

12 Steps@Trinity



Tell a New Story

May 15, 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

In the seasonal predictability of nature, we can always be certain that spring follows winter. But this is not so in human matters.

Those of us with a healthy attitude and loving support may endure profound distress, go on to heal, and perhaps even gain precious wisdom as a result of this experience. Like seasonal changes, this is a passing from death to life.

For some of us, however, there is no passage to life, only from one stage of dying to another. Too few lessons have been learned, too little wisdom has been gained for the wound to heal.

There is nothing natural or guaranteed about a springtime of the spirit. We must choose it. That we can is the glorious part. To work the program is to choose the season in which we live.

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

*To love oneself
is the beginning
of a lifelong
romance.
Oscar Wilde*

Second Reading

In God's Care

Most of us complicate the decision to love ourselves by seeing our human imperfections as a reason for harsh judgment. Perhaps this became a pattern for us as children. But we don't have to let our feelings control our decision to love and nurture ourselves now.

The small child within each of us is profoundly in need of unconditional love. Expressing love and nurturing ourselves through affirmation, prayer, and meditation will break the control our earlier thoughts had over us.

It may seem too simple to think that all we need is to decide to love ourselves. But that's our task, one we may need to do daily for weeks or months. With faith and perseverance, we will see the results we hope for.

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.

— Thomas
Merton

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

Third Reading

Telling the difference between yesterday, today, and tomorrow may be easy for most people, but it isn't for many of us. Our past tends to overshadow both the present and the future. Until we learn to draw a line between then and now, the gloom of "what was" expands and spreads like noxious smoke or a sickening odor. "What can be" is blotted out.

Where did yesterday end and today begin? For us, that may be the central recovery issue. Our battle is one of boundaries.

No matter how spoiled the past may have been, our future is spotless. If, in our minds, we say good-bye to the past, we can begin writing a new story and painting a new picture.

Every day is new – fresh and shimmering with possibilities. The future is a long string of such days. As our perception of time corrects itself, as we learn to accept the past and look forward to the future, we can focus on today and live it well.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

Days pass and the years vanish, and we walk sightless among miracles.

God, fill our eyes with seeing and our minds with knowing.

Let there be moments when Your Presence, like lightning, illumines the darkness in which we walk.

Help us to see, wherever we gaze, that the bush burns unconsumed.

And we, clay touched by God, will reach out for holiness, and exclaim in wonder.

How filled with awe is this place, and we did not know it! 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 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.

Days of Healing
Days of Joy

— Chaim Stern,
Mishkan T'filah

*Being true to
myself is one
of the greatest
gifts I can give
to those around
me.
Courage to
Change*

I believe that the purpose of mature spirituality is to cultivate in us the ability to accept the present moment, just as it is, including the good and the bad, and to find God in it.
Richard Rohr

The events in our lives happen in a sequence in time, but in their significance to ourselves they find their own order.
Eudora Welty

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.

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.

Jung Center of Buffalo to host The Rev. Dr. Matthew Fox: "Navigating the Dark Night of Soul, Society, and Our Species: Lessons and Archetypes from Mystics Hildegard de Bingen, Mechtilde of Magdeburg, Hafiz, and John of the Cross," on **Friday, May 23 @7pm** via Zoom. In this presentation, Dr. Fox likens the current world crisis to a "dark night of the soul," a phrase attributed to St. John of the Cross. The question before us is, "How do we navigate this dark night, how do we find meaning in this challenging time facing our nation and world, spiritually, psychologically, politically, economically, and environmentally?" Dr. Fox looks for the source of guidance in the wisdom of the mystics from the major world faith traditions. You may reserve your spot on Zoom at info.jungcenterbuffalo@gmail.com. A suggested donation of \$10 would be gratefully accepted on our website at jungbuffalo.org. More details can be found at <https://www.jungbuffalo.org/events/save-the-date-zoom-watch-with-the-rev-dr-matthew-fox>

Pride Paraders Wanted!

Sunday, June 1, meet at Buffalo State College @10am. Shirts can be ordered by **May 25**, \$TBD. Decorating the float for a wedding theme on **Thursday, May 29**. Artificial flowers will be needed. Please contact Christian at 716-830-4365 or christian.eshelman@yahoo.com

Lyanda Lynn Haupt Visits Trinity!

On Wednesday, **June 4 @7pm**, join the WNY Land Conservancy in welcoming renowned naturalist and author Lyanda Lynn Haupt who will share insights from her book *Rooted: Life at the Crossroads of Science, Nature, and Spirit*—a thoughtful reflection on living in harmony with creation. Through lyrical and grounded prose, Haupt invites us to rediscover our connection with the earth, offering a vision of "rootedness" that speaks to both spirit and stewardship. For more information, click here: <https://www.wnylc.org/haupt>

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

Explore Buffalo - May 29 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.

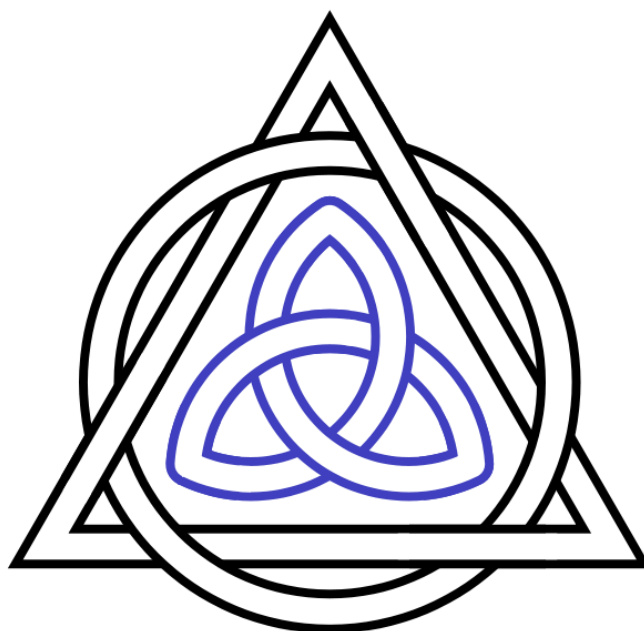
Visiting Trinity

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:



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



12-Steps@7

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