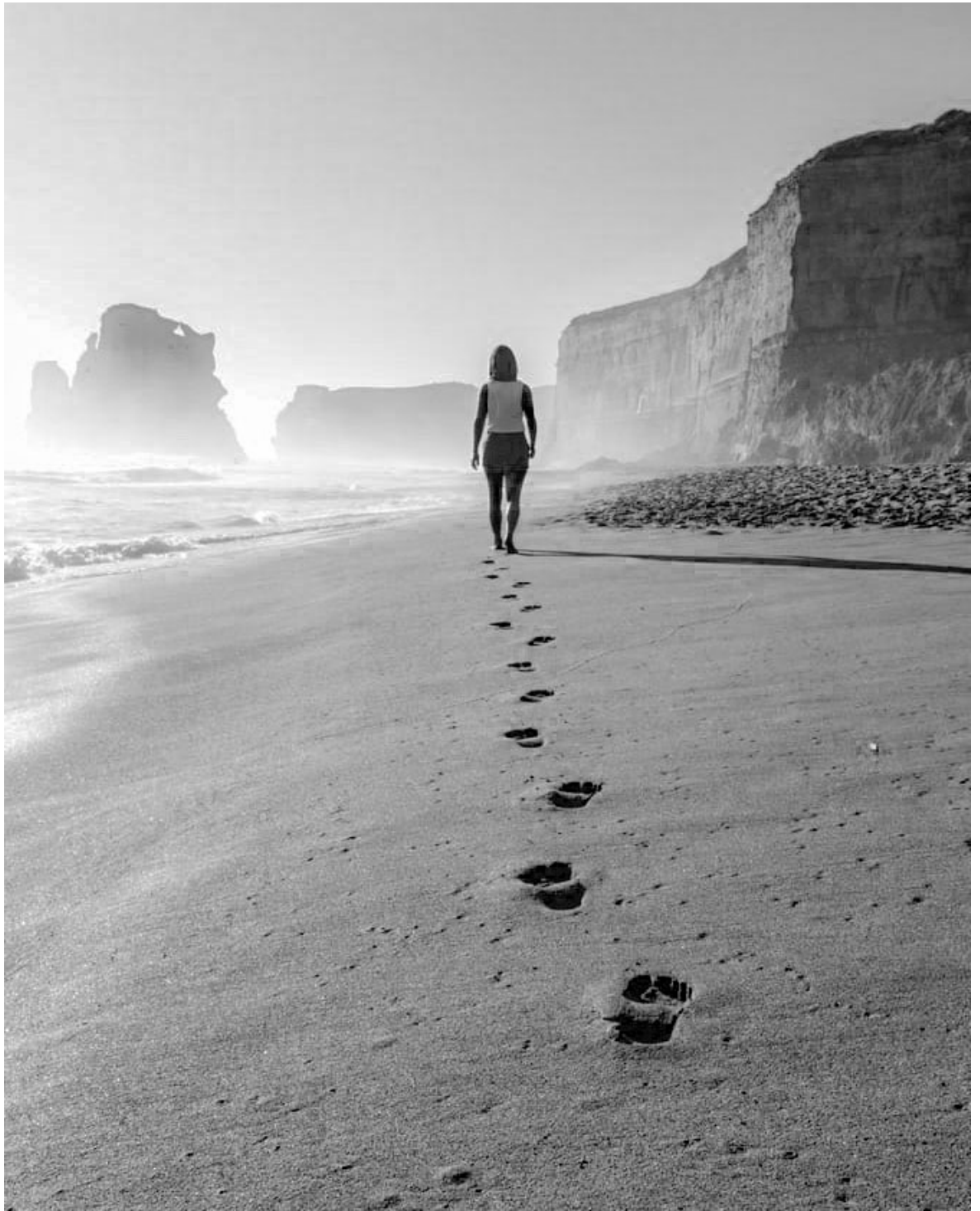


12 Steps@Trinity



The In-Between Place

April 3, 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

Liminal space is an inner state and sometimes an outer situation where we can begin to think and act in new ways. It is where we are betwixt and between, having left one room or stage of life but not yet entered the next. We usually enter liminal space when our former way of being is challenged or changed—perhaps when we lose a job or a loved one, during illness, at the birth of a child, or a major relocation. It is a graced time, but often does not feel “graced” in any way. In such space, we are not certain or in control. This global pandemic we now face is an example of an immense, collective liminal space.

The very vulnerability and openness of liminal space allows room for something genuinely new to happen. We are empty and receptive—erased tablets waiting for new words. Liminal space is where we are most teachable, often because we are most humbled. Liminality keeps us in an ongoing state of shadowboxing instead of ego-confirmation, struggling with the hidden side of things, and calling so-called normalcy into creative question.

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.

Richard Rohr

*I pray today for vigorous honesty and the ability to see that the answer is within me, not in the circumstances around me.
Days of Healing
Days of Joy*

Second Reading

Richard Rohr

It is no surprise then that we generally avoid liminal space. Much of the work of authentic spirituality and human development is to get people into liminal space and to keep them there long enough that they can learn something essential and new. Many spiritual giants like St. Francis, Julian of Norwich, Dorothy Day, and Mohandas Gandhi tried to live their entire lives in permanent liminality, on the edge or periphery of the dominant culture. This in-between place is free of illusions and false payoffs. It invites us to discover and live from broader perspectives and with much deeper seeing.

In liminal space we sometimes need to not-do and not-perform according to our usual successful patterns. We actually need to fail abruptly and deliberately falter to understand other dimensions of life. We need to be silent instead of speaking, experience emptiness instead of fullness, anonymity instead of persona, and pennilessness instead of plenty. In liminal space, we descend and intentionally do not come back out or up immediately. It takes time but this experience can help us reenter the world with freedom and new, creative approaches to life.

I imagine that even if you have never heard the word liminal before, you likely have a sense of what I'm talking about. It would be difficult to exist in this time of global crisis and not feel caught between at least two worlds—the one we knew and the one to come. Our consciousness and that of future generations has been changed. We cannot put the genie back in the bottle.

Hear the Spirit as it speaks to us.

Amen.

Not everything that counted can be counts, and not everything that counts can be counted. The primary cause of unhappiness is never the situation, but your thoughts about it.
Eckhart Tolle

First Prayer

Let us pray together.

Dear God,

In this moment, I let go of all thoughts and concerns.

When I let go, I am able to receive.

When my hands are formed into tight fists,

I cannot open my hands to receive anything.

When I hang onto tight control,

When I close off my heart and my spirit

I cannot receive your blessings for me.

I let go to receive your blessings.

Letting go in this moment,

I receive your loving presence around me and within me.

Help me to let go when I am feeling overwhelmed,

so that I may receive your peace.

Help me to let go when I feel fear

so that in fear's place I may receive love and courage.

I let go of problems and challenges

Jackie Trottmann

in order to receive your guidance and clarity.
I let go and trust you.
I will not fall.
You will catch me.
I let go and trust in the still, small voice inside of me.
Help me not to struggle but to surrender my struggle to you.
I gladly receive this gift of letting go and
letting you lead me and guide me.
Amen.

Third Reading

Let us look at the phenomenon that some have called “falling upward.” The very activity we discern in the planets and evolution seems to be that through loss, crisis, stress, limitation – use whatever word you want – we move into deeper states of consciousness and freedom. I think even physics today would say that actual loss is not real. Nothing totally dies. There is only transformation.

Richard Rohr

The common metaphor is that the liquid world is moving to solid to vapor and eventually back again. Just wait awhile. It looks like death, a loss in each case, but in fact it is a becoming. Now we recognize that spiritual teachers were saying this all along.

Hear the Spirit as it speaks to us.
Amen.

Second Prayer

Let us pray together.

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

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

Do we really need much more than this? To honor the dawn. To visit a garden. To talk to a friend. To contemplate a cloud. To cherish a meal. To bow our heads before the mystery of the day. Are these not enough?

Kent Neburn

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 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

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.

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.

Soup & Discussion Lenten Program Wednesdays @6pm - Final week

Lent is messy, but still worth sharing. All are welcome to travel through Lent together in a program that will be offered by five churches in the Buffalo deanery. Using Kate Bowler's Lenten program *The Hardest Part: Hurt We Carry, Hope We Find*, we will enjoy a light soup dinner before breaking into discussion on the program theme for the week. The location will rotate among the churches on Wednesdays during Lent starting @6pm. A hybrid online connection is available for those who are unable to join us in person.

The soup & in person discussion will rotate among the following churches:

- **April 9: St. Phillips: Love!**

To join by Zoom:

<https://us02web.zoom.us/j/89387046182?pwd=pRYCjR1Ua1VWbiaklZMoJe9poW2Abs.1>

Meeting ID: 8938 7046 182; Pw: Lent

Need a location address? Click here: <https://episcopalpartnership.org/our-congregations/>

For more information contact one of the host parishes.

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](#). 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.

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 word, 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.

You can also donate by scanning this QR code:



Tickets



Helpers



Volunteer Opportunities With One of our Partners

Creative Restorations is seeking dedicated volunteers to assist with the operation of their food pantry, which serves those in need in our community. They are looking for help on **Mondays** from 9-Noon, **Wednesdays** from 12-3pm, and **Fridays** from 3-6pm. If you are interested in lending a hand and making a difference, please reach out to Chris Harzynski at 716-553-4886. Your support would be greatly appreciated!

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.

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



12-Steps@7

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