

# 12 Steps@Trinity



Become Who You Are

July 25, 2024

## **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

**O**ver others we are powerless. Over who we are this moment, and who we are intent on becoming, we have vast power. We can take this power in hand and form ourselves as persons short on character defects and long on positive assets. Or we can sit idle, feeling sorry for ourselves, waiting for someone else to change us or for the circumstances of our life to change.

God has given us free will to mold ourselves. This program has given us the tools to become the people we'd like to be. The rest is up to us. Our mind is formed largely by what we put into it. Our actions are ours to own. No one can act for us, and we no longer need to behave in ways that conflict with our best interests and values. Our character is never wholly forced upon us. We can be, to a large extent, who we intend to be. It's our responsibility, through our Higher Power, to determine our intentions.

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 Gods Care

*Others will mostly treat you the way you treat yourself.  
Mohamed  
Moussa*

## Second Reading

**W**e set the rules as to how others see us and how we choose to be treated. Our self-image is what we project to others, and it is that image they respond to.

Just as the way we treat others is basically the way we treat ourselves, the way we see others and interpret their actions and words is the way we see ourselves. If we are judgmental with others we are likely to be just as hard on ourselves, and vice versa.

Growing up in a dysfunctional family can be likened to a forge, where white-hot metal is fashioned into an object for a specific purpose. All too often adult children have been “forged” to see themselves as flawed, imperfect, powerless people who have little say about what happens to them in life.

This self-image invites a like response from others. As we learn to be different, we come to see ourselves as different, and others will respond to our proud, emerging new self.

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

*I now see that  
I am largely  
responsible for  
my effect on  
others. I am  
learning to teach  
people how I  
would like to be  
treated.*



## Third Reading

In recovery we're learning a new behavior. It's called Be Who You Are.

For some of us this can be frightening. What would happen if we felt what we felt, said what we wanted, became firm about our beliefs, and valued what we needed? What would happen if we let go of our camouflage of adaptation? What would happen if we owned our power to be ourselves.

Would people still like us? Would they go away? Would they become angry?

There comes a time when we become willing and ready to take that risk. To continue growing, and living with ourselves, we realize we must liberate ourselves. It becomes time to stop allowing ourselves to be so controlled by others and their expectations and be true to ourselves – regardless of the reaction of others.

Before long, we begin to understand. Some people may go away, but the relationship would have ended anyway. Some people stay and love and respect us more for taking the risk of being who we are. We begin to achieve intimacy, and relationships that work.

We discover that who we are has always been good enough. It is who we were intended to be.

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!*

*Melody Beattie*

*Today my words  
and actions will  
reflect who I  
really want to be.*

**In God's Care**

*— 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*

## **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.**

*I pray today for  
vigorous honesty  
and the ability  
to see that the  
answer is within  
me, not in the  
circumstances  
around me.*  
**Days of Healing  
Days of Joy**

# 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.

## Trinity Treasures Rummage Sale on Saturday, September 7

Trinity is having a rummage sale on Saturday, Sept. 7 from 10am to 2pm in the chapel. Make this event a success by donating your gently-used treasures. No clothing, shoes or furniture please. You can drop off items at church on Sunday mornings 10am - noon, Tuesday and Thursdays 4pm-6pm. Please take your donations to the glass atrium in the courtyard and someone will be there to accept them. Items will be collected until Sunday August 31. For questions about donations and to volunteer for this sale, please contact Erickson ([ehc@buffalo.edu](mailto:ehc@buffalo.edu)) or Missy ([missy.stolfi@gmail.com](mailto:missy.stolfi@gmail.com)).

## 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](mailto:phoebemckay@gmail.com)

Marie Keane, [MNMKKeane@gmail.com](mailto:MNMKKeane@gmail.com)

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Sara Merritt, [smerrit172@gmail.com](mailto:smerrit172@gmail.com)

Patti Nisbet, [tudorspace@aol.com](mailto:tudorspace@aol.com)

## Slow Down Yoga

**Tuesdays @noon** slow down, tune in, and take care with a gentle, mindful yoga class for any level of skill. Led by Heather Henry Rawlins, LMHC, RYT200, this Hatha yoga-based practice cultivates calm awareness, stability, and flexibility. Calm your nervous system and feel grounded in order to feel vividly present and full of ease. To sign up, click [here](#) or email Heather at [hhenryrawlins@gmail.com](mailto:hhenryrawlins@gmail.com)

## Parking at Trinity's Franklin Street Lot

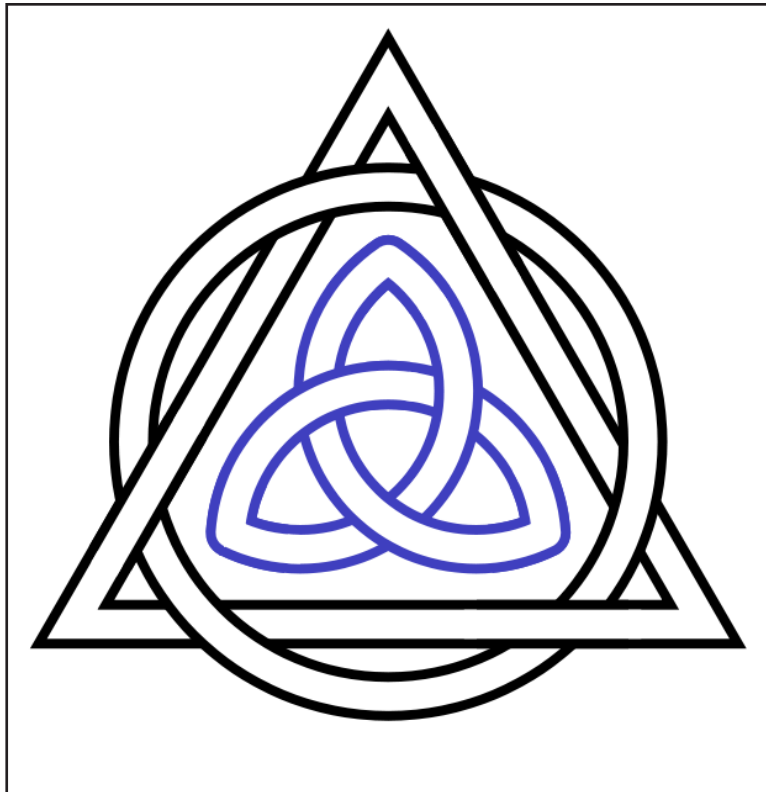
When you come to a church service or other Trinity event, you can park in Trinity's Franklin Street lot without paying; the parking fees will not be enforced. You can use the lot any other time you are in the neighborhood, too, so that Trinity gets the parking fee! Use your smartphone to pay.

You can also donate by scanning this QR code:



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





## **12-Steps@7**

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