

12 Steps@Trinity



Choose Another Way

May 18, 2023

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

Before recovering with the Twelve Steps I allowed the behaviors of the alcoholics in my life to cause me great unhappiness. While it was true I was suffering, was my pain really their fault? The Twelve steps have taught me to take responsibility for my own happiness.

Early in my recovery, I called my sponsor because I was once again suffering in reaction to an alcoholic's behavior. During that phone call, my sponsor used an expression that changed the way I respond to relationship difficulties. She explained that once is a fluke, twice is a coincidence, and three times is a pattern.

What does this mean for me? If I'm still suffering in reaction to a specific behavior that has occurred three or more times, I need to stop hoping the behavior will cease and instead detach and start changing my attitudes, expectations, and responses.

Once I was able to see my suffering as my own reaction to others, I could begin to identify my contribution to the problem. Sometimes my part is bringing up something that was better left unsaid or starting a serious conversation at an inappropriate time. Other times my part is harboring unrealistic expectations. When I see my part in the pattern, I can choose a response other than suffering.

There is no need for me to suffer because of the behavior of others. I can only change my responses. This sets me free to enjoy my own life.

Hear the Spirit as it speaks to us.

Amen.

*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.*

Hope for Today

*The next
time I react
to another's
behavior, I'll
ask myself how
many times I've
reacted the same
way before.
Hope for Today*

Musical Interlude

Second Reading

Hope for Today

I used to spend a lot of time doing nothing. I watched the world pass by as I berated myself for not accomplishing anything. When I did take action, it was often a reaction. I reacted impulsively and compulsively to the words and behaviors of everyone around me. It seemed as though I was always ricocheting off two walls, one marked “inactive” and the other marked “reactive.”

I use recovery tools to work on these character defects. To stop reacting, I use the slogan, “How Important Is It?” and Tradition Twelve’s suggestion of placing “principles above personalities.” The Serenity Prayer, the slogan “Let It Begin with Me,” and the Eleventh Step help me to transform dreams into reality by choosing actions wisely.

I need to remember to cultivate a balance between action and inaction. Impulsiveness can be as much a trap as immobility. I avoid this by praying to my Higher Power for guidance before I act. It is important to wait – to be inactive – until I feel that guidance.

It helps me to remember that a period of inner waiting and preparation, what I used to call doing nothing, takes place before I can realize which action to take. When my Higher Power and I are ready, everything falls into place in a way that never could have happened had I acted alone.

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,**

*I will not try
to outwit or
outmaneuver
anyone else but
will proceed
quietly to live my
life, so I will have
less reason for
self-reproach.
I will withdraw
my mind from
what others do
and think of what
I am doing. I
will not react to
challenging words
and actions.
One Day at a
Time in Al-Anon*

— Ted Loder

loving contagious,
faith liberating,
peace-making joyful

and myself open and present
to other people
and your kingdom. Amen.

Third Reading

I had a habit of doing the same thing over and over again and expecting different results. After discussing this matter with a friend. I was given an exercise to practice.

When someone says something to me and I have a strong reaction – wanting to cry, wanting to rage, or thinking I am inferior – I stop and visualize two doors. One is marked “Same old, same old” or “My will.” The other is marked “New and different” or “God’s will.” On seeing these two doors, I imagine opening mine and viewing what I would normally say or do in this situation. Then I close my door and open God’s.

By the time I have done all of this, I’ve given myself several moments between the initial comment and my impulsive reaction. This gives me time to practice the slogan “Think” and to choose a healthier response. I’ve not had a single regret-filled incident since I began to practice this self-restraint. Ironically, most times what’s behind God’s door is absolutely nothing. What a message! Could this possibly mean that other people’s behavior belongs to them and I don’t have to make it mine by reacting to it?

Hear the Spirit as it speaks to us.
Amen.

Second Prayer

Let us pray.

**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.**

Hope for Today

*Practicing
detachment before
I react allows
me to maintain
self-esteem by
choosing my
response.
Hope for Today*

—Tess Ward

*My freedom and
independence
do not depend
on any acts
of defiance or
confrontation.
They depend on
my own attitudes
and feelings.
If I am always
reacting, then I
am never free.
Al-Anon is for
Adult Children
of Alcoholics*

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.

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.

Discussion Group: Eyewitness Bible - Acts

On **Wednesday evenings @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on the book of Acts using *Eyewitness Bible*. Each week we watch short videos that help us explore the people and events during the first three decades of the early church. Join Tim and Jeff on **Wednesday@7pm** using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions about the group, email Jeffrey Tooke at jeffreytooke@outlook.com.

Game Night

Tim Lane and Kayla Kisenwether will be hosting a board game night for those in their 20's and 30's on Friday, May 26 starting at 6pm. Contact Tim at t.w.lane@outlook.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/>

Comfort and Care Team

Please let the Comfort and Care Team (listed below) know how we can be of help and support to you or someone you know who may be experiencing health or other life challenges.

Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com;

Susie Green, susie432@gmail.com; Patti Nisbet, tudorspace@aol.com; Marie Keane,

MNMKeane@gmail.com; Sara Merritt, smerrit172@gmail.com; Vickie Kearns, kearns.vr@gmail.com

You can also
donate by
scanning this QR
code:



Remember Nina's Kitchen?

Maybe you've forgotten or are new to Trinity, but we have a well-designed and useful kitchen right upstairs off the Marfield Room. Let's pull out the cutting boards and work bowls, and fire up the soup pot! It's time to roll with Sunday lunch/ brunch and whatever ideas we imagine for gathering at the table(s.) If you are curious and want to join a "kitchen crew," please contact Judy Atkinson Miller at jatk1812@gmail.com.

Friends of Night People

We are looking for volunteers to help out at Friends of Night People, which provides food, clothing, medical care, counseling and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45-7. For more information, please speak to Emily Carlin or email: emily.g.carlin@gmail.com.



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

Civil Writes: Stories of Migration

Join Justice for Migrant Families for a Saturday storytelling workshop: Civil Writes: Stories of Migration. Everyone is welcome to join to explore their own stories, learn from others, and create our collective storytelling project! This program is made possible by Just Buffalo Literary Center Civil Writes Project and is inspired by the incredible Isabel Wilkerson's award-winning book, *The Warmth of Other Suns: The Epic Story of America's Great Migration*. Children's activities and childcare will be available.

When: Saturday May 20 from 10am-1pm

Where: Pilgrim St. Luke's United Church of Christ, 335 Richmond Avenue, Buffalo 14222 (corner of Richmond and W. Utica)

Need to know: Childcare, interpretation and food will be available. This event is free and open to the public. Pilgrim St. Luke's is ADA compliant with a ramp, elevator and bathrooms.

Please email emilyrose@jfmfwny.org or jennifer@jfmfwny.org with any questions.

All Hands Wanted for Spring Clean Up

Trinity was recently awarded a Lunenfeld Beautification Grant to be used for the courtyard. The grant is administered by Gardens Buffalo Niagara whose office is located here at 371 Delaware Ave. Gardens Buffalo Niagara is responsible for the ginormous and ever-growing (pun intended) annual Garden Walk.

If you're a gardener, you know that before you get to the fun part of planting, there is the clean up after the winter that must happen first. And of course, after the planting comes the maintenance.

If you can help get the courtyard prepared for the summer, please consider either or both of these dates:

Wednesday, May 24, 10am to noon

After work, we can join the noontime Wednesday service.

Saturday, June 3, 9am to noon

Please bring your own weeding tools if you can. If you can help or you have any questions, please email Teresa Maciocha, tmaciocha@aol.com



12-Steps@7

Trinity Episcopal Church • 371 Delaware Avenue • Buffalo, New York 14202

The Rev. Matthew Lincoln • mllincoln@trinitybuffalo.org

www.TrinityBuffalo.org • (716) 852-8314