

12 Steps@Trinity



Work It, Build It

February 13, 2025

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

We talk a great deal about working the program; so it is with many of us. We begin with little knowledge and many misconceptions. We go to meetings, learn about addictions, and study Twelve Step literature. But to be able to use this knowledge takes time, patience, and effort. We spend time around people who speak the Twelve Step language, especially those who are making a strong commitment to practicing 12 Step principles in their own lives. We continue to listen, to read, to learn. In this way the wisdom of the program sinks in until it becomes second nature. Then because we are constantly changing, we have opportunities to learn and practice some more.

If I want to become skillful at applying the Twelve Steps to my life, I need to do more than go to an occasional meeting. I must make a commitment and practice, practice, practice.

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.

Courage to Change

If we take care of the inches we will not have to worry about the miles.

—Hartley Coleridge

Second Reading

The elements of a program of recovery are like many small stones tucked around the base of a boulder. By itself, no one stone could hold the boulder in place. But together the stones ensure that the boulder won't tear loose and come rampaging down the hill. The boulder represents all the forces of destruction in our lives – the crippling experiences, the bad habits, the weak spots. The task of stones, which represent meetings, daily reading, prayer, and practice of the Steps, is to keep the boulder from destroying all that has been built.

We pull out stones when we lose interest in prayer, stop sharing, or get “too busy” to go to meetings. Each stone we remove weakens the boulder's foundation until disaster is a matter of when, not if. When the day of the big crash comes, will we be surprised and resentful? Will we remember that we were the ones who removed the stones? Or will we blame it on someone else, bad luck, or God?

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

— Ted Loder

**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**

*We are what we
repeatedly do.
Excellence, then
is not act, but a
habit.
—Aristotle*

Third Reading

Although God is all-powerful, we are not forced to love God. Love attracts; it doesn't compel or promote, just as our Twelve Step program, based on love, attracts rather than promotes. The Steps are suggested, never required. We are free to pick and choose; we can take from our program what we find useful and discard the rest.

In God's Care

Most of the veterans of our program, however, take it all because the program works best in its entirety. Rather than discarding parts of the program, we discard those things that block us from God's love. It is our own behavior that can keep us from enjoying spiritual gifts. We are free to be just as close to – or as far from – God as we wish.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**Thank you God for inviting us into the stillness of your heart,
the place of peace at the center of the universe.**

Thank you for meeting us there and showing us the way of serenity.

Remind us gently, and with humor,

that when we choose to put our trust in you,

the reason we have the wisdom and the will to choose you

is that you first chose us.

Amen.

—MRL

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!

*It may feel like
an enormous
risk, but talking
honestly about the
situation is the
key to healing.*

—In All Our
Affairs

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.**

*To have reason
to get up in the
morning, it is
necessary to
possess a guiding
principle, a belief
of some kind.*

—In God's Care

Prayers for Eddy Lock

We thank you, O God, for all the goodness and courage which have passed from the life of your servant Eddy into the lives of others, and have left the world richer for his presence: for a life's task faithfully and honorably discharged; for good humor and gracious affection and kindly generosity; for sadness met without surrender, and weakness endured without defeat; through Jesus Christ our Lord. **Amen.**

We seem to give him back to you, dear God, who gave him to us. Yet, as you did not lose him in giving, so we have not lost him by his return. Not as the world gives, do you give, O Lover of souls! What you give, you do not take away. For what is yours is our always, if we are yours. And life is eternal; and love is immortal; and death is only a horizon; and a horizon is nothing but the limit of our sight. Lift us up, O God, that we may see further; cleanse our eyes that we may see more clearly; draw us closer to yourself, that we may know ourselves nearer to our beloved who are with you. And while your Son prepares a place for us, prepare us for that happy place, that, where they are and you are, we too may be; through the same Jesus Christ our Lord. **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.

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.

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