

12 Steps@Trinity



## The Journey of Faith

October 19, 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

Imagine walking in a darkened room. We put our hands in front of us, afraid we are going to bump into a piece of furniture or slip on a rug. We walk very slowly. This is very much what God calls us to on the journey of faith.

It's not easy, because we want to have our pathway illuminated in front of us. We want to know where, how, why we're going. Faith, though, is the security to be insecure. Our trust is in God and not in our own cleverness. It's not in our ingenuity, our planning, our personality, status, or money. When all our idols are taken away, all our securities and defense mechanisms, we find out who we really are.

Our temptation is always to shorten the time, to make our timetable God's timetable. We want to get out and get it over with. But we cannot rush the journey of faith. We have to attune ourselves to its times and seasons.

Now is the time for learning total dependence on God, minute by minute.

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.*

*Richard Rohr,  
Radical Grace*

*It is a mistake to look too far ahead. Only one link in the chain of destiny can be handled at a time.  
Winston Churchill*

## Second Reading

All of us have experienced times when we felt forsaken, when we were no longer certain that a Higher Power really existed, was present within us, and in charge of our life. How many times a day will we think or say, “I wish I knew what was going to happen?”

In God’s Care

We can find contentment in the knowledge that God will take care of us, regardless of the outcome of any situation. And even more importantly, God already knows the outcome, and we’ll know it too when the time is right. We’re given the knowledge and direction we need when we’re ready for it.

We can’t expect to be free of all strife in our life just because we walk a spiritual path. By simply being alive and in relationship with other people we will know pain as well as peace.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**May I be happy.**

**May I be peaceful.**

**May I be free.**

— *Buddhist Prayer*

**May my friends be happy.**

**May my friends be peaceful.**

**May my friends be free.**

**May my enemies be happy.**

**May my enemies be free.**

**May my enemies be peaceful.**

*Nobody’s perfect; such is the nature of my humanity*  
The Promise of a New Day

**May all beings be happy.**

**May all beings be peaceful.**

**May all beings be free.**

**Amen.**

## Third Reading

The Promise of a New Day

Assure cure for rage at the irritations of daily life is to sit back from the traffic jam, the broken appointment, the lost vital information, and say, “Being human is itself difficult.”

Many of our troubles stem from forgetting just how difficult it is. We often have impossibly high standards for behavior, especially our own. We are complicated, marvelous creatures who have many skills, but we thwart our own capacity for enjoyment by expecting that we will be perfect.

Being human is difficult; we perform it imperfectly. And when we combine our effort with other's – building a building, performing a play – we multiply our imperfections as well as our skills. Yet, we need each other.

If we can detach ourselves from anger and disappointment and reflect on how wonderful it is that we can do anything at all, we may remember to love ourselves and others for our human complexity and simplicity.

Hear the Spirit as it speaks to us.

**Amen.**

## **Second Prayer**

*Let us pray.*

**Let there be love and understanding among us.**

**Let peace and friendship be our shelter from life's storms.**

**O God, help us to walk with good companions,**

**to live with hope in our hearts and eternity in our thoughts,**

**that we may lie down in peace and rise up waiting to do Your will. Amen.**

*Chaim Stern,  
Mishkan T'Filah*

## **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**

*“... when  
we long for  
life without  
difficulties,  
remind us that  
oaks grow strong  
in contrary  
winds and  
diamonds are  
made under  
pressure.*

*Peter Marshall*

*Logic may dictate a certain course of action while my inner voice urges me in a different direction. I may have an easier time when I follow the dictates of my logic, convenience, or past experience, but am I cheating myself out of something much better? Today I will pause at a crossroad and listen for my Higher Power's voice.*  
Courage to Change

## 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.

## Trinity Discussion Group: Calming Your Inner Critic

Negative self-talk can produce several emotions and can affect our relationships with people and with God. On Wednesdays starting **October 18**, we will watch a short video and discuss how our

You can also donate by scanning this QR code:



lack of self-love can detract from the life we want to live and affects our love of neighbor. Join Tim and Jeff on **Wednesdays @7pm** using the zoom link below:

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

Meeting ID: 816-6863-4672 Passcode: trintalk

Questions? Please email Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com) for more information.

### Your Thoughts Needed Again! Followup Survey

On September 17, Trinity folks met in the Marfield Room to talk about the situation that we find ourselves in as a congregation and possible visions for what the future might look like. A major part of what guided that work was your feedback from this summer's Priorities survey. <<[You can watch the video of that presentation!](#)>> At the end of that meeting, we were all asked to reflect on where we heard God in these ideas, what parts brought us alive, and how we each would personally like to act on it. With the benefit of some time to think about these things more deeply, I once again ask you to share your thoughts with us and to commit yourself to the work we have to do. Please go <<[here](#)>> to share your opinions, your questions, but most importantly your gifts and talents in service of the work ahead.

*QR for presentation*



*QR for survey*



### Trinity Halloween Party

It's time to dust off your costumes and mark your calendars for "Trinitreat" on **Friday, October 27**, a night of fun and games for folks of all ages. Contact Tim Lane [t.w.lane@outlook.com](mailto:t.w.lane@outlook.com) or Kayla Kisenwether [kkisenwether@gmail.com](mailto:kkisenwether@gmail.com) if interested in helping make this event a spooktacular success.

### Barbecue Chicken Dinner on November 5!

Order early, order often. Trinity will be selling Weidner's chicken for takeout on **Sunday, November 5**, from right after the morning service until 1pm. Dinners are \$15 and include macaroni and cheese and glazed baby carrots. Yum. We'll also have desserts available that day for cash sales. Dinners are pre-sale only. Watch for an order form in coming weeks. Proceeds to support Trinity!

### Volunteers Needed

If you can help out on **Nov 5** by working at the chicken barbecue takeout or baking desserts for that same event, please email Teresa Maciocha at [tmaciocha@aol.com](mailto:tmaciocha@aol.com). If you work the takeout, your shift would be from 11am to 1pm. If you bake a dessert, it can be delivered to church that morning. Of course, you are welcome to do both. Thanks very much.

### 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.



### Slow Down Yoga

Yoga is returning to Trinity! **Tuesdays @noon** we will learn and practice slowing down, tuning in, and taking care with a gentle, mindful yoga class for any level of skill. Facilitated by Heather Henry Rawlins, LMHC, RYT200, one of several therapists occupying Trinity spaces, this Hatha yoga-based practice will move with care to cultivate calm awareness, stability, and flexibility as well as practices for calming the nervous system and feeling grounded in the body—a good practice for interrupting the accumulations of stress in mind and body and feeling vividly present and full of ease. For more information go to <https://www.groundedinbirdsong.org/yoga> or email Heather at [hhenryrawlins@gmail.com](mailto:hhenryrawlins@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/>



### 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. 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

The Comfort and Care Team is here to help and support to 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](mailto:phoebemckay@gmail.com); Judy Atkinson-Miller, [jatk1812@gmail.com](mailto:jatk1812@gmail.com); Susie Green, [susie432@gmail.com](mailto:susie432@gmail.com); Patti Nisbet, [tudorspace@aol.com](mailto:tudorspace@aol.com); Marie Keane, [MNMKeane@gmail.com](mailto:MNMKeane@gmail.com); Sara Merritt, [smerrit172@gmail.com](mailto:smerrit172@gmail.com); Victoria Kearns, [kearns.vr@gmail.com](mailto: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](mailto:emily.g.carlin@gmail.com).

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



## 12-Steps@7

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