

# 12 Steps@Trinity



Step Three

May 25, 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

**W**e thought we were self-sufficient, that we needed no help to run our life, but this got us into trouble. We discovered that willpower was useless in extricating ourselves from our addictions. We realized we weren't quite as strong and independent as we had imagined. It was in surrendering to that truth and asking for help that we began to recover.

Many of us would just as soon leave it at that. *Addiction is one thing, daily living is another*, we think. But in thinking that, we limit our growth. We need help in all areas of living. And when we admit our weakness, we get help. Saying to God, "I don't know what to do," is the quickest way to learn.

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

*Today I am powerless over people, places, and things. My growth depends on remembering that.*

In God's Care

## Second Reading

**F**lowing with whatever comes to us in life eases us through each day's demands. When we resist change and the unfamiliar, we imprison ourselves and hide from God's invitations to grow. Only when we willingly experience God's lessons with trust and faith, and see them as blessings, are we able to wholeheartedly join in the stream of life.

In God's Care

With God in our life, what we once regarded as coincidence becomes the order of the day. Every situation and encounter weaves threads in the tapestry of our life, as we in turn are threads in the tapestry of others' lives.

The pattern unfolds every day that we live trusting that each moment is meant to bless us, educate us, and invite us to contribute our unique and necessary talents. God is here, now, guiding us. We need only to peacefully follow.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**God, I offer myself to thee—  
to build with me and to do with me as thou wilt.**

**Relieve me of the bondage of self,  
that I may better do Thy will.**

**Take away my difficulties, that victory over them  
may bear witness to those I would help  
of Thy Power, Thy Love, and Thy Way of life.**

**May I do Thy will always. Amen.**

*Third Step Prayer*

*Growth begins  
when we start to  
accept our own  
weakness.  
Jean Vanier*

## Third Reading

**W**e know, intellectually at least, that if we turn our life and our will over to God, we have nothing to fear. Though we may do Step Three on a daily basis, some situations still surprise us.

Some days we may need to remind ourselves moment by moment that God is in charge. And that's okay. Just because our ego forgets about God and tries to fix problems doesn't mean we're failures. It only means it's time to pause, remind ourselves of who is in charge, and quiet our mind. God can then reach us with the right message about what to do next.

In God's Care

Let's be assured that we will become less fearful in the months and years ahead. In fact, we are already more relaxed, confident, and serene than we were before finding our recovery program. We now trust the promise that "...God is doing for us what we could not do for ourselves."

Hear the Spirit as it speaks to us.

**Amen.**

## Second Prayer

*Let us pray.*

**O God, turn your Spirit loose now,  
and me with it,  
that I may go to where the edge is  
to face with you the shape of my mortality:  
the inescapable struggle and loneliness and pain  
which remind me  
that I am less than god after all,  
that you have made me with hard limits,  
limits to my strength,  
my knowledge,  
my days.  
Facing those limits, Lord,  
grant me grace  
to live to the limit  
of being unflinchingly alive,  
irrepressibly alive,  
fully alive,  
of experiencing every  
fragile, miraculous, bloody, juicy, aching, beautiful ounce  
of being a human being;  
of doing my duty and a little more;  
of loving the people around me, my friends and my enemies;  
of humbling myself to take others seriously and delightedly;  
of applying my heart to the wisdom of simplicity,  
the freedom of honesty. 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*

## 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.*

## 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.**

*With them I  
gladly shared my  
all and learned  
the great truth  
that where God  
guides, God  
provides.  
Frank N.D.  
Buchman*

### 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.**

*Surrender means  
saying, "Okay,  
God, I'll do  
whatever You  
want." Faith in  
the God of our  
recovery means  
we trust that  
eventually we'll  
like doing that.  
Days of Healing  
Days of Joy*



## 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.

## Discussion Group: Eyewitness Bible - Acts

On **Wednesday evenings @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on the book of Acts using *Eyewitness Bible*. Each week we watch short videos that help us explore the people and events during the first three decades of the early church. Join Tim and Jeff on **Wednesday@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 about the group, email Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com).

## All Hands Wanted for Spring Clean Up - Saturday, June 3, 9am to noon

Trinity was recently awarded a Lunenfeld Beautification Grant to be used for the courtyard. The grant is administered by Gardens Buffalo Niagara whose office is located here at 371 Delaware Ave. Gardens Buffalo Niagara is responsible for the ginormous and ever-growing (pun intended) annual Garden Walk.

If you're a gardener, you know that before you get to the fun part of planting, there is the clean up after the winter that must happen first. And of course, after the planting comes the maintenance.

If you can help get the courtyard prepared for the summer, please come! Bring your own weeding tools if you can. Any questions, email Teresa Maciocha,, [tmaciocha@aol.com](mailto:tmaciocha@aol.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

Please let the Comfort and Care Team (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. Phoebe McKay, [phoebemckay@gmail.com](mailto:phoebemckay@gmail.com); Judy Atkinson-Miller, [jatk1812@gmail.com](mailto:jatk1812@gmail.com); Susie Green, [susie432@gmail.com](mailto:susie432@gmail.com); Patti Nisbet, [tudorspace@aol.com](mailto:tudorspace@aol.com); Marie Keane, [MNMKeane@gmail.com](mailto:MNMKeane@gmail.com); Sara Merritt, [smerrit172@gmail.com](mailto:smerrit172@gmail.com); Vickie Kearns, [kearns.vr@gmail.com](mailto:kearns.vr@gmail.com)



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

## Remember Nina's Kitchen?

Maybe you've forgotten or are new to Trinity, but we have a well-designed and useful kitchen right upstairs off the Marfield Room. Let's pull out the cutting boards and work bowls, and fire up the soup pot! It's time to roll with Sunday lunch/ brunch and whatever ideas we imagine for gathering at the table(s.) If you are curious and want to join a "kitchen crew," please contact Judy Atkinson Miller at [jatk1812@gmail.com](mailto:jatk1812@gmail.com).

You can also donate by scanning this QR code:



### **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 4:45-7. For more information, please speak to Emily Carlin or email: [emily.g.carlin@gmail.com](mailto:emily.g.carlin@gmail.com).

### **12-Steps@7**

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