

12 Steps@Trinity



Our Easter Story

April 4, 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.**

Serenity is not about the end of pain. It is about my ability to flourish peacefully no matter what life brings my way.

First Reading

I read somewhere that the things that are urgent are rarely important, and the things that are important are rarely urgent. I can get so caught up in the nagging, trivial matters of day-to-day life that I forget to make time for more important pursuits. The recovery slogan that I find most helpful in getting my priorities in order is "First Things First."

Today maintaining my serenity is my first priority. My connection with my Higher Power is the source of my serenity, so maintaining that connection is my "first thing."

If I imagine I am in a dark room and that my Higher Power is my only source of light, then my best hope for navigating around the furniture will be to bring that source of light with me as I move through the room. Otherwise, I may get through the room, but my passage is sure to be slow, confusing, and possibly painful.

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.

Hope for Today

Courage to Change

Serenity is not a matter of chance; it is a matter of choice.
Hope for Today

The Promise
of a New Day

Second Reading

Things and events have their own order. It is human to want to impose order from the outside — our order; but often our attempt to put things in order resembles the old man who tried to push the river. It never went any faster, and if he stopped pushing, it got there just the same.

Some people seem to have a knack for order. It could be that they have learned to let things take their own shape. If order is natural, then maybe disorder is what we create with our human fussing. It could be, too, that disorder is in the eye of the beholder — especially if the beholder is a perfectionist.

Serenity is the ability to appreciate natural order.

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*

*Today I'll try to
be light on my
feet and get out
of my own way.*
The Promise of
a New Day

Third Reading

The serenity I am offered in working my recovery program is not an escape from life. Rather, it is the power to find peacefulness within life.

Working the Twelve Steps does not promise me freedom from pain, sorrow, or difficult situations. It does, however, give me the opportunity to learn from others how to develop the necessary skills for maintaining peace of mind, even when life seems most unbearable. The program helps me learn how to request, accept, and use the strength and wisdom of my Higher Power. My Higher Power, working through my fellow members, helps me maintain my sanity and sense of self-worth.

Hope for Today

My recovery program also gives me the opportunity to live a serene life free from the burden of responsibility for other's decisions. It teaches me that I can make choices to redirect my life toward personal growth and satisfaction. It increases my confidence, which comes from trusting that the Higher Power of my understanding will sustain me and guide me through life's ups and downs.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**You, from whom we come
And to whom we go,
Unchanging love,
You give us time for change and growth.
In this time of great change in my life,
please, give me courage to change and grow
and cheerfulness amidst growing-pain.
Let me take ever deeper roots in love
Make me faithful without clinging
And let me remain faithful in letting go.
Into your hands I lay my life
And the lives of all whom I love.
Amen.**

— Br. David
Steindl-Rast

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 sometimes 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.

*Let us spend
one day as
deliberately as
Nature, and not
be thrown off the
track by every
nutshell and
mosquito's wing
that falls on the
rails.*

*Henry David
Thoreau*

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.**

*If there is
anywhere on earth
a lover of God who
is always kept safe,
I know nothing of
it, for it was not
shown to me. But
this was shown:
that in falling and
rising again we
are always kept in
that same
precious love.
Julian of Norwich*

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.

The Lord's Prayer

**Our Father, who art in heaven,
hallowed be thy Name,
thy kingdom come, thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom, and the power, and the glory,
for ever and ever. Amen.**

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.

First Sunday Brunch

THIS SUNDAY following the 10:30 service, join Trinity friends for brunch at Mexican restaurant Taqueria Ranchos Dos. Located at 445 Delaware Ave (between Edward and Virginia Streets), the restaurant is north 1½ blocks walking distance from the church.

Diocesan Leaders Honored in “Say Their Names: Honor Their Legacies” Exhibit

The Rev. Lillian Davis-Wilson and Justice Rose Sconiers are both featured in a new exhibit at The Buffalo History Museum titled, “Say Their Names: Honor Their Legacies,” which shares the stories, wisdom and insights of Buffalo’s Black community elders. The exhibit is on display **through April 14**.

Trinity Discussion Group: Israel and Gaza from Multiple Perspectives

The situation of Israel and Gaza is a very complicated issue that has been in the news over recent months. Over four Wednesdays **starting April 17**, we explore the land of Palestine’s historical, religious, and cultural connections from both a Muslim and Jewish perspective.

Join Tim Lane and Jeffrey Tooke on Wednesdays at 7pm using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672

Passcode: trintalk

For more information, send an email to Jeffrey Tooke at jeffreytooke@outlook.com.

Facet & Forge 2024 Coming Saturday, April 27, 5-9pm

Join us to celebrate the architectural details from an entirely new perspective. Our community of artisans transform space – you’ll never look at the structures around you the same way again!

Embark on an exploration of stained glass creation at Facet & Forge 2024. This event is the perfect way to spend an evening immersed in the artistry and craftsmanship inherent in architectural glass art, mosaics, and other heritage building trades. With live demonstrations, explore Trinity campus as it can rarely be seen: from the perspective of the skilled artisans and tradespeople who built and continue to maintain our city’s fantastic buildings. [Learn more.](#)

Volunteers Needed for Facet & Forge

We are looking for volunteers to help sell merchandise for Trinity at the Facet and Forge event on April 27. The event goes from 5pm to 9pm with setup @4:30pm.

Contact Tim Lane t.w.lane@outlook.com with questions or to sign up for a timeslot.

Hamlin Park School Fundraiser

Hamlin Park School has reached out to Trinity for some help. They need gift baskets for their Saturday Academy on May 5. We hope to donate four or five baskets for a child or an adult. The baskets need not be elaborate and must be at Trinity by **April 28**. If you would like to help but are unable to make a basket, we would gladly take a cash donation and make a gift basket for you. There is a collection bin in the red carpet area. For more information, contact Sue Doherty: susandoherty50@hotmail.com or Catherine Lincoln: ccarrlincoln@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/>

You can also donate by scanning this QR code:



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

Slow Down Yoga

Tuesdays @noon we learn and practice slowing down, tuning in, and taking care with a gentle, mindful yoga class for any level of skill. Facilitated by Heather Henry Rawlins, LMHC, RYT200, this Hatha yoga-based practice moves with care to cultivate calm awareness, stability, and flexibility as well as practices for calming the nervous system and feeling grounded in the body—a good practice for interrupting the accumulations of stress in mind and body and feeling vividly present and full of ease. To sign up, click [here](#) or email Heather at 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.



Friends of Night People

We are looking for volunteers to help out at Friends of Night People which provides food, clothing, medical care, counseling and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45 until 7. For more information, please speak to Emily Carlin or email: emily.g.carlin@gmail.com.



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

12-Steps@7

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