

12 Steps@Trinity



Sorting Out Our Feelings

May 8, 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

Our feelings are bigger than we are. The love, sorrow, fear, or rage that any one of us feels at any moment is just a thin slice of a great stream of feeling that runs through all of humanity. To experience strong emotions in a crowd, for instance, takes us out of ourselves.

Mob anger can be viciously destructive. Mob joy can be transcendent. The difference between one individual and the mob is that each one of us can choose, every moment, what we will do with our emotions. We can feel rage and choose to express it without harm. We can feel rage and survive it. We can choose to dwell with feelings that console and enhance our spirits, and we can choose to let go of those that diminish us.

With feelings, and with everything else, the law of life is change. We shall not always feel as we feel now. If we accept our feelings as they come and try to feel them fully as we are able, we shall become more unified with our fellow human creatures, and with all existence.

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

*... we ourselves are only fragments of existence, and our lived life does not fill the whole of our capacity to feel and to conceive.
Paul Valery*

Second Reading

Why should we punish our feelings? Everyone feels much the same things. Why should our humanity shame us? Perhaps somewhere we acquired the notion that it's wrong to be human; that an inhuman perfection is the only proper public image.

Shame is a little whip that we carry with us. We can shame ourselves easily, the little whip stings. We often use it to punish our feelings, because they evoke the helpless children we were. So we learn to suppress our feelings of fear or rage, or desire. We would rather not feel at all than feel the sting of shame.

Love can heal the pain of shame. Self-love and acceptance can make us strong enough to discard the little whip. We are much more lovable when we acknowledge our humanity and let go of our shame. We are also better able to love others. Shame shuts us up; love opens us to joy.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**O God, turn your Spirit loose now, and me with it,
that I may go to where the darkness is
to face with you the terrible uncertainty of tomorrow:
of what will happen, what might happen, what could happen,
to me and to my children and to my friends, to my job,
to my relationships, to my country;
all that I cannot see, but fantasize,
that I would prevent, but cannot,
and so must accept as possibilities.
Facing the uncertainty, Lord, grant me grace
to look at it directly and openly and truly,
to laugh at it with crazy faith in the crazy promise
that nothing can separate me from your love;
to laugh for the joy of it,
the joy of those saving surprises that also stir in the darkness.
And, so, I trust,
despite the dark uncertainty of tomorrow,
in the light of my todays,
and, so, I move on and pray on,
following in the way you lead. Amen.**

The Promise
of a New Day

— Ted Loder

*Today will be
a mixture of
joy, boredom,
perhaps both
pain and sorrow.
Each element
will give me
reasons for
growth.
The Promise of
a New Day*

Third Reading

Dreams, like desires and feelings, simply happen. They happen to everyone from early childhood to old age; they're part of the life of the human mind, and we can't really control them. All we ever can control is our behavior – how we act on our dreams, our desires, and our feelings.

At times some of us try to control the uncontrollable, and stay “permanently awake,” to fence out or repress the sadness, desire, or rage that we don't want to feel. By doing this, we make ourselves doubly unhappy; for human beings are creatures of feeling and fumbling. To try to engineer the unruly parts of our lives is just to create another way to feel bad, for the attempt is doomed to fail.

Accepting our roughness, the violence and vulnerability that live within us, is to let go of shame. Why be ashamed? All others are the same as we. We can't choose our feelings, but we can choose how – or whether – we express them.

Hear the Spirit as it speaks to us.

Amen.

Second 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.**

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 sometime they diverge. Enjoy!

The Promise
of a New Day

*by Mary
Mrozowski
(popularized by
Thomas Keating)*

*If I fence out
my dreams
and feelings, I
turn them into
enemies.
The Promise of
a New Day*

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.**

*I would not
exchange the
laughter of my
heart for the
fortunes of the
multitudes; nor
would I be content
with converting my
tears . . . into calm.*

*It is my fervent
hope that my
whole life on this
earth will ever be
tears and laughter.
Kahlil Gibran*

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.

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.

Krista Seddon's Trinity Jazz Series

"Four Crown Jewels of Buffalo's Musical Heyday: The Artists, Their Stories, Their Music"

TOMORROW @7pm "Shea's Performing Arts Center"

All concerts are held in the Trinity Chapel, 371 Delaware Ave.

[Purchase tickets here](#) or scan the QR code. Tickets also available at the door.

If you'd like to help make this evening a success, please [sign up here](#) to volunteer or scan the QR code. There are various roles needed including tickets sales and reception setup and cleanup.

Jung Center of Buffalo to host The Rev. Dr. Matthew Fox: "Navigating the Dark Night of Soul, Society, and Our Species: Lessons and Archetypes from Mystics Hildegard de Bingen, Mechtild of Magdeburg, Hafiz, and John of the Cross," on Friday, May 23 @7pm via Zoom. In this presentation, Dr. Fox likens the current world crisis to a "dark night of the soul," a phrase attributed to St. John of the Cross. The question before us is, "How do we navigate this dark night, how do we find meaning in this challenging time facing our nation and world, spiritually, psychologically, politically, economically, and environmentally?" Dr. Fox looks for the source of guidance in the wisdom of the mystics from the major world faith traditions. You may reserve your spot on Zoom at info.jungcenterbuffalo@gmail.com. A suggested donation of \$10 would be gratefully accepted on our website at jungbuffalo.org. More details can be found at <https://www.jungbuffalo.org/events/save-the-date-zoom-watch-with-the-rev-dr-matthew-fox>

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

Marie Keane, MNMKeane@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@gmail.com

Patti Nisbet, tudorspace@aol.com

Explore Buffalo - April 25 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/>

Parking at Trinity's Franklin Street Lot

Trinity has a parking lot behind the church on Franklin Street. Parking is available for no fee on Sundays from 9am - noon. 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.

You can also donate by scanning this QR code:

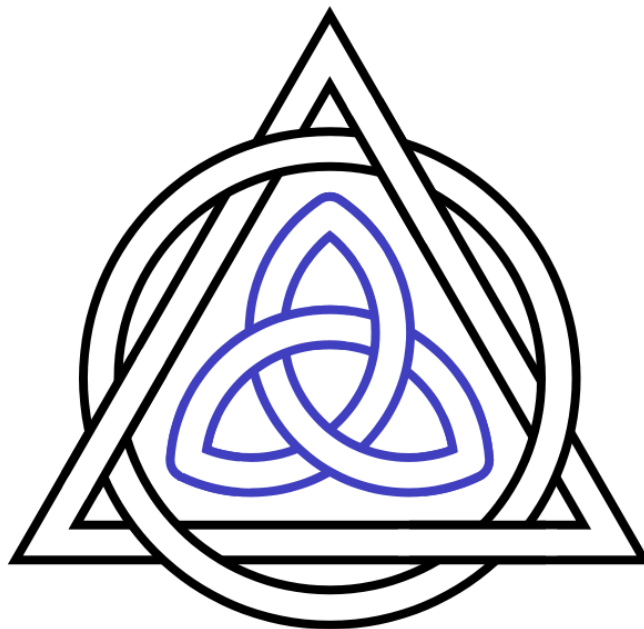


Tickets



Helpers





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



12-Steps@7

Trinity Episcopal Church • 371 Delaware Avenue • Buffalo, New York 14202
The Rev. Matthew Lincoln • milcoln@trinitybuffalo.org
www.TrinityBuffalo.org • (716) 852-8314