

12 Steps@Trinity



Looking Good

March 28, 2025

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

Our need for approval compels us to try to look good – no matter what’s going on. We imagine that somehow everything will be okay as long as it looks okay. Our hearts may be breaking from fear, disillusionment, and rejection, real or imagined, but we keep smiling so that no one will guess. Why do we do this to ourselves? Is it so hard to turn to a friend and say, “Hey, I’m hurting. I’ve been having a bad time and I need help”? Would the earth tremble if we said it right out, just like that?

We’re not likely to get what we don’t ask for. Instead of denying that our knees are shaking, our hands are sweating, and our stomachs are in torment, we can admit and share the truth. We don’t have to say “Fine!” when someone in the program asks us how we’re doing. Our real friends aren’t impressed by stiff upper lips; they’re impressed by personal honesty.

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.

*Days of Healing
Days of Joy*

*Resolve to be
thyself; and
know that who
finds himself,
loses his misery.
Matthew Arnold*

Second Reading

In God's Care.

Oh, how we long for approval. We need to feel that our efforts have validity and worth, that somehow they count in the eternal scheme of things. And we need to hear it said in one way or another. We want people to tell us they appreciate us. How is it, then, recognizing this need in ourselves, we find it so hard to see the same need in others? Why do we feel that other people know what a good job they're doing and don't need to hear our encouragement?

Each of us may be God's way of reaching another person. We may be the channel through which another person hears God calling or feels God's power. We must, then, open ourselves to the appreciation of others and be willing to express this to them.

Hear the Spirit as it speaks to us.

Amen.

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.

*Attributed to
Oscar Romero*

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.

*The deepest
principle in
human nature is
the craving to be
appreciated.
William James*

Third Reading

Two recovery suggestions that mean the most to me are seeking progress rather than perfection and minding my own business. I grew up with problem drinking. I carried the notion into adulthood that I must be perfect and that I was responsible for everyone. Of course I never achieved this goal of perfection, which left me feeling less than, not smart enough, not attractive enough, simply not good enough. To cope with my failure to achieve my goal of perfection, I focused on the character defects of those around me. My need to be perfect fed into my preoccupation with others.

Through Twelve Step wisdom I found out that I didn't have to be perfect; I couldn't be, no matter how hard I tried. Instead, I learned to be happy with forward motion, no matter how small. I practice minding my own business and shifting my focus from others to myself so that I could change what I was capable of changing. I discovered that I wasn't alone with the insanity of striving to be something I would never become. I learned how to identify and let go of unreasonable expectations and that other people, especially fellow Twelve Steppers, did not have those same expectations of me. I am still learning to treat myself with gentleness, kindness, and love. I'm still learning that I cannot change those around me, but I can change how I treat them – with dignity and respect.

Hear the Spirit as it speaks to us.

Amen.

Second 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

Today, I will tell someone the truth about how I feel. If I'm not fine, I won't say that I am.
In God's Care

— Jackie Trottmann

I have learned in meetings that tiny steps are perfectly acceptable and that they add up.
How Al-Anon Works for Families and Friends of Alcoholics

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.

It may feel like an enormous risk, but talking honestly about the situation is the key to healing.
... In All Our Affairs

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 to community health. Additionally, I have experience working with individuals with intellectual and/or physical disabilities, negotiating contracts with a labor union, and ensuring a complete count during each census cycle, including the homeless population. In all of these efforts, inclusion and reducing disparities are priorities.

Krista Seddon's Trinity Jazz Series

"Four Crown Jewels of Buffalo's Musical Heyday: The Artists, Their Stories, Their Music"

April 11 @7pm "Kleinhans Music Hall"

May 9 @7pm "Shea's Performing Arts Center"

All concerts are held in the Trinity Chapel, 371 Delaware Ave

[Purchase tickets here](#) or scan the QR code. Tickets also available at the door.

If you'd like to help make this evening a success, please [sign up here](#) to volunteer or scan the QR code. There are various roles needed including tickets sales and reception setup and cleanup.

Soup & Discussion Lenten Program Wednesdays @6pm

Lent is messy, but still worth sharing. All are welcome to travel through Lent together in a program that will be offered by five churches in the Buffalo deanery. Using Kate Bowler's Lenten program *The Hardest Part: Hurt We Carry, Hope We Find*, we will enjoy a light soup dinner before breaking into discussion on the program theme for the week. The location will rotate among the churches on Wednesdays during Lent starting @6pm. A hybrid online connection is available for those who are unable to join us in person.

The soup & in person discussion will rotate among the following churches:

- April 2: Trinity Buffalo: Wisdom!
- April 9: St. Philips: Love!

To join by Zoom:

<https://us02web.zoom.us/j/89387046182?pwd=pRYCjR1Ua1VWbiaklZMoJe9poW2Abs.1>

Meeting ID: 8938 7046 182; Pw: Lent

Need a location address? Click here: <https://episcopalpartnership.org/our-congregations/>

For more information contact one of the host parishes.

Volunteer Opportunities With One of our Partners

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

Thank you

Chris Harzynski of Creative Restorations and Food Pantry would like to thank everyone who stopped by last Sunday to say hello and ask how they could help. We are most appreciative! Our immediate need is for: canned soups, pasta sauce, and personal hygiene items. We are unable to accept clothing at this time, however, new socks and underwear for both men and women would be greatly appreciated. We have a box outside our door for items, as well as in red carpet area in back of church. Thank you everyone!

Partnership with Hamlin School Academy through Say Yes Buffalo

Trinity has a partnership with Hamlin School Academy, grades Pre-K through Grade 8. .

A Wellness Fair organized by Say Yes Buffalo will be held for families at Hamlin School

Academy on Saturday, May 3. Trinity will be collecting items for this fair. Taking into

consideration the ages of the students, the following is a list of suggested items:

Body wash

Hand wash

Dental hygiene products

Socks and underwear

You can also donate by scanning this QR code:



Tickets



Helpers



Deodorant
Household cleaning products
Baby care products
First aid supplies such as Band-aids
Neosporin, hand sanitizer, cleansing wipes
Say Yes Buffalo's mission is to support a more equitable and thriving environment in which all Buffalo students have the opportunity to reach their full potential. A Say Yes representative is located in each school to support the school's mission and to provide special family programs.
If you are shopping, consider purchasing some of these items and bring them to the bin in the red carpet area of the main church or the bin in the chapel by **Sunday April 27**.
Questions? Email Patti Nisbet, tudorspace@aol.com, or Sue Doherty,

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.



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, MNMKKeane@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@gmail.com

Patti Nisbet, tudorspace@aol.com

Explore Buffalo

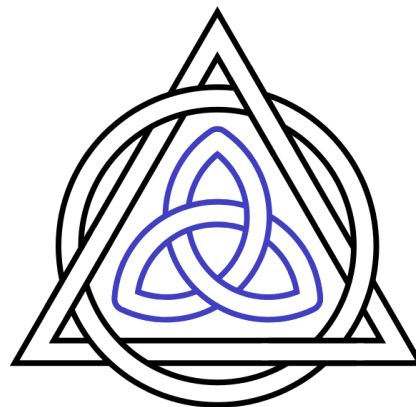
Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo leads tours of Trinity's windows as part of its Sacred Spaces series. Check the website listed below or scan the QR code for the schedule. You can help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



Visiting Trinity

The church is open by appointment for private prayer or meditation. Contact our parish administrator, Colleen O'Neill, at coneill@trinitybuffalo.org to schedule an appointment.

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



12-Steps@7

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