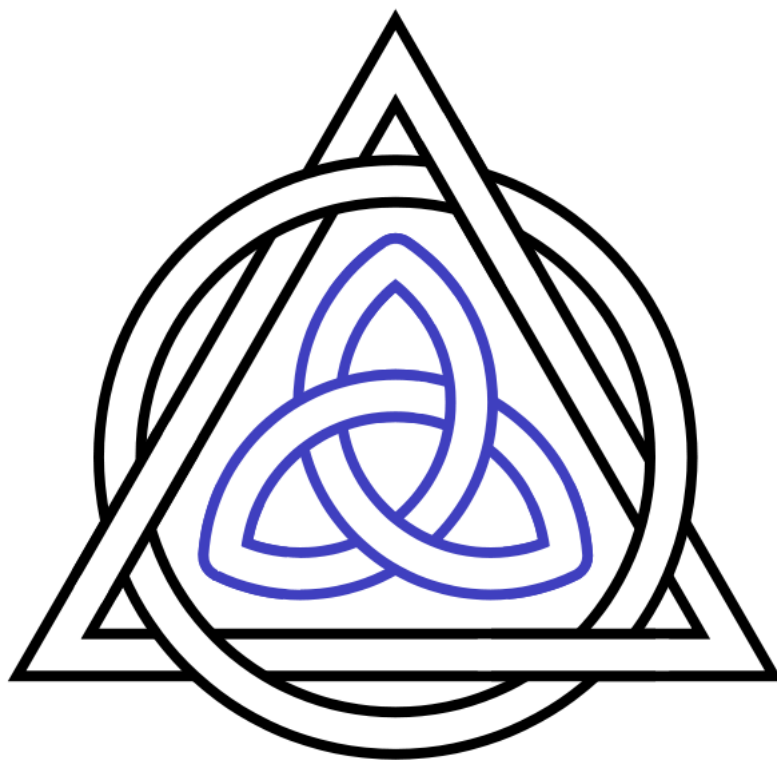


PURCHASE TICKETS



HELPER SIGNUP





12-Steps@7

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