

12 Steps@Trinity



Just This

September 14, 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

We are trained to be managers, to organize life, to make things happen. That is what has built our culture, and it's not all bad. But if you transfer that to a spiritual life, it doesn't work.

You can't manage and maneuver and manipulate spiritual energy. It is a matter of letting go. It is a matter of getting the self out of the way and the self becoming smaller. It is a matter of emptying the self so that there is room for another.

It is very hard for us not to fix and manage life and to wait upon it. Are we to be passive? No, very much the opposite. We are to be awake, to be aware, to be present to our lives.

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

We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us.
—Joseph Campbell

Second Reading

Do you realize with what difficulty surrender will come to a fixing, managing mentality? There is nothing in that psyche prepared to understand the spiritual wisdom of surrender. All of the great world spiritual traditions teach surrender. Yet most of us, until we go through the hole in our soul – our weak spot in the middle – just don't think surrender is necessary. At least that is how it is for those of us in First World countries. The poor, on the other hand, seem to understand limitation at a very early age.

Richard Rohr,,
*Breathing
underwater*

The Third World faces its limitations through a breakdown in the social-economic system. But we have to face our limitations, it seems, in the interior world. This is our liberation theology. We must recognize our own poor man, our own abused woman, the oppressed part of ourselves that we hate, that we deny, that we are afraid of. That is the hole in our soul. It is the way through, maybe the only way.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

O God of peace, you have taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit lift us to your presence, where we may be still and know that you are God. We ask this, trusting that you are already doing more than we can ask or imagine. Amen.

— Adapted from
*the Book of
Common Prayer*

Third Reading

To depend on the Higher Power, to live in faith, one has to risk looking and feeling like nothing – nothing that can be possessed, bargained for, developed, controlled, sold, bought, measured, merited, applauded, or even rightly communicated. So to depend on the Higher Power, to have faith, is beyond the world of power, function, and purpose.

Our modern consumer-oriented, functional and materialistic age finds faith almost impossible. Because if faith is nothing, the faithful person is a nobody. In our shallow culture, trust is called naivete.

Faith is finally to stand in nothingness, with nothing to prove and nothing to protect, knowing itself in an ever-alive charity that urges us to surrender, to let go,

Richard Rohr,
Radical Grace

to give away, to hand over, to forgive, to walk across, to not take offense, to trust another, to lose oneself – while being quite sure that we are going to find ourselves afterward.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

Dear God,

In this moment, I let go of all thoughts and concerns.

When I let go, I am able to receive.

**When my hands are formed into tight fists,
I cannot open my hands to receive anything.**

When I hang onto tight control,

When I close off my heart and my spirit

I cannot receive your blessings for me.

I let go to receive your blessings.

Letting go in this moment,

I receive your loving presence around me and within me.

**Help me to let go when I am feeling overwhelmed,
so that I may receive your peace.**

**Help me to let go when I feel fear
so that in fear's place I may receive love and courage.**

**I let go of problems and challenges
in order to receive your guidance and clarity.**

I let go and trust you.

I will not fall.

You will catch me.

I let go and trust in the still, small voice inside of me.

Help me not to struggle but to surrender my struggle to you.

**I gladly receive this gift of letting go and
letting you lead me and guide me.**

Amen.

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!

— Jackie
Trottmann

*Prayer, even
more than sheer
thought, is the
firmest anchor.*

—Jeremiah A.
Denton, Jr.

*We don't see the
world as it is. We
see the world as
we are.*

—Richard Rohr

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.**

*We don't grow
when life goes
our way; we grow
when we face
challenges.
In God's Care*

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: When We Get Angry at God

Do you ever get mad at God? Anger at God can produce several emotions and can affect our relationships with people and with God. On Wednesdays starting **September 20** with Tim Lane and Jeffrey Tooke, we will watch a short video and discuss the anger we can feel with God and how it can have a transforming effect on our lives.

You are invited to 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

If you have questions, please email Jeffrey Tooke at jeffreytooke@outlook.com for more information.

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>.

You can also donate by scanning this QR code:



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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