

12 Steps@Trinity



The Essence of Life

March 6, 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

Love is the essence of life. If there is a purpose for living, it is this, the finding and creating of love. We are creatures of love, our natural state. We find much pleasure, satisfaction, and fulfillment in giving and accepting love.

Why then does it seem so hard to find? Because our self-centeredness may have kept us from seeing it. Preoccupation with our own selfish concerns can keep love out of our life. We have unwittingly trained ourselves not to see where it is – everywhere. It takes practice, but we can see love in the most unexpected places, in the least likely people, if we remove our blindfold.

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

*There is no place love is not.
Hugh Prather*

Second Reading

There probably aren't many of us who feel we're loved enough. The paradox is that looking for love is not the way to find it. Abundant love will find us when we make the decision to attentively and unconditionally give it to all the people God has invited to share our life.

In God's Care

Our primary purpose today is to know and give love. Most of us turned to alcohol and other drugs in part because we felt unloved, unworthy, without purpose. This new life we've been graced with – a life filled with opportunities to experience positive ways of thinking, meaningful endeavors, and a family of loving friends – hasn't come to us accidentally or coincidentally. It has been God's will throughout our life that we know love and be able to openly and freely offer it to others.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

We pray for the fragile ecology of the heart and the mind. The sense of meaning So finely assembled and balanced and so easily overturned.

The careful, ongoing construction of LOVE.

As painful and exhausting as the struggle for truth and as easily abandoned.

Hard fought and won are the shifting sands of this sacred ground, this ecology.

Easy to desecrate and difficult to defend, this vulnerable joy, this exposed faith, this precious order.

This sanity.

We shall be careful.

With others and with ourselves.

Amen.

—Michael Leunig

*Love doesn't grow on trees like apples in Eden – it's something you have to make.
Loyce Carey*

Third Reading

We are powerless over so much: the weather, a tulip's sprouting, the multitude of people and events claiming our attention. We often wear ourselves out trying to control the uncontrollable. We could, instead, be at peace.

A tiny change in perspective promises huge and positive ramifications. We need only to quiet our mind of the clutter of frustrations that inspire our myriad strategies of control. Then, in their place, we can focus our energies on this decision: to respond to everyone we can with love.

For many of us, simply to believe in the unconditional love of God is the decision we need to exercise daily. As our belief in God's love for us is strengthened, we find it easier to pass this love on to other people.

Each time we show unconditional love to someone in our life, our awareness of the love available for us grows. In this is our true power.

Hear the Spirit as it speaks to us.

Amen.

Second 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.**

In God's Care

—Ted Loder

*A loving world
will be ours
when we extend
only love. That
means the world
does not have to
change... The
only thing that
has to change is
our attitude.
Gerald
Jampolsky*

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!

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.**

Tickets

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.

Helpers

*Love is the
only sane and
satisfactory
answer to the
problem of human
existence.
Erich Fromm*

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"

March 14 @7pm "The Statler Downtown Room"

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 2025

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 12: St. John's Grace: Terrible & Beautiful!
- March 19: St. Paul's Cathedral: Lament!
- 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.

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.

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.

You can also donate by scanning this QR code:



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

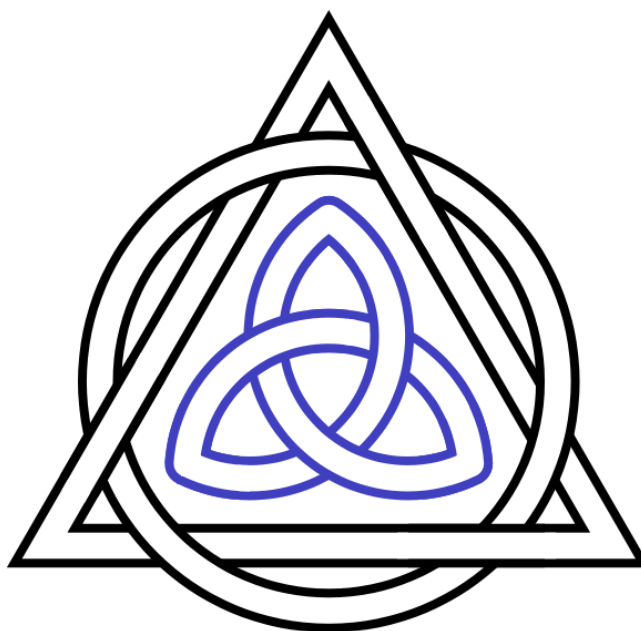
Explore Buffalo

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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