

12 Steps@Trinity



Knowledge And Experience

August 24, 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

In time we have come to understand that we are only responsible for ourselves. Many of us have had to rediscover this many times. How often we've fooled ourselves into thinking that we know what's best for others, better even than they know for themselves. Perhaps the most meaningful lesson any of us has learned is that every person's perspective has value and validity for *that person*. When we withdraw our opinions as to who people should be, we loosen our grasp and give ourselves the opportunity to know people for who they are. We are then free to truly know ourselves and share what we learn with others.

Holding tightly to the past – the known – can shut us off from God's invitations to grow. Our openness to the unfamiliar, whether ideas or people or new opportunities, will enrich us immeasurably.

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's knowledge can go beyond experience. Alcoholism, the Family Disease

Days of Healing
Days of Joy

Second Reading

Perhaps more than any other common trait, adult children exhibit the fear of living their own truth. After all, we may have lived most of our lives in the pursuit of pleasing or, at least, of placating others. We hoped this would buy us the acceptance we coveted. How could we have known that people pleasing would strip us of our own opinions and feelings? We didn't know we'd lose our sense of humor, our principles, or perhaps even our morals. We lost our own truth.

Recovery means finding it. If a joke is funny, we laugh. If it is not, we don't. If someone else's statement is offensive, we can confront it or leave. If an unpopular decision must be made, we are free to make it and go on to something else. We don't have to please! We learn to believe our own truth as we live it, not the other way around. Being who we are makes us who we are. If we're not sure who we are, today is the best of all days to start finding out.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

—Ted Loder

**O God of beginnings,
as your Spirit moved
over the face of the deep
on the first day of creation,
move with me now
in my time of beginnings,
when the air is rain-washed,
the bloom is on the bush,
and the world seems fresh
and full of possibilities,
and I feel ready and full.**

**I tremble on the edge of a maybe,
a first time,
a new thing,
a tentative start,
and the wonder of it lays its finger on my lips.**

**In silence, Lord,
I share now my eagerness
and my uneasiness
about this something different
I would be or do;
and I listen for your leading
to help me separate the light
from the darkness**

*My Higher
Power believes I
deserve the very
best and wants
me to have it, if
only I will reach
out and take it.*
Hope for Today

**in the change I seek to shape
and which is shaping me.**

Amen.

Third Reading

We have choices, more choices than we let ourselves see. We may feel trapped in our relationships, our jobs, our life. We may feel locked into behaviors – such as caretaking or controlling.

Feeling trapped is a symptom of codependency. When we hear ourselves say, “I have to take care of this person...” “I have to say yes...” “I have to try to control that person...” “I have to behave this way, think this way, feel this way...”

—Melody Beattie

That sense of being trapped is an illusion. We are not controlled by circumstances, our past, the expectations of others, or our unhealthy expectations for ourselves. We can choose what feels right for us, without guilt. We have options. Recovery is not about behaving perfectly or according to anyone else’s rules. More than anything else, recovery is about knowing we have choices and giving ourselves the freedom to choose.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

This is an hour of change.

Within it we stand uncertain on the border of light.

Shall we draw back or cross over?

Where shall our hearts turn?

Shall we draw back, my brother, my sister, or cross over?

This is the hour of change, and within it, we stand quietly on the border of light.

What lies before us?

Shall we draw back, my brother, my sister, or cross over?

Amen.

—Leah
Goldberg, from
Mishkan T’Filah

*Do we really
need more than
this? To honor
the dawn. To
visit a garden.
To talk to a
friend. To
contemplate
a cloud. To
cherish a meal.
To bow our
heads before the
mystery of the
day. Are these
not enough?
Kent Neburn*

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.**

*That was
another mystery:
it sometimes
seemed to him
that venial sins
– impatience, an
unimportant lie,
pride, a neglected
opportunity –
cut you off from
grace more
completely than
the worst sins
of all.
Graham Greene*

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.

You can also donate by scanning this QR code:



First Sunday Brunch

Sunday, September 3, following the 10:30 service, join Trinity friends for brunch at Mexican restaurant Taqueria Ranchos Dos. Located at 445 Delaware Ave (between Edward and Virginia Streets), the restaurant is north 1½ blocks walking distance from the church. Street parking on Delaware. No reservations required! Just come. Or even better, invite someone to join you. We'll gather in the back dining room to enjoy traditional Mexican dishes in a colorful, welcoming space in the good company of one another. Hasta la vista!

Wine Tasting, Lunch, and Shaw Festival

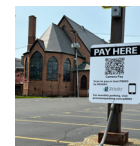
... add the Trinity Community, and it's a recipe for a great day.

Saturday, September 16. Meet at the church at 9:00am and travel to Southbrook vineyards for organic wine tasting and delicious pizza lunch (11am-1pm.) Then head to the Shaw Festival at 2:00 to watch the matinee of *The Amen Corner*. We are hoping to arrange a talk with the director after the performance, but those details are not confirmed yet. The estimated total is \$100. The exact cost will depend on the number attending. Please indicate your interest on the sign up by clicking [here](#) or scan the QR code.



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 during Trinity events. But you can use the lot any other time you are in the neighborhood, too! Park in your church's lot any time you would have to pay for parking in the neighborhood so that Trinity gets the parking fee! Use your smartphone to pay.



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/>



Trinity Spaces for Rent

Our church has work spaces available for rent at 371 Delaware Ave. We hope to rent to groups or individuals that share our vision of community betterment. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group. If you know someone that would be a good fit, please share this QR code which links to a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>.



Comfort and Care Team

Please let the Comfort and Care Team members (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. You may email anyone of us as we share with each other the information concerning the needs of those that reach out. Support may be offered in many ways such as a caring phone call, notes, information on resources, and a friendly visit. We can also assist with arranging needed meals. Our prayers are always offered. Sincerely, the Comfort and Care Team. Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com; Susie Green, susie432@gmail.com; Patti Nisbet, tudorspace@aol.com; Marie Keane, MNMKKeane@gmail.com; Sara Merritt, smerrit172@gmail.com; Victoria Kearns, kearns.vr@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 until 7. For more information, please speak to Emily Carlin or email: emily.g.carlin@gmail.com.

Donations to welcome asylum seekers to Buffalo

Justice for Migrant Families is collecting supplies to welcome asylum seekers to Buffalo. We are currently in need of:

socks (adult, all sizes), underwear (adult, all sizes), shorts (adult, all sizes), children's toiletries, children's summer clothing and fun supplies, grocery cards (Wegmans, Tops, Walmart, etc.)

If you would like to donate supplies, please contact Jennifer@jfmfwny.org or EmilyRose@Jfmfwny.org to coordinate. You can also drop off supplies at Burning Books, 420 Connecticut St, Buffalo 14213, Monday-Sunday 11am-7pm. Thank you for your ongoing support!

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



12-Steps@7

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