

12 Steps@Trinity



Speak Up, Reach Out

November 16, 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

Through working on my recovery in Twelve Step meetings I now understand that no one readily knows what is in my mind, heart, and soul. I cannot expect my needs to be met unless I first explain what those needs are. Nor can I expect any one person to meet all those needs, even if I make them clear. If the first person I ask for help is unable to provide it, I can ask someone else. This takes the pressure off all of us.

Before I began my recovery, I expected those closest to me to know what I was feeling without my telling them. When I was angry and wanted to argue, I silently fumed. When I was hurt and wanted comfort, I pouted. When I wanted attention, I talked non-stop. I could not understand why I rarely got the responses I expected! I no longer expect anyone to read my mind. I also accept that I can't read the mind of a loved one. Today I treat people in my life with more respect because I am learning to ask for what I need and to encourage others to do the same.

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

*Even welcome visitors can only enter through a door I have opened.
The Promise of a New Day*

Second Reading

The freedom to speak our minds is a precious gift. Throughout the world, throughout history, it has been and is a rare privilege. The privilege should oblige us in return to broaden and strengthen our minds, so that what we speak is worthy of free people.

The Promise
of a New Day

The obligation is not to be perfect, the search for truth proceeds by trial and error. It is to be generous, forgiving, and honest. A moment's thought before we speak might save us and those around us many petty words.

We cannot choose our feelings. From time to time, we will be swept by feelings that we would not choose. But we can choose our actions. We can always choose to speak or not. Often it is wiser not to speak out of negative feelings. If we remind ourselves that free speech was a hard-won right, we may have more respect for the way we enjoy it.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**We pray for the fragile ecology of the
heart and the mind. The sense of meaning
So finely assembled and balanced
and so easily overturned.**

**The careful, ongoing
construction of LOVE.**

**As painful and exhausting
as the struggle for truth
and as easily abandoned.**

**Hard fought and won
are the shifting sands of this sacred ground,
this ecology.**

**Easy to desecrate and difficult to defend,
this vulnerable joy, this exposed faith,
this precious order.**

This sanity.

We shall be careful.

**With others and
with ourselves.**

Amen!

— *Michael
Leunig*

*“I cannot expect
anyone to help
me unless I am
willing to share
that I need help.”
... In All Our
Affairs*

Third Reading

One of the reasons this program works so well is that we come together to tell a story of healing by sharing our experience, strength, and hope.

We share: We join our stories together to paint a deeper, truer picture of the family disease of alcoholism. When we share our true thoughts and feelings, we let each other know that no one takes the recovery journey alone.

Experience: We each have survived the effects of alcoholism. By sharing what we have lived through ourselves, we provide opportunities for others to identify with our experiences and to dispel their feelings of uniqueness. When we relate how we have applied Twelve Step wisdom to our problems, we give each other concrete ideas to take home and use.

Strength: By allowing others time to tell their stories, we forge a mutual, unified support stronger than any one of us is alone. We learn to let the collective support of the group sustain us.

Hope: At times when we feel the insanity of the disease, we hear those who are saner. Even during our darkest time, there is usually a member whose path is even darker. As we reach out to those members, we rediscover the hope we thought we had lost.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

*—Attributed to
St. Francis*

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!

***Recovery
cannot occur
in isolation.
Together we can
accomplish what
we cannot do
alone.***

***Courage to
Change***

Hope for Today

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.**

*By sharing what
I have to say and
listening to what
others have to say,
I learn how to deal
with some of my
problems.
Living Today in
Alateen*

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.**

PLEASE NOTE: THERE WILL BE NO 12-STEP SERVICE ON THANKSGIVING, THURSDAY, NOV. 23.

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.

Dziękuję!

**Krista Seddon In Concert
November 17 @ 7pm - TOMORROW
Trinity Chapel**

Celebrate the season of thanksgiving with Trinity's resident jazz pianist as she shares the fascinating backstories and incredible music of some of the world's most cherished peacemakers, including Dave Brubeck, Duke Ellington, Frederick Chopin, Sting, the Beatles, and more...

Krista and Trinity are offering this event in celebration of Krista's 20 years of musical collaboration and inspiration at Trinity. Tickets: \$50 Patron, \$30 Supporter

Thanks to Krista's generosity, your entire ticket purchase helps Trinity continue to thrive as a spiritual and artistic landmark in the heart of Buffalo.

Underground Railroad Tour

On **Sunday, November 26**, courtesy of the Episcopal Diocese, Trinity will have the opportunity to tour the Niagara Falls Underground Railroad Heritage Center as a group for free. The tour begins at 1pm with a 12:45pm arrival, and the tour lasts approximately 90 minutes.

Please contact Missy Stolfi (missy.stolfi@gmail.com) or Christian Eshelman (christian.eshelman@yahoo.com) to RSVP. If you'd like to be included in a carpool from Trinity to Niagara Falls, please let them know as well.

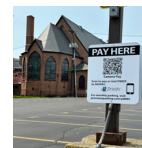
Parking at Trinity's Franklin Street Lot

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/>

You can also donate by scanning this QR code:



Trinity Spaces for Rent

Our church has work spaces available for rent at 371 Delaware Ave. We hope to rent to groups or individuals that share our vision of community betterment. If you know someone that would be a good fit, please share this QR code which links to a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>.



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
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

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.

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



12-Steps@7

Trinity Episcopal Church • 371 Delaware Avenue • Buffalo, New York 14202
The Rev. Matthew Lincoln • mcolin@trinitybuffalo.org
www.TrinityBuffalo.org • (716) 852-8314