

12 Steps@Trinity



Turn Over Doubt

June 15, 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

Turn it over is a phrase we hear a lot in a Twelve Step setting. It does not mean abandon or dump. Not does it mean that forever onward we are somehow not responsible for the lives we turn over.

The God that we understand today is not someone else's image of God that was forced on us, perhaps years ago. Today, whatever our understanding, God is more than just a sad reflection of imperfect human authority. The program teaches, and the Third Step states, that the God of our understanding is a caring God. While we've not had the best experience of being well-cared for by those more powerful than ourselves, the Third Step assures us that we can have that experience now.

To turn our lives and wills over to such a God is an act of considered, intelligent judgment and of courageous, confident trust. It is an acknowledgement of the reality that we really can't run the show ourselves.

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.

Days of Healing
Days of Joy

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

In God's Care

Second Reading

Life is a game of skill. Unfortunately, not many of us come by it naturally, so we compensate in one way or another. Some of us go to college, some go to the school of hard knocks. And some of us use chemicals. When asked what finally taught us about life, we sooner or later have to say, "None of the above."

When we give up and admit we lack the skill, that's when we learn. God provides it to anyone willing to say, "Help! I don't know how to do this." When we earnestly want to know how to live life fully, and are willing to give up all our pre-conceived ideas, God shows us how.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**Eternal God,
lead me now
out of the familiar setting
of my doubts and fears,
beyond my pride and my
need to be secure into a
strange and graceful ease
with my true proportions
and with yours;
that in boundless silence
I may grow
strong enough to endure
And flexible enough to
share your grace. Amen.**

— Ted Loder

*Relying on God
has to begin
all over again
everyday as if
nothing had yet
been done.
C.S. Lewis*

Third Reading

To learn more about anything is to become increasingly able to make meaningful observations: "Aha! That's why the teacher said to do it this way!" or "Now I get it! It's this command, not that one, that runs the program!" In large part, to know the difference is to know the right questions.

We can't change the fact of a divorce, for example, but we can deal more creatively with loneliness. If we're short, we can't make ourselves taller, but we can learn to deal with insensitive jokes. If someone has died, we can't make that person live again, but we can do something about the despair we may feel. What's the correct question? Will God reverse what has happened? Or is the question really this: Will God give us the spiritual power to deal with what is?

Days of Healing
Days of Joy

If we have been asking God to spare us pain, perhaps we should try a different question: Will God lead us through our pain to a greater understanding of life?

Hear the Spirit as it speaks to us.
Amen.

Second Prayer

Let us pray.

**Praise be to you, O Lord,
who spins shining stars across the wondrous heavens
and stretches out the seas,
who lifts the dawn into place
and sets boundaries for night.
who awes the earth with storms
and gentles it with green,
who gives everything a season
and breathes life and love into the dust of me.**

**Praise be to you.
Praise in all things,
for all things:
the soft slant of sunlight,
the sweat of battle,
a song in the wilderness,
the evening breeze,
the deep breath,
the tended wound,
mercy, quietness, a friend;
for the miracles of the daily,
the mysteries of the eternal.**

**Praise be to you.
Praise from all creatures,
laughers and list-makers,
wonders and worriers,
poets and plodders and prophets,
the wrinkled, the newborn,
the whale, and the worm,
from all, and from me.
Praise, praise be to you
for amazing grace. Amen.**

Musical Interlude

— Ted Loder

Surrender means saying, “Okay God, I’ll do whatever You want.” Faith in the God of our recovery means that we trust that eventually we’ll like doing that. Courage to Change

*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*

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.**

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.

Men's Breakfast

Trinity men will be gathering for breakfast at the Towne Restaurant on Sunday, June 25 @9am. All are welcome.

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/>

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, MNMKeane@gmail.com; Sara Merritt, smerrit172@gmail.com; Vickie Kearns, kearns.vr@gmail.com

You can also donate by scanning this QR code:



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.

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@jfmfwny.org or EmilyRose@Jfmfwny.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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