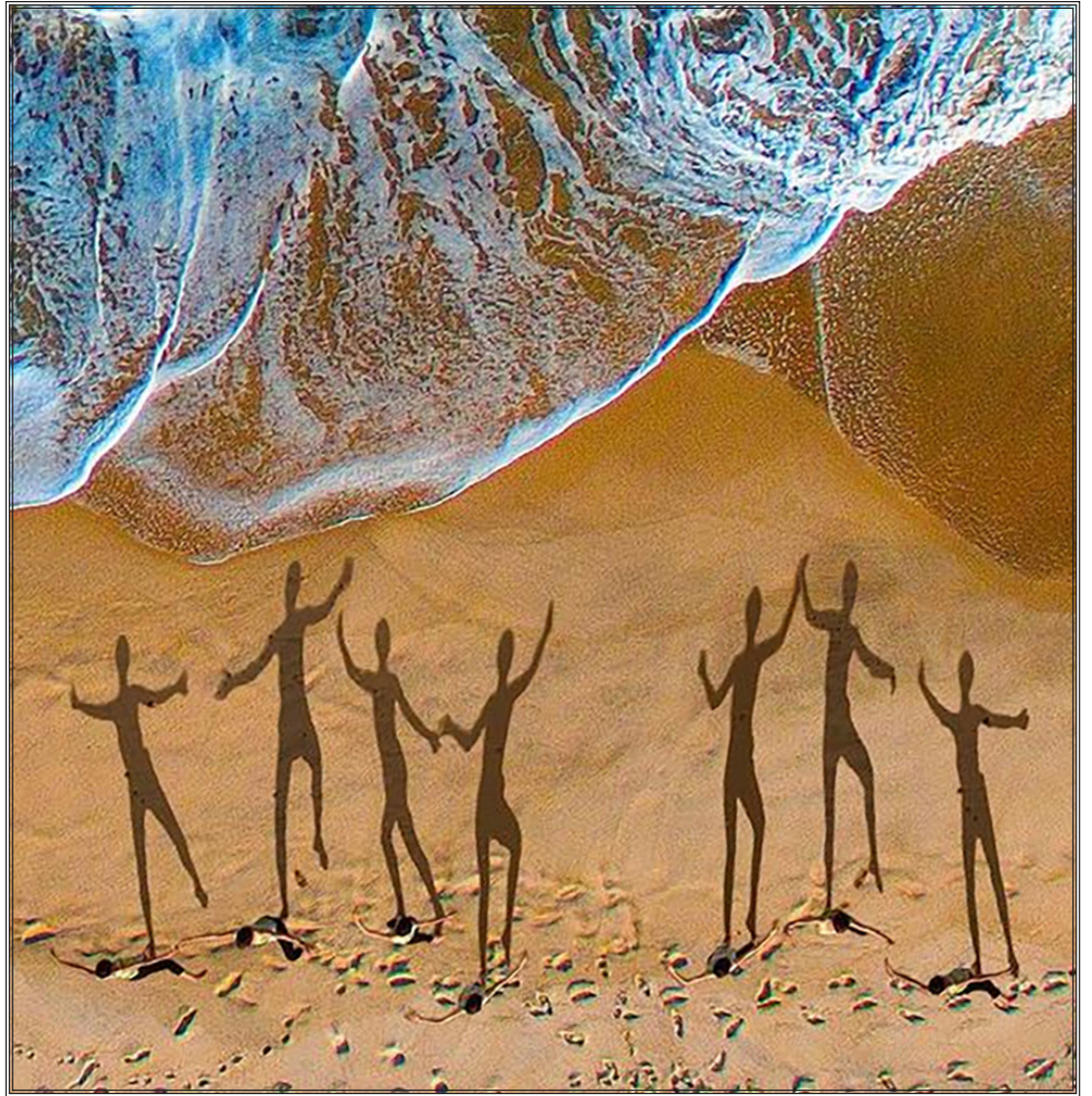


12 Steps@Trinity



Human Transformation

April 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

How fortunate are those among us who have the ability to turn things around – to transform liabilities into assets. Life deals them lemons: they make lemonade, lemon pie, candied lemon peel. They seem to be able to assess the needs of the moment accurately and turn them to advantage.

We are all different. Success in life probably has more to do with expressing our uniqueness fully than with suppressing it and trying to resemble everybody else. Who is “everybody else,” anyway?

We cannot respond authentically to the moment if we are concealing the truth. The truth for us involves our own unique package of qualities, our own experience and energy, our own way of looking at things. Freedom, for us, depends on the choices only we can make.

Human beings share many characteristics. One of the most important is difference. Today I will cherish these differences as one of the bonds that joins me to others.

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.

The Promise
of a New Day

*Life is no
argument. The
conditions of life
might include
error.
Friedrich
Nietzsche*

Second Reading

Without its tail, the kite would fly off in the lightest breeze. The tail serves as a rudder, to steady the kite and allow it to be directed. Every force needs a counterforce to channel it effectively.

Ancient philosophers looked on the body as ballast for the mind. Without our physical anchor, they thought, our desires, our imaginations, our ideas would run away with us and the world would go to wrack and ruin.

Our minds and our bodies are not two different things. They are made of the same stuff. They make up one being. We can never say where one leaves off and the other begins, nor can we say that one weighs down the other.

We can say, though, that we contain within ourselves all sorts of contradictions, checks, and counter forces. This makes life interesting. Looked at positively, it means that we can understand any human possibility because we contain them all.

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

*Contradictions
only bother me
before I can see
them as parts of
a larger whole.*
The Promise of
a New Day

Third Reading

If we let go of all conventions of life as we know it – the laws, religions, customs, and other institutions – we could train our imagination to build new ones, perhaps based on different values of work and wealth and play.

What is our image of an ideal society? Perhaps it is one in which there is no money. Or one where all work is done by computers and people are free to play. Perhaps our model is military or tribal.

How would we define crime or punishment in our Utopia? What would be the criteria for success or failure? Would we redefine the family as we know it? How would we reward our heroes? Whatever our ideal society is, it is likely to express our most deeply held values.

Hear the Spirit as it speaks to us.
Amen.

Second Prayer

Let us pray.

**Lord, make me a channel of disturbance.
Where there is apathy, let me provoke;
Where there is compliance, let me bring questioning;
Where there is silence, may I be a voice.
Where there is too much comfort and too little action, grant disruption;
Where there are doors closed and hearts locked,
Grant the willingness to listen.
When laws dictate and pain is overlooked...
When tradition speaks louder than need...
Grant that I may seek rather to do justice than to talk about it;
Disturb us, O Lord:
To be with, as well as for, the alienated;
To love the unlovable as well as the lovely;
Lord, make me a channel of disturbance. Amen.**

Musical Interlude

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.

The Promise
of a New Day

—“*St. Francis
Reverse Prayer*”
Source unknown

*Because I am
the source of
the questions, I
really do know
all the answers.
The Promise of
a New Day*

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.

*To find out
what I hold
most precious, I
will try to imagine
giving it up.*
The Promise of a
New Day

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 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. On **Wednesdays** through May 8, 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 - This 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

Explore, create, and reconsider at Facet & Forge this month. This fundraiser supports the artistic stained glass treasures of Trinity Church, and SGAA requests our help. If you are available to volunteer

Saturday, April 27, please sign up at: <https://www.signupgenius.com/go/10C0E4AACAD2FA7F8C34-48783913-facet#/>

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/>

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

You can also donate by scanning this QR code:



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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