

12 Steps@Trinity



We Need God

April 11, 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.

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.

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 our approach to God rested on how much brain power we could summon, a lot of us would be in trouble. We can't think our way to God. We have to *feel* our way there. We have to need God so much, love God so much (or love the idea of God so much) that we just find ourselves in communion with God. It's our feelings that bring us there.

Our reaching out to God usually comes as a last resort. It's the result of finally realizing that everything else we've tried has failed to bring us peace of mind. It doesn't say much for our good sense that we have a tendency to approach God only when we're desperate, but then it isn't intellectual power that brings us to our knees. Let's face it, we need God, not in our head, but in our gut.

Hear the Spirit as it speaks to us.

Amen.

Musical Interlude

In God's Care

Second Reading

As we travel the road to recovery, our Higher Power is always with us. This is the energy that travels with us from where we are to where we are going, from what is to what can be, from good to better, better to best.

God is much more a verb than a noun. Verbs are action words. They name energy, movement, action. Nouns are solid and static, they don't move. God is more a force than a monument. To think of God as a verb is to discover a meaningful dimension of that relationship. "Up there" or "in here" doesn't by any means tell the whole story of what goes on between us and our Higher Power.

Our lives are always in process, moving, changing. To begin to see our Higher Power in that way is to recognize the Power behind our power and the Thought behind our thoughts. God is the juice, the energy, that moves us from death to life. We don't travel alone.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

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

Third Reading

“There's no such thing as a free lunch" is certainly true of most things. If we want flowers, we have to dig. If we yearn for the prize, we have to win it. We get nothing that we don't earn and pay for — except the one thing which is most important — God's friendship and love.

Only God alone, as each of us understands Him to be, comes freely to anyone with an open heart. The least socially acceptable person in this world is acceptable to God. The divine gift is always there for the asking.

Why do we wear ourselves out rushing after meaningless trinkets and pats on the head when all the while, just outside the door of decision, are the power and the love that make all things possible and precious?

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**LORD, you have searched me out and known me;
you know my sitting down and my rising up;
you discern my thoughts from afar.
You trace my journeys and my resting-places
and are acquainted with all my ways.
Indeed, there is not a word on my lips,
but you, O LORD, know it altogether.
If I say, "Surely the darkness will cover me,
and the light around me turn to night,"
Darkness is not dark to you;
the night is as bright as the day;
darkness and light to you are both alike.
For you yourself created my inmost parts;
you knit me together in my mother's womb.
I will thank you because I am marvelously made;
your works are wonderful, and I know it well. Amen.**

Psalm 139:1-3,
10-13

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!

*I don't have
to use my
intelligence to
get to God. I
only have to
want God in
my life.*

In God's Care

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.**

“What do you think of God,” the teacher asked. After a pause, the young pupil replied, “He’s not a think, he’s a feel.”
Paul Frost

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.

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, MNMKKeane@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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