

# 12 Steps@Trinity



Acceptance

June 22, 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

**W**hen I came to recovery by working the Twelve Steps, I finally found the peace I desired so much. Twelve Step wisdom has taught me that the path to peace is accepting the people, places, things, and situations I cannot change. Accepting myself as I am, by working steps Four through Nine, freed me from my self-inflicted inner judge and jury. Accepting others with the use of the Serenity Prayer allowed me to stop fighting. Acceptance allows my Higher Power to do what I cannot. Acceptance opens the door for my growth and leads me on my spiritual journey, one day at a time.

Accepting the things I cannot change is not always easy; sometimes I really fight it. Because my life is always changing, there is always some new person or situation to accept. Fortunately I don't have to go through the acceptance process alone. My Higher Power provides the power, the Twelve Steps provide the path, and the people in the program provide the support. All I need to experience peace is to keep coming back.

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.*

Hope for Today

*Peace is a natural outgrowth of acceptance.*  
Hope for Today

## Second Reading

**D**uring my daily quiet time, I try to focus all my attention on God. When I take my problems to God, I try to leave them there and keep my focus of attention on him. Prayer and meditation allow me to focus on the solution, not the problem.

I once heard a member of the fellowship share that he often didn't hear the solutions offered at meetings. He said if he couldn't even focus on recovery at the meetings, he surely couldn't do it at home. I didn't see how this insight applied to me, but I found he had a point. The chairperson hadn't finished the first sentence of the meeting welcome when my mind went right to one of my problems. After seeing this pattern, I began to concentrate on the experience, strength, and hope shared at the meeting.

Now, instead of dwelling on my troubles, I meditate on my Higher Power's strength, power, and love for me. In doing this, I gain a feeling of peace that carries me through the day. I still have problems, but they just don't seem so big anymore.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**Dear Gracious and Loving God,**

**As I take this time to be still,**

**help me to let go of anxiousness and feel your peace.**

**You are love and where there is love there can be no fear.**

**Help me to let go of fear and receive your perfect love.**

**I come before you with heaviness because of being hurt by others.**

**Help me to accept the effect that their actions have had in my life**

**and to let go of this hurt.**

**I release this hurt.**

**I release this weight on my body and spirit. I ask your love to carry me.**

**I forgive those who have hurt me.**

**Help me to receive and accept love.**

**Help me to give love freely.**

**Help me not to strive for perfection but to make progress each day.**

**Each day, help me to step into the glorious person you created me to be.**

**I accept and find comfort in knowing—**

**I am completely loved with your divine, perfect love. Amen.**

Hope for Today

— Jackie  
Trottmann

*Serenity is not  
about the end  
of pain. It's  
about my ability  
to flourish  
peacefully no  
matter what life  
brings my way.*  
Hope for Today

## Third Reading

**T**he serenity I am offered in working the Twelve Steps is not an escape from life. Rather, it is the power to find peacefulness within life.

Recovery does not promise me freedom from pain, sorrow, or difficult situations. It does, however, give me the opportunity to learn from others how to develop the necessary skills for maintaining peace of mind, even when life seems most unbearable. The program helps me learn how to request, accept, and use the strength and wisdom of my Higher Power. My Higher Power, working through my fellow members, helps me maintain my sanity and sense of self-worth.

Twelve Step Recovery also gives me the opportunity to live a serene life free from the burden of responsibility for other's decisions. It teaches me that I can make choices to redirect my life toward personal growth and satisfaction. It increases my confidence, which comes from trusting that the Higher Power of my understanding will sustain me and guide me through life's ups and downs.

Hear the Spirit as it speaks to us.

**Amen.**

## Second Prayer

*Let us pray.*

**O Ingenious God,  
I rejoice in your creation,  
and pray that your Spirit touch me so deeply  
that I will find a sense of self  
which makes me glad to be who I am  
and yet restless  
at being anything less  
than I can become.  
Make me simple enough  
not to be confused by disappointments,  
clear enough  
not to mistake busyness for freedom,  
honest enough  
not to expect truth to be painless,  
brave enough  
not to sing all my songs in private,  
compassionate enough  
to get in trouble,  
humble enough  
to admit trouble and seek help,  
joyful enough  
to celebrate all of it, myself and others and you.  
**Amen.****

Hope for Today

— Ted Loder

*I felt utterly  
at peace with  
life and at the  
same time filled  
with joy. At  
that moment, I  
realized this was  
serenity, and I  
laughed out loud  
for the sheer,  
glorious pleasure  
if it!  
Survival to  
Recovery*

*Twelve Step  
wisdom has  
taught me that  
the path to peace  
is accepting the  
people, places,  
things, and  
situations I  
cannot change.*  
**Hope for Today**

## 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.

## 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.

## Directory Update

It's been a few years since we've updated our information in the directory. Could you please take a moment to review your information and update it with any changes? Many profiles are missing individual and family photos. We'd all love it if you could include a photo. There are 2 ways to update your information. You could go to your realm account and do it all directly by visiting [onRealm.org](https://onrealm.org) or you could [fill out a form](#) and Colleen O'Neill will update your information for you. You can also email Colleen photos at <https://www.trinitybuffalo.org/colleen-oneill-contact-page> and she'll get them added to your profile. For additional help contact Colleen O'Neill, the parish administrator, at 716-852-8314, ext 1.

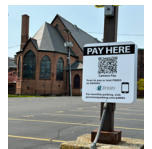
## Interfaith Garden Walk Tour

Trinity is one of the participating congregations for a free interfaith bus tour of East Side Garden Walk gardens on Sunday, July 23, from 12:00-4:00pm. Tour begins at Manna, 683 Northland Avenue. Only 11 seats are available for Trinity-ites, so reserve your spot now by visiting: [bit.ly/GARDENWALK23](https://bit.ly/GARDENWALK23) or scanning the QR code.

## 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/>

You can also donate by scanning this QR code:



onRealm QR



Directory Form



## 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](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);  
[smerrit172@gmail.com](mailto:smerrit172@gmail.com); Victoria Kearns, [kearns.vr@gmail.com](mailto:kearns.vr@gmail.com)

## 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>.



## 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](mailto: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 until 7. For more information, please speak to Emily Carlin or email: [emily.g.carlin@gmail.com](mailto: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](mailto:Jennifer@jfmfwny.org) or [EmilyRose@Jfmfwny.org](mailto: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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