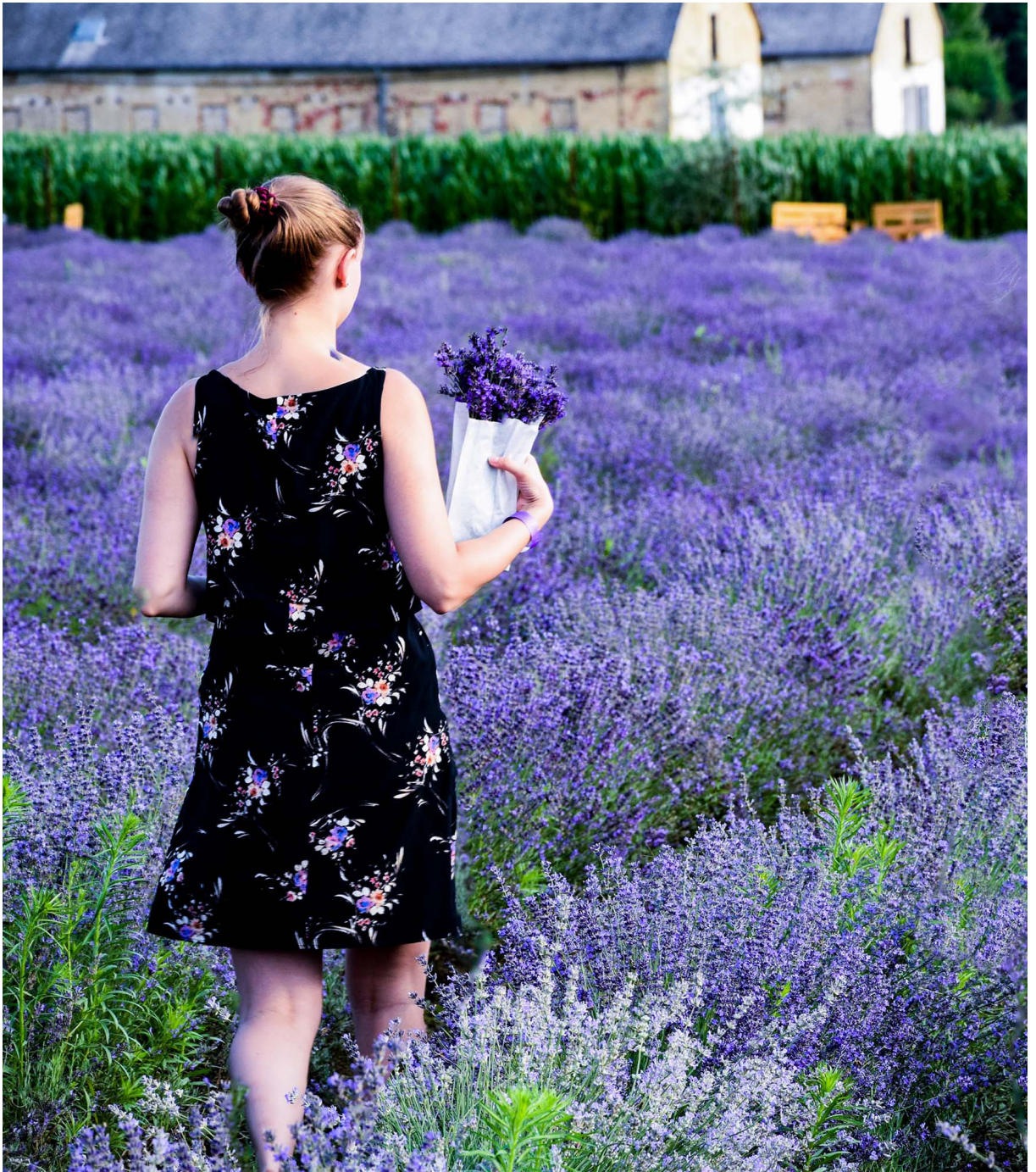


12 Steps@Trinity



Quietness of Heart

April 24, 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

When I take the Seventh Step (“Humbly asked Him to remove our shortcomings”), I calmly ask for help. I don’t beg or demand; I neither grovel nor puff myself up. I needn’t demean myself, and I have no one to impress. I am simply accepting my place in my relationship with my Higher Power, no more, no less. True humility should never be humiliating. Instead I can feel honored to take my rightful place in the wonderful partnership I am developing with the God of my understanding.

Humility is said to be perpetual quietness of heart. It means that I do my part and trust God to take care of the rest. Although I may not know how my help will come, I can remain serene. All I have to do is to ask my Higher Power for healing.

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.

Courage To Change

Remaining teachable frees me from outside pressures and allows me to learn at any time from anyone or any experience. Courage to Be Me, p. 137

Second Reading

Courage To
Change

Humility was a tough concept for me to comprehend. Taught from childhood to place the wants and needs of others always above my own, I equated humility with taking care of others and ignoring my own feelings and needs. In recovery I have learned that true humility is not degrading; it does not require that I neglect my own needs. In fact, humility is not measured by how much I do for other people, but by my willingness to do my part in my relationship with the God of my understanding.

I begin to learn humility when I take the First Step. By admitting I am powerless, I make room for the possibility that a Power greater than myself can do all those things that are beyond my reach. In other words, I begin to learn about what is, and is not, my responsibility. As this becomes clear, I am better able to do my part, for myself and for others, and better able to ask God to do the rest.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Thank you God for inviting us into the stillness of your heart,
the place of peace at the center of the universe.**

Thank you for meeting us there and showing us the way of serenity.

**Remind us gently, and with humor,
that when we choose to put our trust in you,
the reason we have the wisdom and the will to choose you
is that you first chose us.**

Amen.

Matt Lincoln

Third Reading

The more available I am to listen and learn, the more available I am to be healed by my Higher Power. During my early days of working the Twelve Steps I had trouble understanding humility and how to develop it. I related to the concept of being teachable, however, and began to look at what I could change about myself to become more open and willing to learn.

When I begin to think that I know it all or that perhaps it is all right to skip some meetings, I am in dangerous territory. Being teachable means I go to meetings and really listen to everyone, newcomers and long-time members alike. It also means I listen when I talk with my sponsor or another program friend. Sometimes I will hear suggestions and think, "No, that doesn't apply to me." When this happens, I need to open my mind and remain receptive to what I hear. Working the Twelve Steps works to the extent that I am open, honest, and willing, each of which is an important component for a humble state of learning. Being teachable means

Hope For Today

I admit that I don't know it all. Walking the path of self-improvement is a lifelong journey.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

We struggle, we grow weary, we grow tired. We are exhausted, we are distressed, we despair. We give up, we fall down, we let go. We cry, we are empty, we grow calm. We are ready. We wait quietly.

A small shy truth arrives. Arrives from without and within. Arrives and is born. Simple, steady, clear. Like a mirror, like a bell, like a flame. Like rain in summer. A precious truth arrives and is born within us. Within our emptiness.

We accept it, we observe it, we absorb it. We surrender to our bare truth. We are nourished, we are changed. We are blessed. We rise up. For this we give thanks. Amen.

Michael Leunig

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

*Part of learning humility is learning to contribute to my own well-being. Today I will do something loving for myself that I would normally do for someone else.
Courage To Change*

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.

*“We cannot tell
what may happen
to us in the strange
medley of life.
But we can decide
what happens in
us – how we can
take it, what we
do with it – and
that is what really
counts in the end.”
Joseph Fort
Newton*

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.

Get ready to Fiesta! Music, Taco bar, and Fun!

Join us for a Trinity Cinco de Mayo celebration **Sunday, May 4 @noon**. Try your hand at breaking open the pinata for special treats. Dress in your most festive colors and come sip on a tasty beverage. Please RSVP with the attached link or QR code to help us plan the proper amount of food. Indicate any diet restrictions: Gluten Free and Vegan options will be available. Also indicate if you are able to help out that day or would like to bring your favorite dessert. Click [here](#).

Krista Seddon's Trinity Jazz Series

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

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.

Chris Cuccia

We are deeply saddened to report that vestry member, Chris Cuccia, died on Thursday, April 10. His service will be held at Trinity on **May 10 @1:00pm**.

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 - April 25 is the next scheduled date

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/>

Parking at Trinity's Franklin Street Lot

Trinity has a parking lot behind the church on Franklin Street. Parking is available for no fee on Sundays from 9am - noon. You can use the lot any other time you are in the neighborhood so that Trinity gets the parking fee! Use your smartphone to pay. You may wish to download the Premium Parking app ahead of time to make it easier to park and go.

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.

You can also donate by scanning this QR code:

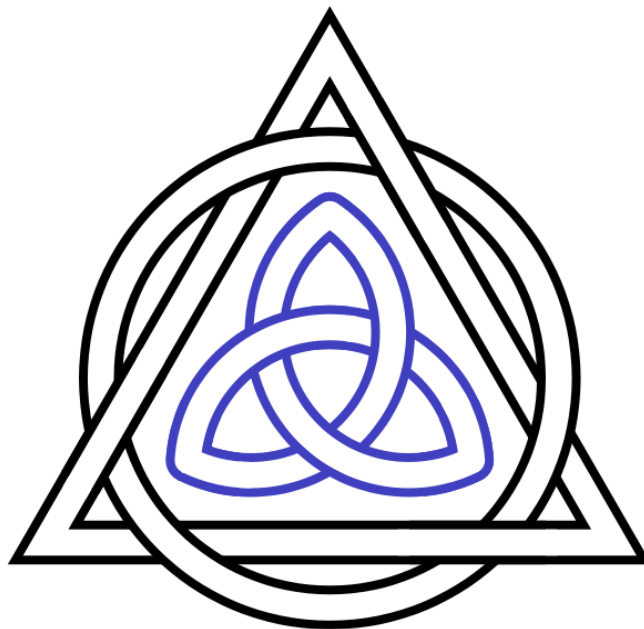


Tickets



Helpers





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



12-Steps@7

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