

12 Steps@Trinity



Our Easter Story

March 28, 2024

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

Whether we are religious or not, the essence of the Easter story is relevant to all of us. It is the triumphant message that light is more powerful than dark, that love is stronger than fear, and that life can win over death.

In all of us there are the seeds of darkness, despair, and death. Some adult children have lived their whole lives in the fear of being overwhelmed one day. For us, Easter is the symbol of ultimate victory made possible by a Power greater than ourselves. It is the celebration of our connectedness with that Higher Power.

No matter what our religious beliefs, the Easter story is not only about what happened to someone else; it's about what's happening to us — or can happen. It's about the experience of being lifted up and made new when we ourselves didn't have the power to do 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.

In God's Care

No one can make me change. No one can stop me from changing. No one really knows how I must change, not even I. Not until I start. I will remember that it only takes a slight shift in direction to begin to change my life. Courage to Change

Second Reading

The 12 & 12

*Through our
own recovered
innocence we
discern the
innocence of our
neighbors.
Henry David
Thoreau*

Still more wonderful is the feeling that we do not have to be specially distinguished among our fellows in order to be useful and profoundly happy. Not many of us can be leaders of prominence, nor do we wish to be. Service, gladly rendered, obligations squarely met, troubles well accepted or solved with God's help, the knowledge that at home or in the world outside we are partners in a common effort, the well-understood fact that in God's sight all human beings are important, the proof that love freely given surely brings a full return, the certainty that we are no longer isolated and alone in self-constructed prisons, the surety that we need no longer be square pegs in round holes but can fit and belong in God's scheme of things — these are the permanent and legitimate satisfactions of right living for which no amount of pomp and circumstance, no heap of material possessions, could possibly be substitutes. True ambition is not what we thought it was. True ambition is the deep desire to live usefully and walk humbly under the grace of God.

Hear the Spirit as it speaks to us.

Amen.

Third Reading

In God's Care

*Every spirit
builds itself
a house, and
beyond its house,
a world, and
beyond its world,
a heaven. Know
then that world
exists for you.
Ralph Waldo
Emerson*

Too often we forget or fail to appreciate how tightly woven our life is with the lives of others. Whether self-centered or loving, no action is without its repercussions. Each of us is a very small but significant part of the whole of creation. This realization both thrills and mystifies us.

Remembering our connectedness to others keeps us from feeling isolated and lonely. We will not doubt our place or value in the lives of others when we remember we are each here by design, and someone in our life each day is there to learn what God has given us to teach. And that person, in turn, will teach us.

We can feel only wonder and awe when we contemplate the reality that every person, situation, and experience have value and meaning. We all contribute to life's drama, and we can be proud, yet humble, when we remember how mutually necessary our roles are to each other's destiny.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Where charity and love are, God is there.

God's love has gathered us into one.

Let us rejoice and be pleased.

Let us fear, and let us love the living God.

And may we love each other with a sincere heart.

—*Ubi Caritas*
—*An ancient
prayer*

**Where charity and love are, God is there.
As we are gathered into one body,
Beware, lest we be divided in mind.
Let evil impulses stop, let controversy cease,
And may our God be in our midst.
Where charity and love are, God is there.
And may we with the saints also,
See your face in glory, O God:
The joy that is immense and good,
For ever and ever. Amen.**

Fourth Reading

From time to time we get tired of hearing the word community. Perhaps the word itself has been overused to the point of meaninglessness. Or perhaps deep inside we fear that the community will rob us of our individuality. But that just isn't so. Both a community and a crowd are made up of individuals. The difference is in the way the individuals react to one another.

A mob is mindless – it doesn't matter who its members are. A community, on the other hand, is authentic because it's made up of separate, distinct people. Without the diverse relationships within the group, a would-be community could never get off the ground.

Within the growing community of adult children, all members are unique, valued, and accepted "as is."

We are one because we are many.

Hear the Spirit as it speaks to us.

Amen.

Fifth Reading

We are not always clear about what we are experiencing, or why. In the midst of grief, transition, learning, healing, or discipline – it's difficult to have perspective. That is because we have not yet learned the lesson. We are in the middle of it. The gift of clarity has not yet arrived. Our need to control can manifest itself as a need to know exactly what is going on. We cannot always know. Sometimes, we need to let ourselves be and trust that clarity will come later, in retrospect. If we are confused, that is what we are supposed to be. The confusion is temporary. We shall see. The lesson, the purpose, shall reveal itself – in time. In its own time it will make perfect sense. Today I will trust that being is sufficient.

Hear the Spirit as it speaks to us.

Amen.

*I am comforted
by seeing the
good within
us all, because
that means I am
finding more
worthwhile
qualities within
myself.*

**Days of Healing
Days of Joy**

Days of Healing
Days of Joy

*Melody Beattie,
The Language
of Letting Go*

*Every spirit builds
itself a house, and
beyond its house,
a world, and
beyond its world,
a heaven. Know
then that world
exists for you.
Ralph Waldo
Emerson*

— *Thomas
Merton*

Sixth Reading

As we pursue recovery, we may encounter opportunities to deepen learning we began long ago. Perhaps we once learned to detach from a particular problem. Now months or years later, when we once again need to detach, it can feel as if we've forgotten everything we knew. It's important to remember at such moments that, although the feelings may be the same, we are not the same.

My recovery matters. All the experience, strength, and hope I have accumulated is within me today, guiding my choices. I may not recognize it right now, but I have made progress, and I continue to make progress with every step I take. Perhaps I am learning something I have learned before; I must need to know it more deeply. I may go through the process this time with greater awareness or turn to my Higher Power more quickly and easily, or reach out to a recovery friend without hesitation.

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

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.**

*You should
practice
humility first
toward man,
only then toward
God. He who
despises men
has no respect
for God.
Paracelsus*

*Peace is
a natural
outgrowth of
acceptance.
Hope for Today*

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.

You can also donate by scanning this QR code:



Holy Week Services

You are welcome to gather at church in person or online!

Good Friday 3/29 12pm The reading of the passion, solemn prayers for the world. In person or on Facebook or YouTube

Easter Sunday 3/31 10:30am A full celebration of the hope of new life that overcomes death. In person or on Facebook or YouTube

Sunday 3/31 Trinity @7: NO SERVICE

Easter Flower Donations

You can help provide the beauty of flowers for Easter with a special donation. Write a check marked "Easter Flowers" in the memo line or make an online donation here. If you donate by **5pm, Monday, March 25**, we can include memorials in the Easter worship guide.

Easter Bonnet Parade Returning

All are invited to wear their Easter bonnets; we encourage creativity! We will be holding the Easter Bonnet parade this year during the Easter service.

Easter Egg Hunt

At Trinity after the 10:30 service Easter Morning. Join the festivities in the courtyard.

Easter Donations

Make your Easter gift right now while you're thinking of it! You can mail a check to Trinity at 371 Delaware Ave, Buffalo NY 14202 or [donate online](#).



Diocesan Leaders Honored in "Say Their Names: Honor Their Legacies" Exhibit

The Rev. Lillian Davis-Wilson and Justice Rose Sconiers are both featured in a new exhibit at The Buffalo History Museum titled, "Say Their Names: Honor Their Legacies," which shares the stories, wisdom and insights of Buffalo's Black community elders. The exhibit will be displayed **through April 14**.

Facet & Forge 2024 Coming Saturday, April 27, 5-9pm

Join us to celebrate the architectural details from an entirely new perspective. Our community of artisans transform space — you'll never look at the structures around you the same way again!

Embark on an exploration of stained glass creation at Facet & Forge 2024. This event is the perfect way to spend an evening immersed in the artistry and craftsmanship inherent in architectural glass art, mosaics, and other heritage building trades. With live demonstrations, explore Trinity campus as it can rarely be seen: from the perspective of the skilled artisans and tradespeople who built and continue to maintain our city's fantastic buildings. [Learn more.](#)

Hamlin Park School Fundraiser

Hamlin Park School has reached out to Trinity for some help. They need gift baskets for their Saturday Academy on May 5. We hope to donate four or five baskets for a child or an adult. The baskets need not be elaborate and must be at Trinity by **April 28**. If you would like to help but are unable to make a basket, we would gladly take a cash donation and make a gift basket for you. To volunteer, contact Sue Doherty: susandoherty50@hotmail.com or Catherine Lincoln: ccarrlincoln@gmail.com.

12-Steps@7

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