

12 Steps@Trinity



Another Look at Powerlessness

August 1, 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

Only through utter defeat are we able to take our first steps toward liberation and strength.

— Bill W.

The repetition of defeat, of overcoming an addiction, then falling back into it, is a very difficult experience. The same applies to practices of the spiritual journey even without addiction. Powerlessness, then, is the result of frequent defeat. From a spiritual point of view, hitting bottom turns us over to complete dependence on the Higher Power. This disposition is the radical foundation on which to build a program of recovery.

What the participants in Twelve Step recovery groups have put their collective finger on is the radical foundation for a genuine and holistic relationship with God, and that foundation moves the relationship through levels of acquaintanceship, friendliness, and friendship, to divine union.

—Thomas Keating, Divine Therapy & Addiction

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.

*Does analyzing my situation provide any useful insights, or is it an attempt to control the uncontrollable?
Courage to Change*

Musical Interlude

Second Reading

When we claim powerlessness, we are not claiming irresponsibility. We have no power to control others, what they do, what they did, or what they might do.

— The Language of Letting Go

When we take the First Step, we are admitting that we are powerless over the facts of our situation and the other people involved and that our lives have become unmanageable.

— . . . In All Our Affairs

With Step One we are stating that we are willing to end an ineffective life based on willpower and control. And we're beginning a spiritual, mental, and emotional journey in which we take responsibility for ourselves.

Accepting powerlessness enables us to begin owning our true power to take care of ourselves.

— *Melody Beattie*

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.

Third Reading

I thought I could skip over Step One because I didn't live with active alcohol anymore. Then I heard other members apply Step One in a different way. They substituted other words or phrases for the word "alcohol." Instead of saying they were powerless over alcohol, they mentioned other people or situations over which they were powerless.

— *David Hazard*

Hope for Today

I looked to my past and saw with new clarity the times I had tried to exert control without results. I hid my father's booze. I avoided my mother's constant yelling by staying out late, often getting into trouble. I finally saw how these attempts at control had harmed rather than helped me.

I looked to my present and recognized how I sought to gain other people's acceptance by saying or doing - or in some cases not saying or doing - the things I thought they wanted. Manipulation had become second nature to me. I discovered how much I wanted other people to change so I could be happy. I even saw how I took pains to control the speed and direction of my own recovery.

Sometimes it takes me awhile to figure out whom or what I can't control. When I figure it out, I can put the appropriate word into Step One. Today the usefulness of Step One is broader for me because I can substitute all manner of people and situations for "alcohol."

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

**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.**

*I have heard
that knowledge
is power. But
sometimes
my thirst for
knowledge can
be an attempt to
exercise power
where I am
powerless.
Courage to
Change*

— Ted Loder

*Today I can be
grateful that
the Earth will
continue to
revolve without
any help from
me. I am free
to live my own
life, safe in the
knowledge that
a Higher Power
is taking care of
the world, my
loved ones, and
myself.
Courage to
Change*

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.

*The First Step
prepares us for a
new life, which we
can achieve only
by letting go of
what we cannot
control, and by
undertaking, one
day at a time,
the monumental
task of setting
our world in
order through a
change in our own
thinking.
One Day at a
Time in Al-Anon*

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.

ANNOUNCEMENTS

Trinity Treasures Rummage Sale on Saturday, September 7

Trinity is having a rummage sale on Saturday, Sept. 7 from 10am to 2pm in the chapel. Make this event a success by donating your gently-used treasures. No clothing, shoes or furniture please. You can drop off items at church on Sunday mornings 10am - noon, Tuesday and Thursdays 4pm-6pm. Please take your donations to the glass atrium in the courtyard and someone will be there to accept them. Items will be collected until Sunday August 31. For questions about donations and to volunteer for this sale, please contact Erickson (ehc@buffalo.edu) or Missy (missy.stolfi@gmail.com).

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.

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.

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.

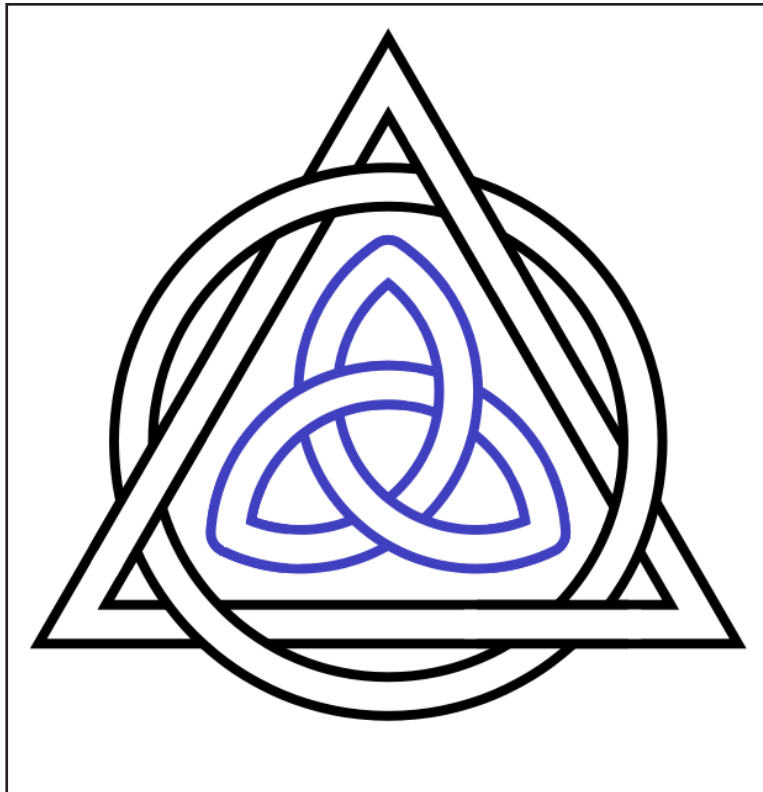
Explore Buffalo is back!

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:



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



12-Steps@7

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