

12 Steps@Trinity



An Alternate Angle

August 3, 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

Recovery is not about being right; it's about allowing ourselves to be who we are and accepting others as they are.

That concept can be difficult for many of us if we have lived in systems that functioned on the "right-wrong" justice scale. The person who was right was okay; the person who was wrong was shamed. All value and worth may have depended on being right; to be wrong meant annihilation of self and self-esteem.

In recovery we are learning how to strive for love in our relationships, not superiority. Yes, we may need to make decisions about people's behavior from time to time. If someone is hurting us, we need to stand up for ourselves. We have a responsibility to set boundaries and take care of ourselves. But we do not need to justify taking care of ourselves by condemning someone else. We can avoid the trap of focusing on others instead of ourselves.

In recovery, we are learning that what we do needs to be right only for us. What others do is their business and needs to be right only for them. It's tempting to rest in the superiority of being right and in analyzing other people's motives and actions, but it's more rewarding to look deeper.

Hear the Spirit as it speaks to us.

Amen.

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.

Melody Beattie

Stronger by weakness, wiser men become.
Edmund Waller

Musical Interlude

Second Reading

There is a good bit of truth in the old saying, “Tell me your strengths, and I’ll tell you your weaknesses.” Every plus has its flip side. Efficient people, for example, may tend to be so organized that they can come up with an answer before they hear the question. In the program, these sturdy souls often set about fixing their character flaws quickly. Then, just as quickly, frustration sets in. Their quick-fix problem-solving techniques always worked before. Why should this be different?

Highly intelligent people may tend to be arrogant and impatient. All their lives they have wondered why others are so slow to catch on. But when recovery calls for wisdom instead of intelligence, they’re beside themselves with irritation. They’ve gotten A’s all their lives, so why can’t they figure this one out?

Most of us think of our strong points as our treasures. It may be we would learn something if we check out the other side of the coin.

Hear the Spirit as it speaks to us.

Amen.

—Attributed to
Oscar Romero

First Prayer

Let us pray together.

Your kingdom is not only beyond our efforts, O God, it is beyond our vision. We will accomplish only a tiny fraction of the magnificent enterprise into which you have invited us. **We know that nothing we do is complete and we acknowledge your kingdom is always beyond us.**

This is what we are about: We plant seeds that one day will grow. We water seeds already planted, knowing that they hold future promise. **We will lay foundations that will need further development. We will provide yeast that produces effects beyond our capabilities.**

We cannot do everything and we are liberated by knowing that; it enables us to do something, and to do it very well. **Our efforts will be incomplete, but it is a beginning, a step along the way, an opportunity for your grace to enter and do the rest.**

We may never see the end results of our effort, but that is the difference between the master builder and the worker.

We are workers, not master builders; ministers, not messiahs. We are prophets of a future not our own. Amen.

Third Reading

I have an important part to play in my relationship with my Higher Power – I have to be willing to receive help, and I have to ask for it. If I develop the habit of turning to my Higher Power for help with small, every day matters, I’ll know what to do when faced with more difficult
Courage to Change

My vision can be so limited. I often think that the only possible outcomes are those that I can imagine. Fortunately, my Higher Power is not restricted by such logic. In fact, some of the most wondrous events grow out of what appear to be disasters.

But faith takes practice. Fears can loom large, and I can get lost in my limited thinking. When I can't see any way out and I doubt that even a Higher Power can help me, that's when I most need to pray. When I do, my actions demonstrate my willingness to be helped. And time after time, the help I need is given to me.

Today I know that even when my situation looks bleak and I can't see any way out, miracles can happen if I turn my will and my life over to God.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**Praise be to you, O Lord,
who spins shining stars across the wondrous heavens
and stretches out the seas,
who lifts the dawn into place
and sets boundaries for night.
who awes the earth with storms
and gentles it with green,
who gives everything a season
and breathes life and love into the dust of me.
Praise be to you.**

**Praise in all things,
for all things:
the soft slant of sunlight,
the sweat of battle,
a song in the wilderness,
the evening breeze,
the deep breath,
the tended wound,
mercy, quietness, a friend;
for the miracles of the daily,
the mysteries of the eternal.
Praise be to you.**

**Praise from all creatures,
laughers and list-makers,
wonders and worriers,
poets and plodders and prophets,
the wrinkled, the newborn,**

Courage to
Change

— Ted Loder

*Today I will
remember that
I don't have
to hide behind
being right. I
don't have to
justify what I
want and need
with saying
something
is "right" or
"wrong." I can
let myself be who
I am.
The Language
of Letting Go*

**the whale, and the worm,
from all, and from me.**

**Praise, praise be to you
for amazing grace. 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!

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.**

*Some of the most
wondrous events
grow out of what
appear to be
disasters.*
**Days of Healing
Days of Joy**

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.

More Than Matched! Wardens' Update

More than 45 households have participated in the matching funds challenge that has been running the last few weeks. The \$15,000 goal of the challenge was met and exceeded with gifts of under \$1,000. This is really gratifying. Your support, no matter how large or small, is essential to the ongoing presence of Trinity Church making a difference in the greater Buffalo community. Thanks for being part of it!

In addition, a few of you made larger gifts, bringing the total of the campaign, including the \$15,000 matching funds, to a total of \$85,000! That is the amount that our annual income lost when the parking lot rental agreement ended in January! Together, we have recovered from that loss for this year! What an amazing accomplishment!

Please keep in mind that while this campaign is crucial at this time, it has to be part of a larger strategy if Trinity is going to have long term sustainability. Options for that larger strategy are being explored. If you would like to be involved in those explorations, please speak to either of us or anyone on the vestry!

John Gillespie, Senior Warden and John Alduino, Junior Warden

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

*God can write
straight with
crooked lines.
In God's Care*

You can also donate by scanning this QR code:



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/>



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, MNMKeane@gmail.com; Sara Merritt, smerrit172@gmail.com; Victoria Kearns, 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>.



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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