

12 Steps@Trinity



Choose Positive Energy

March 13, 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

It's so easy to look around and notice what's wrong. It takes practice to see what's right.

Many of us have lived around negativity for years. We've become skilled at labeling what's wrong with other people, our life, our work, our day, our relationships, ourselves, our conduct, our recovery.

We want to be realistic, and our goal is to identify and accept reality. However, this is often not our intent when we practice negativity. The purpose of negativity is usually annihilation.

Negative thinking empowers the problem. It takes us out of harmony. Negative energy sabotages and destroys. It has a powerful life of its own.

So does positive energy. Each day, we can ask what's right, what's good – about other people, our life, our work, our day, our relationships, ourselves, our conduct, our recovery.

Positive energy heals, conducts love, and transforms. Choose positive energy.

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.

Melody Beattie

*To have reason to get up in the morning, it is necessary to possess a guiding principle, a belief of some kind.
In God's Care*

Second Reading

We might all have friends who stir up bubbles of joy within us. We love being in their presence. A gloomy day doesn't darken their mood, as it might ours, and we wonder where their joy comes from. The answer is simple. Somehow, they have discovered that they have some choice as to their mood, and in most situations, they decide to experience joy. We can choose the same for ourselves.

In God's Care

Our feelings, actions, and attitudes are within our personal realm of control. To pretend that only people and circumstances are what make us happy or angry is denying what God has given each of us: the power to make choices about who we are every moment.

To feel joy is often a decision no more difficult than to feel sorrow. Choosing to see our blessings, even in the wake of turmoil, will bring us joy. And then we, too, can encourage joy in others.

*If we do not
change our
direction, we are
likely to end up
where we are
headed.
Chinese proverb*

Hear the Spirit as it speaks to us.
Amen.

First Prayer

Let us pray together.

Welcome, welcome, welcome.

**I welcome everything that comes to me today
because I know it's for my healing.**

**I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.**

I let go of my desire for power and control.

**I let go of my desire for affection, esteem,
approval and pleasure.**

I let go of my desire for survival and security.

**I let go of my desire to change any situation,
condition, person or myself.**

**I open to the love and presence of God and
God's action within. Amen.**

*by Mary
Mrozowski
(popularized by
Thomas Keating)*

Third Reading

There is something to be said for Norman Vincent Peale's outlook on life. Our mind is a powerful instrument, and God has given us the freedom to use it in any way we wish. An optimistic outlook can actually change things for the better. A pessimistic outlook can do just the opposite. The kind of world we see is up to us.

In God's Care

In this program, we are urged to live One Day at a Time. Using this slogan can get us through difficulties. And a positive attitude can bring us even fewer difficulties. Maybe God is trying to tell us something. We soon learn that giving someone else

a hand gets our mind off our own woes and helps to banish despair. Before long, we're living on the upbeat without even realizing it – and then positive thinking comes naturally to us.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

**Praise be to you, O Lord,
who spins shining stars across the wondrous heavens
and stretches out the seas,
who lifts the dawn into place
and sets boundaries for night.
who awes the earth with storms
and gentles it with green,
who gives everything a season
and breathes life and love into the dust of me.
Praise be to you.**

**Praise in all things,
for all things:
the soft slant of sunlight,
the sweat of battle,
a song in the wilderness,
the evening breeze,
the deep breath,
the tended wound,
mercy, quietness, a friend;
for the miracles of the daily,
the mysteries of the eternal.
Praise be to you.**

**Praise from all creatures,
laughers and list-makers,
wonders and worriers,
poets and plodders and prophets,
the wrinkled, the newborn,
the whale, and the worm,
from all, and from me.**

**Praise, praise be to you
for amazing grace. Amen.**

—Ted Loder

*If we practice
finding beauty
today, we'll
find twice as
much beauty
tomorrow. If
we work on
forgiveness
today, tomorrow
we may be free
of resentments.
If we choose to
relate rather
than isolate, we
can walk with
friends through
all the years that
stretch before
us.
Days of Healing
Days of Joy*

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.

*Though no one
can go back and
make a brand-new
start, anyone can
start from now
and make a brand
new end.
As We
Understood...*

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"

March 14 @7pm "The Statler Downtown Room"

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 2025

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:

- **March 19: St. Paul's Cathedral: Lament!**
- March 26: St. Mark's & All Saints: Imagination!
- 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!

Hamlin Park School Monthly Community Event

Each event has a theme and is open to all. They are always looking for volunteers. The times and dates are:

Saturday Academy 10am-1pm: March 8, April 5, May 3

Thursday Evening 4:30-6pm: April 3

Trinity members would be welcome to any of these. For more information, you can contact the Say Yes To Education coordinator Nikki Cocerezl at ncocerezl@sayyesbuffalo.org or (716)388-1572.

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.

You can also donate by scanning this QR code:



Tickets



Helpers



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

Susie Green, susie432@gmail.com

Patti Nisbet, tudorspace@aol.com

Marie Keane, MNMKKeane@gmail.com

Sara Merritt, smerrit172@gmail.com

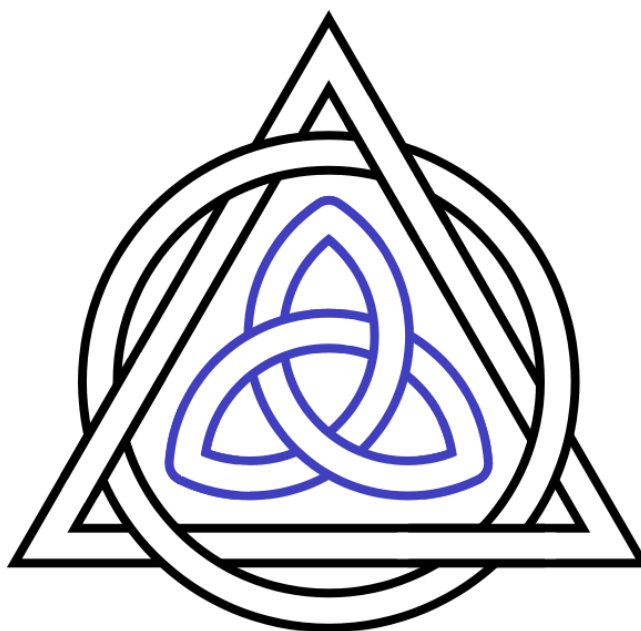
Explore Buffalo

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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