

12 Steps@Trinity



In Order to Grow
January 2, 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

If we are not busy being born – growing, coming of age, standing up and standing out – then we are busy dying. For that’s what happens when we consciously refuse to grow. We shrink back into the shadows until we finally lose touch with life.

It’s our fear of the shadows that makes our inner journey so scary and so necessary. Until we dare to face the powerful forces there – the hidden feelings of worthlessness, jealousy, fear of loneliness – we can’t gain the self-respect and confidence we need to leave the shadows behind us forever.

Though we may be as frightened as if we were making a planetary voyage, the discovery that our inner universe is magnificent can be made only by pushing on through the shadows.

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

*You don't
have to suffer
continual chaos
in order to grow.
John C. Lilly*

Second Reading

The moral inventory called for in the Fourth Step is more like a practical accounting than it is a listing of criminal accusations. The point of taking the Fourth Step is to assess the facts about ourselves and how we have lived our lives. It is to pin down the truth about who we are, so we can make better judgments about who we might become.

When we take the Fourth Step, we are looking for recurring patterns of thought and behavior. In searching for the story behind our story, we try to uncover the sources of chronic trouble within ourselves. Many times, these attitudes and actions are well concealed under layers of rationalization and denial. It isn't easy to be fearless. But it's worth it.

The Fourth Step shines the light of truth through the clouds of inappropriate guilt and undeserved shame. Our willingness to face the negative also reveals our true merits, essential goodness, and numerous options — perhaps for the first time.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Eternal God,
lead me now
out of the familiar setting
of my doubts and fears,
beyond my pride and my
need to be secure into a
strange and graceful ease
with my true proportions
and with yours;
that in boundless silence
I may grow
strong enough to endure
And flexible enough to
share your grace. Amen.**

— *Ted Loder*

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

Third Reading

I grew up with guilt and blame, amidst harsh criticism and constant fear. Even now, after years of recovery, when past mistakes come to mind I tend to react with guilt, exaggerating the significance of my errors and thinking very badly of myself.

Through studying the Twelve Steps I'm learning to see myself more realistically. Sure, I have wrestled with alcoholism and taken a fall or two. I've made plenty of mistakes that had nothing to do with alcoholism. But I'm not evil. It's time I stop treating myself as if I were.

There was a time when the only power I felt I had was the power to mess things up. Today, because I am learning to believe in myself and my ability to make a positive contribution to my own life, I am free to look at my mistakes without blowing them out of proportion. I can learn to stop repeating those errors, and I can make amends for the harm I have done.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

**Lord, grant me your peace,
for I have made peace
with what does not give peace
and I am afraid.**

**Drive me deep, now,
to face myself so I may see
that what I truly need to fear is
my capacity to deceive
and willingness to be deceived,
my loving of things
and using of people,
my struggle for power
and shrinking of soul,
my addiction to comfort
and sedation of conscience,
my readiness to criticize
and reluctance to create,
my clamor for privilege
and silence at injustice,
my seeking for security
and forsaking the kingdom.**

Courage to
Change

— Ted Loder

*The longest
journey is the
journey inwards
of him who
has chosen his
destiny, who has
started his quest.
Dag
Hammerskjold*

It may feel like an enormous risk but talking honestly about the situation is the key to healing.
... In All Our Affairs

**Lord, grant me your peace.
Instill in me such fear of you
as will begin to make me wise,
and such quiet courage
as will enable me to begin to make
hope visible,
forgiving delightful,
loving contagious,
faith liberating,
peace-making joyful
and myself open and present
to other people
and your kingdom. 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

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

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.

“Adoration of the Magi” candlelight celebration @7pm, TOMORROW

An age-old celebration of Epiphany marking the arrival of the Magi at the birth of the Christ Child will be offered by the Jung Center of Buffalo from 7-9 pm, Friday, January 3 in Christ Chapel. The event is free and open to the public; members of Trinity are encouraged to participate with offerings of poetry or stories on an epiphany theme. Please contact the Jung Center at Lavoie888@gmail.com to participate – read a poem, tell a story or offer comments about the adoration of the Magi.

The lovely candlelight Epiphany celebration will feature music by Sedanta, an Irish trio, and storytelling about the Magi and the “Fourth Wiseman” by Franklin LaVoie, president of the Jung Center. Additional poetry readings and musical solos will be included. “This holiday event will be a great way to gather and celebrate as a community this time of joy and hope,” LaVoie said, adding, “It is a community party to celebrate the spirit of the Magi who journeyed to see the Christ Child.” Holiday food will be served.

Coldest Night of the Year

It’s Year 4 of the Coldest Night of the Year Walk in Buffalo, supporting our friends at Compass House! This year’s walk will take place on **Saturday, February 22**, kicking off at the Parkside Lodge. This all-ages fundraising walk raises funds and awareness for the mission of Compass House, supporting homeless and runaway youth and young adults in the Buffalo area.

Visit cnoy.com/buffalo and search Team Trinity to join us at Delaware Park or to support with a donation to Compass House! Email Missy Stolfi at missy.stolfi@gmail.com with any questions.

Volunteer Opportunities With One of our Partners

Creative Restorations is seeking dedicated volunteers to assist with the operation of our food pantry, which serves those in need in our community. We 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!

You can also donate
by scanning this
QR code:



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: February 1, March 8, April 5, May 3

Thursday Evening 4:30-6pm: January 30, 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 ncocerez@sayyesbuffalo.org or (716)388-1572.

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

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.



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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