

12 Steps@Trinity



Hope for Healing

September 5, 2024

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

Step Two, "Came to believe that a Power greater than ourselves could restore us to sanity," filled me with hope that I could live a sane and balanced life. In my family, there was never a sense of balance, just extremes – poverty and plenty, power and helplessness, violence and an uneasy calm. I longed for balance, for a feeling of normalcy that might help me feel safe and connected to others.

When I first came to a Twelve Step recovery meeting for adult children, several people assured me that the hope offered in Step Two was real. As I listened, I began to see the miracle of other members being restored to sanity and finding balance in their lives. I heard their stories change in tone from worry to faith and from confusion to clarity.

By witnessing these miracles, I came to believe that God could lead me to a saner way of life. I surrendered, asked for help, and relied on my Higher Power to restore me to sanity. The answer to my plea was to learn how to live the Serenity Prayer. With help from fellow Twelve Steppers, I slowly began to define balanced manageability for myself. God helped me discern the difference between letting go of the things I could not control and changing the things I could.

I once thought balance was the privilege of those who had grown up in normal, non-alcoholic families. I thought I was permanently damaged by the chaotic extremes

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

*When I count my blessings,
I remember to count the Twelve Steps gift of hope.
Hope for Today*

of my childhood. Now I know it's possible to be made whole, to be rebuilt, to be restored to sanity.

Hear the Spirit as it speaks to us.

Amen.

Musical Interlude

Second Reading

There was a time in my life when I insisted that alcoholism did not exist in my family. We were normal; everything was fine! Today I know that alcoholism is a family disease that affects not only the drinkers but those around them as well. Denial is a symptom of this family disease.

When I began to recognize the alcoholism in my family, my unfortunate past became the topic of all my conversations. Then another member of recovery shared about having learned to look back without staring. She pointed out how easy it can be to lose perspective, to feel trapped, to stop living in the present. Unlocking the secrets of the past can offer many gifts, but the purpose of this search is to recover from the effects of alcoholism and get on with our lives here and now.

Today, with the love, support, and encouragement of others on this Twelve Step journey to healing, I am able to face the reality of the past, not to place blame or to wallow in self-pity, but to learn from it.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**My God, I have always thought
that growing stronger in spirit
would mean becoming invincible, beyond need.**

**Now I see you are teaching me
to receive another kind of strength
when I come to the end of mine.**

**Teach me to walk in your ways
as I have never known them before.**

Amen.

Courage to
Change

*No matter how
much I may have
been damaged in
childhood, Step
Two gives me
hope for healing.*
Hope for Today

—David Hazard,
You Set My
Spirit Free

Third Reading

At my first Twelve Step recovery meeting, I felt like a parched person drinking cold, refreshing water. With gratitude I took in the words of the Suggested Welcome and Closing. Every time I went to a meeting I'd close my eyes and let those precious words refresh me.

Years later I realized I was listening to recovery's words of hope – hope I could claim as my own, if I was willing to work the Steps. When I felt boxed in by despair, you assured me that no situation is really hopeless, and I could find contentment, and even happiness, despite my mother's drinking. When I felt worn out from replaying awful scenarios in my mind, you told me I could put my problems in their true perspective and they would lose their power to dominate. When I felt alone, you reminded me I wasn't. You pointed out my choices when all I knew were rules and appearances. I didn't have to agree to belong. I could take what I like and leave the rest.

You even claimed that you already loved me in a special way, even though I hated myself, and that I would learn to love you, too. You offered me sponsorship, hugs, and phone numbers even when I hadn't "earned" them. I didn't know what a loving interchange was, and you took the time to show me.

Thanks to the persistent repetition of these hope-filled words and actions meeting after meeting, they gradually came true for me. Now when I share them with others, I have the joy of seeing them come alive again.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

**Dear God, we pray for another way of being: another way of knowing.
across the difficult terrain of our existence
we have attempted to build a highway, and
in so doing have lost our footpath.**

God lead us to our footpath:

**lead us where in simplicity we may move
at the speed of natural creatures
and feel the earth's love beneath our feet.**

Lead us there where step-by-step

We may feel the movement of creation in our hearts.

**And lead us there where side-by-side we may feel
the embrace of the common soul.**

Nothing can be loved at speed.

God lead us to the slow path;

To the joyous insights of the pilgrim;

Another way of knowing: another way of being. Amen.

Hope for Today

— Michael
Leunig

*Experience
is not what
happens to you,
it is what you
do with what
happens to you.*
Aldous Huxley

“If you try to keep an open mind, you will find help. You will come to realize that there is no situation too difficult to be bettered and no unhappiness too great to be lessened. Suggested Al-Anon Closing

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.**

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.

*I'm learning to be comfortable with my feelings as I accept whatever life brings my way. Today, instead of veering between extremes, I'm living a life of stability and serenity.
Hope for Today*

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.

Trinity Discussion Group: Love God, Love God's World

Starting **September 18**, we explore creation care and environmental ministry using the Episcopal Church's *Love God, Love God's World* curriculum. Sessions will include compelling readings and videos, faith-based reflections and discussion questions. Participants will discover ways to learn, pray, advocate and conserve. Please sign up with Jeffrey Tooke at jeffreytooke@outlook.com to receive weekly course materials. Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** using the zoom link below:

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

Meeting ID: 816-6863-4672 Passcode: trintalk

Volunteers Needed September 28

On Saturday, September 28, from 10am to 4pm Trinity Church will be participating in Explore Buffalo's Doors Open. During this free annual event, 30 historic buildings in downtown Buffalo will be open for tours. Last year there were over 5,000 participants. We are looking for Trinity members and friends to volunteer that day as greeters to welcome visitors to our beautiful space. Volunteers are needed for 1-2 hour shifts from 10-3. Explore Buffalo will also be providing 3-4 volunteers for check-in and to answer questions. You can sign up by emailing susandoherty50@hotmail.com or at the sign-up [here](#).

Trinity Jazz Series

Krista Seddon presents lecture-performances connecting classical and jazz music

September 20, "One Person Can Change The World" The Contributions of George Gershwin

October 18, "War & Peace" An American Story of Music & Hope

November 22, "Why The Beatles Still Speak To Us"

Purchase tickets [here](#) or scan the QR code.

Volunteers are needed for this event. Sign up by scanning the QR code.

Trinity Basket Raffle October 5

Trinity will be having its first annual (hopefully) basket raffle this fall. Mark your calendars for **October 5!** We will need many helpers the day of the event for running the winning baskets and some prior to the event to help create baskets from donations received and organize everything for the day of. Anyone interested in helping please reach out to Jess Poleon at jesspoleon@gmail.com or Sharon Hirsch via phone 716-875-4683 or 716-480-5160. We are asking each member of the congregation to bring in a basket or gift card for the raffle. Additionally, we request each member to bring in a bottle of alcohol or wine for a special liquor raffle which will take place at the basket raffle. If you have a connection with a local business you think would be willing to donate, please reach out to Jess, she has already reached out to a number of local businesses. We don't want to double up on requests, so let her know and she will get you the request letter and mark you down as seeking the donation from that business/organization. We appreciate everyone's assistance and look forward to a fun event. Thank you, Jess Poleon, Basket Raffle Chair.

Volunteer Opportunities With One of our Partners

Creative Restorations INC is seeking dedicated volunteers to assist with the operation of our food pantry, which serves those in need in our community. We 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!

You can also donate by scanning this QR code:



Explore Buffalo



Jazz Series Tickets



Jazz Volunteers



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

Marie Keane, MNMKeane@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@gmail.com

Patti Nisbet, tudorspace@aol.com



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.

Explore Buffalo



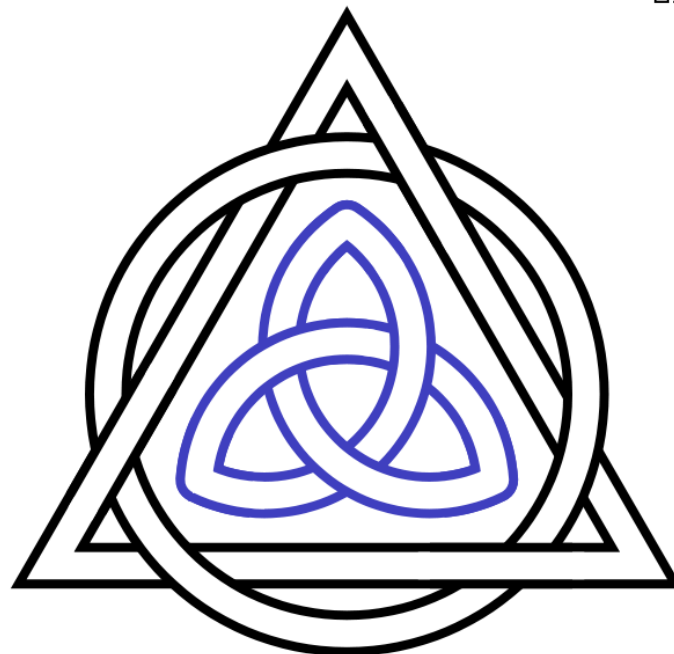
Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo leads tours of Trinity's windows as part of its Sacred Spaces series. Check the website listed below or scan the QR code for the schedule. You can help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



Slow Down Yoga

Tuesdays @noon slow down, tune in, and take care with a gentle, mindful yoga class for any level of skill. Led by Heather Henry Rawlins, LMHC, RYT200, this Hatha yoga-based practice cultivates calm awareness, stability, and flexibility. Calm your nervous system and feel grounded in order to feel vividly present and full of ease. To sign up, click [here](#) or email Heather at hhenryrawlins@gmail.com

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



12-Steps@7

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