

12 Steps@Trinity



Positive Mental Energy

August 31, 2023

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

Our inner dialogue can have awesome power. It often determines the behavior that defines who we are. We do, of course, have some choices as to the direction this inner dialogue will take. It's as easy to affirm our self-worth with positive messages as it is to tear ourselves down with negative ones. And yet, many of us fall so easily into negative patterns of thought.

As with so many aspects of our life, we become proficient at what we regularly practice. The regular, preferably daily use of positive affirmations can make such a profound contribution to our well-being and willingness to grow and learn, that it can change the course of our life. All we have to do is develop the discipline to make these positive messages habitual. In so doing we bring our vision of ourselves in line with God's, who accepts us completely as we are.

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 God's Care

*One comes, finally, to believe whatever one repeats to one's self, whether the statement is true or false.
Napoleon Hill*

Second Reading

One of our choices in recovery is choosing what we want to think – using our mental energy positively.

Positive mental energy, positive thinking, does not mean we think unrealistically or revert to denial. If we don't like something, we respect our own opinion. If we spot a problem, we're honest about it. If something isn't working out, we accept reality. But we don't dwell on the negative parts or our experience.

Whatever we give energy to, we empower.

There is magic in empowering the good, because whatever we empower grows bigger. One way to empower the good is through affirmations: simple positive statements we make to ourselves: *I love myself...I'm good enough...My life is good...I'm glad I'm alive today...What I want and need is coming to me...I can...*

Our choice in recovery is not whether to use affirmations. We've been affirming thoughts and beliefs since we were old enough to speak. The choice in recovery is *what we want to affirm*.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Let there be love and understanding among us.

Let peace and friendship be our shelter from life's storms.

O God, help us to walk with good companions,

to live with hope in our hearts and eternity in our thoughts,

that we may lie down in peace and rise up waiting to do Your will. Amen.

Third Reading

In past years, when we thought of our future, most of us could never have imagined our life as it is now. With our mind clouded by our addictions, our dreams were either too small or too grandiose and unrealistic.

Though we are now mostly free from obsessive thinking, we may still dream too small and think of a future limited by our specific requirements: "I must have this promotion." "My life is meaningful only if this relationship succeeds."

We can learn to open ourselves to and savor the mystery of how our life is unfolding. God's plan that brought us safely here includes the possibility of an even more fulfilling life. We don't need to know what we'll be doing five years or even three days from now. We're in God's loving care now, as in the past, and we can trust we'll be just where we need to be in the future.

Hear the Spirit as it speaks to us.

Amen.

—Melody Beattie

—Chaim Stern,
Mishkan T'Filah

In God's Care

Second Prayer

Let us pray.

**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*

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.

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.

*To improve the golden moment of opportunity, and catch the good that is within our reach, is the great art of life.
Samuel Johnson*

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 core task
of all good
spirituality is
to teach us to
“cooperate”
with what God
already wants
to do and has
already begun to
do through us.
(Romans 8:28)
Richard Rohr*

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.**

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.

You can also
donate by
scanning this QR
code:



First Sunday Brunch

Sunday, September 3, 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. Street parking on Delaware. No reservations required! Just come. Or even better, invite someone to join you. We'll gather in the back dining room to enjoy traditional Mexican dishes in a colorful, welcoming space in the good company of one another. Hasta la vista!

Wine Tasting, Lunch, and Shaw Festival

... add the Trinity Community, and it's a recipe for a great day.

Saturday, September 16. Meet at the church at 9:00am and travel to Southbrook vineyards for organic wine tasting and delicious pizza lunch (11am-1pm.) Then head to the Shaw Festival at 2:00 to watch the matinee of *The Amen Corner*. We are hoping to arrange a talk with the director after the performance, but those details are not confirmed yet. The estimated total is \$100. The exact cost will depend on the number attending. Please indicate your interest on the sign up by clicking [here](#) or scan the QR code.



Trinity Discussion Group: When We Get Angry at God

Do you ever get mad at God? Anger at God can produce several emotions and can affect our relationships with people and with God. On Wednesdays starting **September 20** with Tim Lane and Jeffrey Tooke, we will watch a short video and discuss the anger we can feel with God and how it can have a transforming effect on our lives.

You are invited to join Tim and Jeff on **Wednesdays @7pm** using the zoom link below:

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

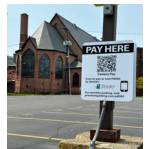
Meeting ID: 816-6863-4672

Passcode: trintalk

If you have questions, please email Jeffrey Tooke at jeffreytooke@outlook.com for more information.

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 during Trinity events. But you can use the lot any other time you are in the neighborhood, too! Park in your church's lot any time you would have to pay for parking in the neighborhood 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/>



Trinity Spaces for Rent

Our church has work spaces available for rent at 371 Delaware Ave. We hope to rent to groups or individuals that share our vision of community betterment. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group. If you know someone that would be a good fit, please share this QR code which links to a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>.



Comfort and Care Team

Please let the Comfort and Care Team members (listed below) know how we can be of help and support to you or someone you know who may be experiencing health or other life challenges. You may email anyone of us as we share with each other the information concerning the needs of those that reach out. Support may be offered in many ways such as a caring phone call, notes, information on resources, and a friendly visit. We can also assist with arranging needed meals. Our prayers are always offered. Sincerely, the Comfort and Care Team.

Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com;
Susie Green, susie432@gmail.com; Patti Nisbet, tudorspace@aol.com; Marie Keane, MNMKKeane@gmail.com;
Sara Merritt, smerrit172@gmail.com; Victoria Kearns, kearns.vr@gmail.com

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.

Donations to welcome asylum seekers to Buffalo

Justice for Migrant Families is collecting supplies to welcome asylum seekers to Buffalo. We are currently in need of:

socks (adult, all sizes), underwear (adult, all sizes), shorts (adult, all sizes), children's toiletries, children's summer clothing and fun supplies, grocery cards (Wegmans, Tops, Walmart, etc.)

If you would like to donate supplies, please contact Jennifer@jmfwny.org or EmilyRose@Jmfwny.org to coordinate. You can also drop off supplies at Burning Books, 420 Connecticut St, Buffalo 14213, Monday-Sunday 11am-7pm. Thank you for your ongoing support!

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



12-Steps@7

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