

12 Steps@Trinity



Facing Doubt

October 23, 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

Sometimes, the way is not clear.

Our minds get clouded, confused. We aren't certain what our next step should be, what it will look like, what direction we are headed. That is the time to stop, ask for guidance, and rest. That is the time to let go of fear. Wait. Feel the confusion and chaos, then let it go. The path will show itself. The next step shall be revealed. We don't have to know now. We will know in time. Trust that. Let go and trust.

Hear the Spirit as it speaks to us.

Amen.

Musical Interlude

We are here and it is now. Further than that all human knowledge is moonshine.

H.L. Mencken

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.

The Language of Letting Go

We must be willing to get rid of the life we've planned, so as to have the life that is waiting for us. Joseph Campbell

Second Reading

Every single day scientists disprove something that was once an unquestioned fact.

Today's fact is tomorrow's fable. Today's cure is tomorrow's malpractice suit. We live in an ever-changing world where nothing stays the same - with one exception.

In God's Care

Throughout the centuries, people have undergone spiritual transformations that were mysteriously alike. Isaiah, Buddha, Socrates, Mohammed, Roger Bacon, Spinoza, Balzac, and Walt Whitman are among those whose transformations we can read about. The descriptions told by countless others of us who have experienced spiritual transformations we can read about. The descriptions told by countless others of us who have experienced spiritual transformations are also strikingly similar. Across the centuries, God's loving impact on human consciousness has remained steady.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

O God of unchangeable power and eternal light:

Look favorably on your whole Creation,

that wonderful and sacred mystery;

by the effectual working of your providence,

carry out in tranquility the plan of salvation;

let the whole world see and know

that things which were cast down are being raised up,

and things which had grown old are being made new,

and that all things are being brought to their fullness

through him in whom all things were made,

Jesus Christ who lives and reigns with you

in the unity of the Holy Spirit, one God,

for ever and ever. Amen.

Book of Common
Prayer, adapted

*You don't get
to choose how
you're going to
die. Or when.*

*You can only
decide how
you're going to
live. Now.*

Joan Baez

Life is what happens to us while we're making other plans.

William Gaddis

Third Reading

People who say their faith is unshakable are apt to be fudging. Few of us, even the most devout, have gone unquestioning through all life's tribulations. Some of us, in fact, find our faith in God wavering even in good times.

In God's Care

Erich Fromm calls doubt "the fertile condition of all progress," and Malcolm Muggeridge goes so far as to call it. "an integral part of coming to have faith." How could there be faith without doubt, or doubt without faith? They are different sides of the same coin, both part of being human.

So we need never feel ashamed of our doubts. They mean we are still searching. This searching, to Blaise Pascal, is synonymous to finding: "You would not be looking for Me if you did not possess Me."

Hear the Spirit as it speaks to us.
Amen.

Fourth Reading

Don't stop living your life!
So often when a problem occurs, inside or around us, we revert to thinking that if we put our life on hold we can positively contribute to the solution. If a relationship isn't working, if we face a difficult decision, if we're feeling depressed, we may put life on hold and torment ourselves with obsessive thoughts.

Abandoning our life or routines contributes to the problem and delays us from finding the solution. Frequently the solution comes when we let go enough to live our life, return to our routine, and stop obsessing about the problem.

The Language
of Letting

You don't have to give up your power to problems. You can take your focus off your problem and direct it to your life, trusting that doing so will bring you closer to a solution.

Even if we don't feel like we have let go or can let go we can "act as if" we have, and that will help bring about the letting go we desire.

Hear the Spirit as it speaks to us.
Amen.

Second Prayer

Let us pray together.

**You are with us in our prayer, our love and our doubt,
in our longing to feel your presence and do your will.**

You are the still clear voice within us.

**Therefore, O God, when doubt troubles us,
when anxiety makes us tremble, when pain clouds the mind,
we look inward for the answer to our prayers.**

*When
action grows
unprofitable,
gather
information;
when
information
grows
unprofitable,
sleep.
Ursula K. Guin*

*It's a funny thing
about life. If you
refuse to settle for
anything less than
the best, that's
what it will
give you.
W. Somerset
Maugham*

**There may we find you,
and there find courage, insight and endurance.
And let our worship bring us closer to one another,
that all of us, and all who seek you,
may find new strength for your service. 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.

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.

October Clutter Clean-up

Please join the Clutter Clean-up team on **October 26** from **11:45am to 1:15pm**.

We'll work in the undercroft/basement. Lunch and childcare will be provided, so please let us know if you're attending by signing up [here](#) or with Colleen O'Neill at coneill@trinitybuffalo.org.

Krista Seddon Trinity Jazz Concert Blue Note Series Fall 2025

October 24 "Kind of Blue"

November 21 "Mood Indigo"

Performances start @7:00. Tickets are \$30, available at Trinitybuffalo.org or use the QR code.

Volunteers needed for reception and ticket table. Email Tim at t.w.lane@outlook.com or use the volunteer QR code to signup. Volunteers receive a complimentary ticket plus one for a friend.

From Rock to Bach and Back

Not your run-of-the-mill organ concert. Come hear Paul Cena play amazing arrangements featuring artists from contrasting eras and genres from Baroque to rock'n'roll on **Friday, November 7 @7:00pm** in the main sanctuary. To purchase tickets [click here](#).

Two volunteers are needed to help with the reception which will follow the performance. You can sign up by [clicking here](#). Free will donations to Trinity greatly appreciated!

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, MNMKeane@gmail.com

Sara Merritt, smerrit172@gmail.com

Parking at Trinity's Franklin Street Lot

Trinity has a parking lot behind the church off Franklin Street. Parking is available for no fee during each of the weekly services (Sundays 10am-1pm and 6-9pm, Wednesdays 11:30am-1:30pm, and Thursdays 6-9pm) 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.

You can also donate by scanning this QR code:



PURCHASE TICKETS

HELPER SIGNUP



Explore Buffalo - October 23 is the next scheduled date

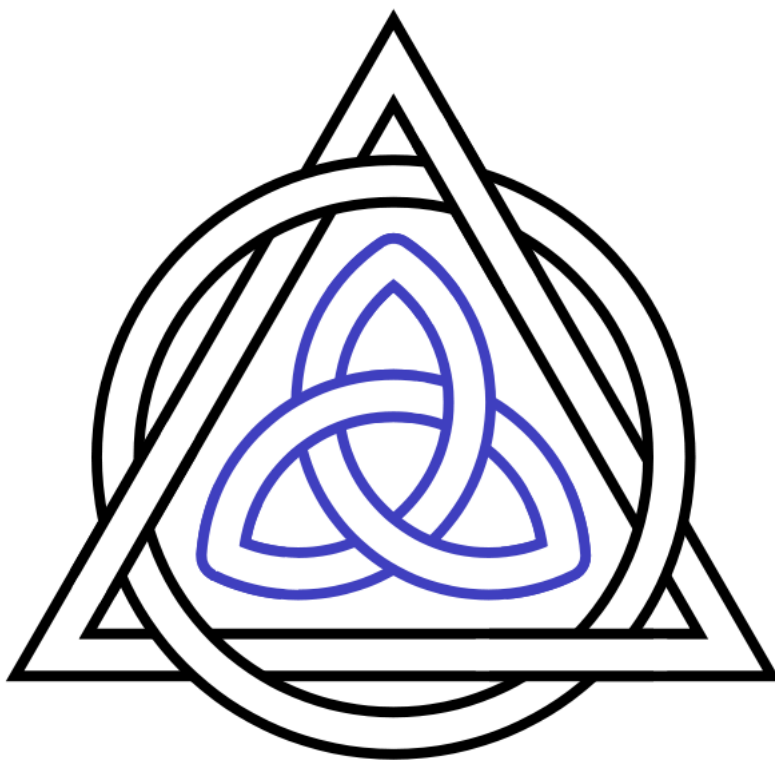
Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo leads tours of Trinity's windows as part of its Sacred Spaces series. Check the website listed below or scan the QR code for the schedule. You can help 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/>

**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**

Trinity Episcopal Church • 371 Delaware Avenue • Buffalo, New York 14202
The Rev. Matthew Lincoln • mlincoln@trinitybuffalo.org
www.TrinityBuffalo.org • (716) 852-8314