

12 Steps@Trinity



Working On Spiritual Skills

March 20, 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

My vision can be so limited. I often think that the only possible outcomes are those that I can imagine. Fortunately, my Higher Power is not restricted by such logic. In fact, some of the most wondrous events grow out of what appear to be disasters.

But faith takes practice. Fears can loom large, and I can get lost in my limited thinking. When I can't see any way out and I doubt that even a Higher Power can help me, that's when I most need to pray. When I do, my actions demonstrate my willingness to be helped. And time after time, the help I need is given to me.

Today I know that even when my situation looks bleak and I can't see any way out, miracles can happen if I turn my will and my life over to God.

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.

Courage to Change

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

Second Reading

Hope for Today

After working the Twelve Steps for many years, I have learned that living the Steps requires two primary acts. First, I remain mindful of the suggestion that I *surrender* whatever it is about myself or someone else that I am trying to control. In other words, I need to let go of my ego. Letting go, turning it over, and keeping it simple all remind me that God is taking care of me and my life challenges. Sometimes when I feel exceptionally stressed, surrender does not come easily. Ultimately, I must even let go of the surrendering process. I cannot control the moment my Higher Power decides to grant me the grace to feel and act serenely.

The second act in working the Steps is *faith*. This requires simply trusting that my Higher Power is there for me, sometimes in spite of myself and my best efforts. I need to choose the right action on the basis of that trust. I've found that I can surrender my control and my will endlessly, but surrender is meaningless unless I follow through with action based on faith. When I doubt that God is listening, all I need to do is remember the countless times peace has surrounded me in the past. Faith takes over from there.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**O Ingenious God,
I rejoice in your creation,
and pray that your Spirit touch me so deeply
that I will find a sense of self
which makes me glad to be who I am
and yet restless
at being anything less
than I can become.
Make me simple enough
not to be confused by disappointments,
clear enough
not to mistake busyness for freedom,
honest enough
not to expect truth to be painless,
brave enough
not to sing all my songs in private,
compassionate enough
to get in trouble,
humble enough
to admit trouble and seek help,**

— Ted Loder

*Surrender means
saying, "Okay,
God, I'll do
whatever You
want." Faith in
the God of our
recovery means
we trust that
eventually we'll
like doing that.
Courage to
Change*

joyful enough
to celebrate all of it, myself and others and you.
Amen.

Third Reading

Disappointments that come from growing up with alcoholism fueled my expectations that bad things would always happen. I came to expect the worst, leading to a deep fear that permeated my will and my life.

When I came to Twelve Step recovery, I heard that faith replaces fear. However, I thought faith was something I either had or I didn't, as if it were granted or withheld by something outside myself. I didn't know faith is a spiritual skill to be cultivated. I didn't know my faith would evolve into a concrete awareness that God will always come through.

I practice faith using "Let Go and Let God" and Step Three. When I explore a new behavior and detach from the outcome, I experience the resolution of my problems – without intervention on my part. Such incidents form a repository of trust I can lean on the next time difficulty arises.

When fear overcomes me, I fall back on meetings. Whatever the threat, I know I can always go to a meeting where I'm reminded that this, too, shall pass. This puts me back on the path of faith and trust in my Higher Power.

I have also discovered something rather unnerving – I can easily possess faith one day and struggle with it the next. As someone who prefers consistency, it took me a while to become comfortable with the variable nature of feeling faith. Today I know my struggle with feeling faith is not an indication that I don't possess it. It's a natural part of the process. Faith exists whether or not I feel it.

Hear the Spirit as it speaks to us.
Amen.

Second Prayer

Let us pray together.

As the rain hides the stars, as the autumn mist hides the hills, as the clouds veil the blue of the sky, so the dark happenings of my life hide the shining of your face from me. Yet if I may hold your hand in the darkness, it will be enough, since I know that, though I may stumble, you will not fall. Amen.

Musical Interlude

Hope for Today

...All I need to do today is make a plan without anticipating the outcome.
Hope for Today

Celtic Prayer

*To have reason
to get up in the
morning, it is
necessary to
possess a guiding
principle, a belief
of some kind.
In God's Care*

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.

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"

April 11 @7pm "Kleinhans Music Hall"

May 9 @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.

Soup & Discussion Lenten Program Wednesdays @6pm

Lent is messy, but still worth sharing. All are welcome to travel through Lent together in a program that will be offered by five churches in the Buffalo deanery. Using Kate Bowler's Lenten program *The Hardest Part: Hurt We Carry, Hope We Find*, we will enjoy a light soup dinner before breaking into discussion on the program theme for the week. The location will rotate among the churches on Wednesdays during Lent starting @6pm. A hybrid online connection is available for those who are unable to join us in person.

The soup & in person discussion will rotate among the following churches:

- **March 26: St. Mark's & All Saints: Imagination!**
- April 2: Trinity Buffalo: Wisdom!
- April 9: St. Philips: Love!

To join by Zoom:

<https://us02web.zoom.us/j/89387046182?pwd=pRYCjR1Ua1VWbiaklZMoJe9poW2Abs.1>

Meeting ID: 8938 7046 182; Pw: Lent

Need a location address? Click here: <https://episcopalpartnership.org/our-congregations/>

For more information contact one of the host parishes.

Food Pantry Open House

The Creative Restorations food pantry at Trinity Church is inviting all Trinity members, friends, and neighbors to an open house on **Sunday, March 23**, immediately following the 10:30am service. The pantry is located next door in Trinity Center, 1st floor. Stop by, say hello, see the pantry supported by Trinity, and meet Chris Harzynski, founder of Creative Restorations.

Volunteer Opportunities With One of our Partners

Creative Restorations is seeking dedicated volunteers to assist with the operation of their food pantry, which serves those in need in our community. They are looking for help on **Mondays** from 9-Noon, **Wednesdays** from 12-3pm, and **Fridays** from 3-6pm. If you are interested in lending a hand and making a difference, please reach out to Chris Harzynski at 716-553-4886. Your support would be greatly appreciated!

Hamlin Park School Monthly Community Event

Each event has a theme and is open to all. They are always looking for volunteers. The times and dates are:

Saturday Academy 10am-1pm: March 8, April 5, May 3

Thursday Evening 4:30-6pm: April 3

Trinity members would be welcome to any of these. For more information, you can contact the Say Yes To Education coordinator Nikki Cocerezl at ncocerezl@sayyesbuffalo.org or (716)388-1572.

You can also donate by scanning this QR code:



Tickets



Helpers



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. You can use the lot any other time you are in the neighborhood, too, so that Trinity gets the parking fee! Use your smartphone to pay.



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, MNMKeane@gmail.com

Sara Merritt, smerrit172@gmail.com

Explore Buffalo

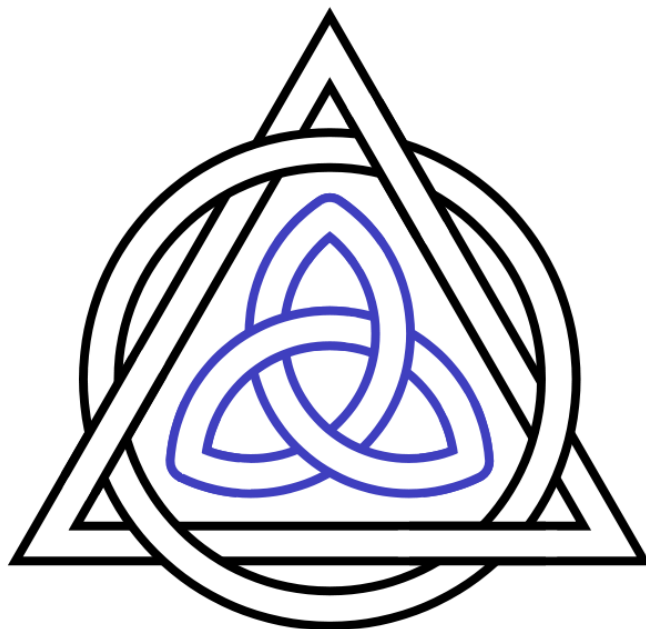
Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo leads tours of Trinity's windows as part of its Sacred Spaces series. Check the website listed below or scan the QR code for the schedule. You can help 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/>



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.

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



12-Steps@7

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