

12 Steps@Trinity



In the Care of a Loving God

April 10, 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

A basic truth in our life, about which we need never be concerned, is that we are in the care of a loving God – always. And we can feel and unquestioningly know this presence if we choose to acknowledge it. When we take a moment to reflect on our past good fortunes – that we found this program, that our relationships with others are on the mend, that we harbor deep-seated fear far less often – we can use them to bolster our faith that our Higher Power is here, now, and will remain our constant, caring companion.

For some of us, faith in a greater Power comes easily. But many of us begin to have faith only through Acting As If. By quieting our mind, visualizing a loving presence, and breathing in the warmth and comfort, we can find the peace that is God. Through “practicing the presence,” we’ll strengthen our faith and ensure our peacefulness.

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

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

Second Reading

Our ability to create an image of ourselves – successfully handling a conflict with a friend or stranger; growing in confidence regarding our role as parent, worker, or friend; communicating frequently with our Higher Power – is a tool that can enhance our sense of well-being throughout every moment of the twenty-four hours that lie ahead.

In God's Care

How lucky we are to have the ability to think what we want to think and to visualize situations that will bring us pleasure. God is in control of our contributions toward those outcomes. And one way we contribute most productively is by thinking positively and imagining ourselves fulfilled and content through our acts of love toward others.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

O God of peace, you have taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit lift us to your presence, where we may be still and know that you are God. We ask this, trusting that you are already doing more than we can ask or imagine. Amen.

*Adapted from
the Book of
Common Prayer*

Third Reading

When you wonder what is coming, tell yourself the best is coming, the very best life and love have to offer, the best God and His universe have to send. Then open your hands to receive it. Claim it, and it is yours.

*Melody Beattie,
The Language of
Letting Go*

See the best in your mind; envision what it will look like, what it will feel like. Focus, until you can see it clearly. Let your whole being, body and soul, enter into and hold onto the image for a moment.

Then, let it go. Come back into today, the present moment. Do not obsess. Do not become fearful. Become excited. Live today, expressing gratitude for all you have been, all you are, and all you will become.

Hear the Spirit as it speaks to us.

Amen.

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

Second Prayer

Let us pray together.

**Days pass and the years vanish, and we walk sightless among miracles.
God, fill our eyes with seeing and our minds with knowing.
Let there be moments when Your Presence, like lightning, illumines the darkness
in which we walk.
Help us to see, wherever we gaze, that the bush burns unconsumed.
And we, clay touched by God, will reach out for holiness, and exclaim in wonder.
How filled with awe is this place, and we did not know it! Amen.**

*Chaim Stern,
Mishkan T'filah*

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 sometime 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 events in
our lives happen
in a sequence in
time, but in their
significance to
ourselves they
find their own
order.
Eudora Welty*

*Perhaps I am
stronger than
I think.
Thomas Merton*

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.

ANNOUNCEMENTS

You can also
donate by
scanning this
QR code:



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.
to community health. Additionally, I have experience working with individuals with intellectual and/or physical disabilities, negotiating contracts with a labor union, and ensuring a complete count during each census cycle, including the homeless population. In all of these efforts, inclusion and reducing disparities are priorities.

Tickets



Krista Seddon's Trinity Jazz Series

"Four Crown Jewels of Buffalo's Musical Heyday: The Artists, Their Stories, Their Music"

April 11 @7pm "Kleinhans Music Hall"

May 9 @7pm "Shea's Performing Arts Center"

All concerts are held in the Trinity Chapel, 371 Delaware Ave.

[Purchase tickets here](#) or scan the QR code. Tickets also available at the door.

If you'd like to help make this evening a success, please [sign up here](#) to volunteer or scan the QR code. There are various roles needed including tickets sales and reception setup and cleanup.

Helpers



Easter Flower Donations

You can help provide the beauty of flowers for Easter with a special donation. Write a check marked "Easter Flowers" in the memo line or make an online [donation here](#) or scan the QR code below. If you donate by 5pm, Tuesday, April 15, we can include memorials in the Easter worship guide.



Holy Week Services- You are welcome to gather at church in person or online.

Palm Sunday 4/13 10:30am

A celebration of Holy Communion, starting with the blessing of palm fronds and the celebration of Jesus' arrival in Jerusalem, and ending with a reading of the story of Jesus' crucifixion

In person or on Facebook or YouTube

Wednesday 4/16 12pm

A celebration of Holy Communion including the readings for Easter, prayers for each other and the world, and an opportunity to reflect together, in person or on Zoom, as usual

Maundy Thursday 4/17 7pm

A service commemorating Jesus' last supper, in person or on Facebook or YouTube

Thursday 4/17 7pm

12-Step Service Based on the spirituality of the 12 Steps. There will be no Zoom this week.

Good Friday 4/18 Noon

The reading of the passion, solemn prayers for the world, in person or on Facebook or YouTube

Easter Sunday 4/20 10:30am

A full celebration of the hope of new life that overcomes death, in person or on Facebook or YouTube

Sunday 4/20 Trinity @7: NO SERVICE

Sunday 4/27 no childcare services during the 10:30 service.

Partnership with Hamlin School Academy through Say Yes Buffalo

Trinity has a partnership with Hamlin School Academy, grades Pre-K through Grade 8. A Wellness Fair organized by Say Yes Buffalo will be held for families at Hamlin School Academy on Saturday, May 3. Trinity is collecting items for this fair. Taking into consideration the ages of the students, the following is a list of suggested items:

Body wash	Hand wash	Dental hygiene products
Socks and underwear	Deodorant	Household cleaning products
Neosporin	Hand sanitizer	Cleansing wipes
Baby care products	First aid supplies such as Band-aids	

Say Yes Buffalo's mission is to support a more equitable and thriving environment in which all Buffalo students have the opportunity to reach their full potential. A Say Yes representative is located in each school to support the school's mission and to provide special family programs.

If you are shopping, consider purchasing some of these items and bring them to the bin in the red carpet area of the main church or the bin in the chapel by **Sunday April 27**.

Questions? Email Patti Nisbet, tudorspace@aol.com, or Sue Doherty, susandoherty50@hotmail.com.

Parking at Trinity's Franklin Street Lot

Trinity has a parking lot behind the church on Franklin Street. Parking is available for no fee on Sundays from 9am - noon. You can use the lot any other time you are in the neighborhood, too! Park at Trinity any time you would have to pay for parking in the neighborhood. Park in your church's lot instead so that Trinity gets the parking fee! Use your smartphone to pay. You may wish to download the Premium Parking app ahead of time to make it easier to park and go.

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

Marie Keane, MNMKeane@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@gmail.com

Patti Nisbet, tudorspace@aol.com

Explore Buffalo - April 25 is the next scheduled date

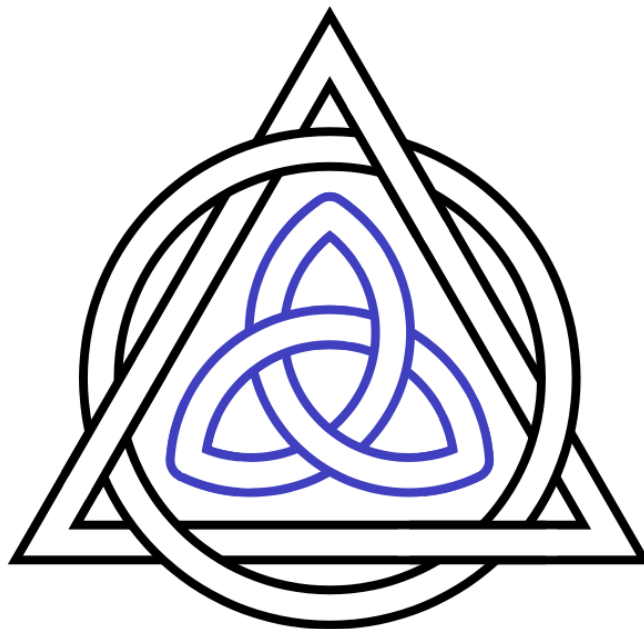
Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo leads tours of Trinity's windows as part of its Sacred Spaces series. Check the website listed below or scan the QR code for the schedule. You can help 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/>

Visiting Trinity

The church is open by appointment for private prayer or meditation. Contact our parish administrator, Colleen O'Neill, at coneill@trinitybuffalo.org to schedule an appointment.

Easter Donations





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



12-Steps@7

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