

12 Steps@Trinity



Good Orderly Direction

February 20, 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

There is a specific design for our life, one that mingles comfortably at times with God's plans for friends who are traveling our same path. Most of us, however, have to struggle to keep our ego in harmony with God's plan. We frequently get self-centered and then feel confusion about what the plan is. The doors that close and the conflicts with others that surface are indications that we've gotten off course. And, at those moments, life is no longer a pleasure.

We all want to feel peaceful and we want to experience pleasure. And we can! We simply must open ourselves to God's constant messages about the direction that is right for us to take and the steps we're to make. We'll find true pleasure from living when we've adjusted our desires accordingly.

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.

In God's Care

I will find my purpose and direction today by asking for God's will for me.

—In God's Care

Second Reading

Our inspiration to do small kindnesses for friends, our desire to express love for those persons dear in our life, our inclination to offer a smile to a stranger – all are reminders that God is working in our life. Our willingness to let God’s will be felt by us and then expressed through us is the most complete contribution each of us can make to this spirit-filled world that is our home.

In God’s Care

However, none of us is yet free from our ego that, at times, pushes us to act in self-centered, mean-spirited ways. When we aren’t thinking of God first, we often aren’t inclined toward expressing our better selves. Fortunately, our program helps us remember God throughout the day and, in turn, God gives us opportunities to exercise our willingness to be kind rather than mean and show we’re thinking of other’s needs before our own.

With God’s help each of us will share in making this a better world for all. Hear the Spirit as it speaks to us.

Amen.

First Prayer

*Attributed to
St. Francis*

Let us pray together.

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

Third Reading

In God’s Care

Too often we forget or fail to appreciate how tightly woven our life is with the lives of others. Whether self-centered or loving, no action is without its repercussions. Each of us is a very small but significant part of the whole of creation. This realization both thrills and mystifies us.

We can feel only wonder and awe when we contemplate the reality that every person, situation, and experience have value and meaning. We all contribute to life’s drama and we can be proud, yet humble, when we remember how mutually necessary our roles are to each other’s destiny.

Hear the Spirit as it speaks to us.

Amen.

Musical Interlude

*When we can
harmonize our
personal desires
with God’s larger
plan for us... we
find true pleasure.*

*—Dorothy
Pierson*

Fourth Reading

How much easier it is to face the conflicts in our job and relationships when we remember that we're here, now, for a purpose – by design. We don't need to understand the purpose or know the outcome of a situation that's causing us anxiety. To feel relief from our worries, we need only remember that outcomes belong with life's ultimate designer – God. We are responsible for our efforts.

In God's Care

Many of us must consciously remind ourselves that there is a designer in charge and a design to how life unfolds. We can grasp this with our mind, but we also need to know in our heart that we are part of this unfolding. Trust in this can be developed through practicing prayer and meditation. In time, as we understand God's will for us more deeply, we'll face each new day certain that it has been carefully designed and that we have a special part to play in it.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

May I be happy.

May I be peaceful.

May I be free.

May my friends be happy.

May my friends be peaceful.

May my friends be free.

May my enemies be happy.

May my enemies be free.

May my enemies be peaceful.

May all beings be happy.

May all beings be peaceful.

May all beings be free. Amen.

— *Buddhist
Prayer*

*All the good that
has ever been or
will ever be has
its beginnings in
God.*

— *Daily Word,
July 11, 1998*

Fifth Reading

The mysteries of life unravel like threads, moment by moment, every day of our life. Each thread offers us knowledge and opportunity that our Higher Power knows we're ready to handle. During our life we'll experience at least a few dramatic changes at specific and meaningful junctures. These changes can deepen our understanding of our purpose.

In God's Care

It's pretty difficult to continue clinging to old ideas in the face of contrary new information. We may fight a change, even a small one, because our ego is invested in how it was. But within our Twelve Step fellowship, we're surrounded by people

who exemplify the rewards of change. These men and women are grabbing the threads of new knowledge and special opportunities and weaving coats of many colors that will comfort them in the days ahead.

Hear the Spirit as it speaks to us.

Amen.

Third Prayer

Let us pray.

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.

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

— *Thomas
Merton*

*No way exists
in the present
to accurately
determine the
future effect of
the least of our
actions.*

— *Gerald
Jampolsky*

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.

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](#), or send a check to:

Trinity Episcopal Church
371 Delaware Avenue
Buffalo, NY 14202

Thank you for your participation and contribution. Peace.

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

—Judith Guest

You can also get
there by scanning
this
QR code:





12-Steps@7

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