

# 12 Steps@Trinity



God's Schedule

June 8, 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

I can be proud of the fact that I am a survivor. I have been brought through many struggles in order to be exactly where I am today. Today I know that I am more than my troubles. I am a human being with dignity. I have a wealth of experience that I can put to use by sharing it with those who are going through similar difficulties. I needn't fear the challenges of the future, because I know that today, with the guidance of my Higher Power and with the strength and knowledge I have gained from following the Twelve Steps, I am capable of facing anything life brings me.

Though I once viewed my life as a tragedy, I now have a different perspective on those experiences. I know that I am a stronger person as a result of what I've been through.

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

*Perhaps I am stronger than I think.  
Thomas Merton*

## Second Reading

**M**any of us are dissatisfied with our progress. Our mind is clear and we're in touch with our feelings. We have friends to talk to and useful things to do. Why, then, are we so unhappy at times? We look at others growing confident and prosperous. Why not us?

Our growth rate is not up to us. Maybe we have more character defects to overcome. Maybe God has special things for us to learn, and it's taking time. Slow progress means we're learning our lessons well. And any progress is better than none. In fact, when we make no progress, we don't stand still – we slip backward. As long as we're in touch with God and sharing our love with others, we're advancing. And, according to God's schedule, we're on time.

Hear the Spirit as it speaks to us.  
**Amen.**

## First Prayer

*Let us pray together.*

**My Lord God, I have no idea where I am going.  
I do not see the road ahead of me.  
I cannot know for certain where it will end.  
Nor do I really know myself,  
and the fact that I think that I am following your will  
does not mean that I am actually doing so.  
But I believe that the desire to please you does in fact please you.  
And I hope I have that desire in all that I am doing.  
I hope that I will never do anything apart from that desire.  
And I know that if I do this you will lead me by the right road  
though I may know nothing about it.  
Therefore will I trust you always though I may seem to be  
lost and in the shadow of death.  
I will not fear, for you are ever with me,  
and you will never leave me to face my perils alone.  
**Amen.****

In God's Care

**Be not afraid of  
growing slowly,  
be afraid only of  
standing still.  
Chinese proverb**

— Thomas Merton

*If I so choose,  
I can regard  
everything that  
happens in my  
life as a gift  
from which I  
can learn and  
grow. Today I will  
find something  
positive hidden  
within a difficult  
situation and  
allow myself to be  
grateful.  
Courage to  
Change*

## Third Reading

Look how far we've come!

It's good to focus on the task ahead, on what remains to be done. It's important to stop and feel pleased about what we've accomplished too.

Yes, it may seem that the change has been slow. At times, change is grueling. Yes, we've taken steps backward. But we're right where we're supposed to be. We're right where we need to be.

And we have come so far.

Sometimes by leaps, sometimes with tiny steps, sometimes kicking and screaming all the while, sometimes with sleeves rolled up and white knuckles, we've learned. Grown. Changed.

Look how far we've come.

Hear the Spirit as it speaks to us.

**Amen.**

## Second Prayer

*Let us pray.*

**O God of the miracles,  
of galaxies**

**and crocuses  
and children,**

**I praise you now  
from the soul of the child within me,  
shy in my awe,  
delighted by my foolishness,  
stubborn in my wanting,  
persistent in my questioning,  
and bold in my asking you**

**to help me unbury my talents  
for wonder  
and humor  
and gratitude,**

**so I may invest them eagerly  
in the recurring mysteries  
of spring and beginnings,  
of willows that weep,  
and rivers that flow  
and people who grow**

**in such endlessly amazing  
and often painful ways;  
that I will be forever linked and loyal  
to justice and joy,  
simplicity and humanity,  
Christ and his kingdom. Amen.**

—Melody Beattie

*Troubles are often  
the tools by which  
God fashions us  
for better things.  
H.W. Beecher*

— Ted Loder

*Not everything  
that can  
be counted  
counts, and not  
everything that  
counts can be  
counted.  
Albert Einstein*

## 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.**

*Every happening,  
great and small,  
is a parable  
whereby God  
speaks to us, and  
the art of life is to  
get the message.  
Malcolm  
Muggeridge*

# 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.



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## 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.

## Discussion Group: Eyewitness Bible - Acts

Tim Lane and Jeffrey Tooke will wrap up the discussion on the book of Acts using *Eyewitness Bible* next Wednesday. Last chance to watch short videos and explore the people and events during the first three decades of the early church. **Wednesday, June 14 @7pm** will be the final discussion in this series. Join Tim and Jeff using the zoom link below:  
<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>  
Meeting ID: 816-6863-4672 Passcode: trintalk  
If you have questions about the group, email Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.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 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.

## Volunteers Needed for Allentown

Join us in welcoming the return of Allentown Art Festival visitors to Trinity's beautiful historic and sacred space. We will greet and share conversation with visitors on **June 10 and June 11**. Sign up in one hour shifts. If you are able to volunteer for multiple shifts, that will also be very welcome! Volunteers needed Saturday, 10am to 5pm and Sunday, noon to 5pm. Sign up at <https://www.signupgenius.com/go/70A0C4FAFA629A3F58-allentown2> or scan the QR code.

*When it gets  
dark enough,  
you can see the  
stars.*  
Charles A.  
Beard

You can also  
donate by  
scanning this 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/>

### **Comfort and Care Team**

Please let the Comfort and Care Team (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.

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);  
Sara Merritt, [smerrit172@gmail.com](mailto:smerrit172@gmail.com); Vickie Kearns, [kearns.vr@gmail.com](mailto:kearns.vr@gmail.com)

### **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).

## **12-Steps@7**

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