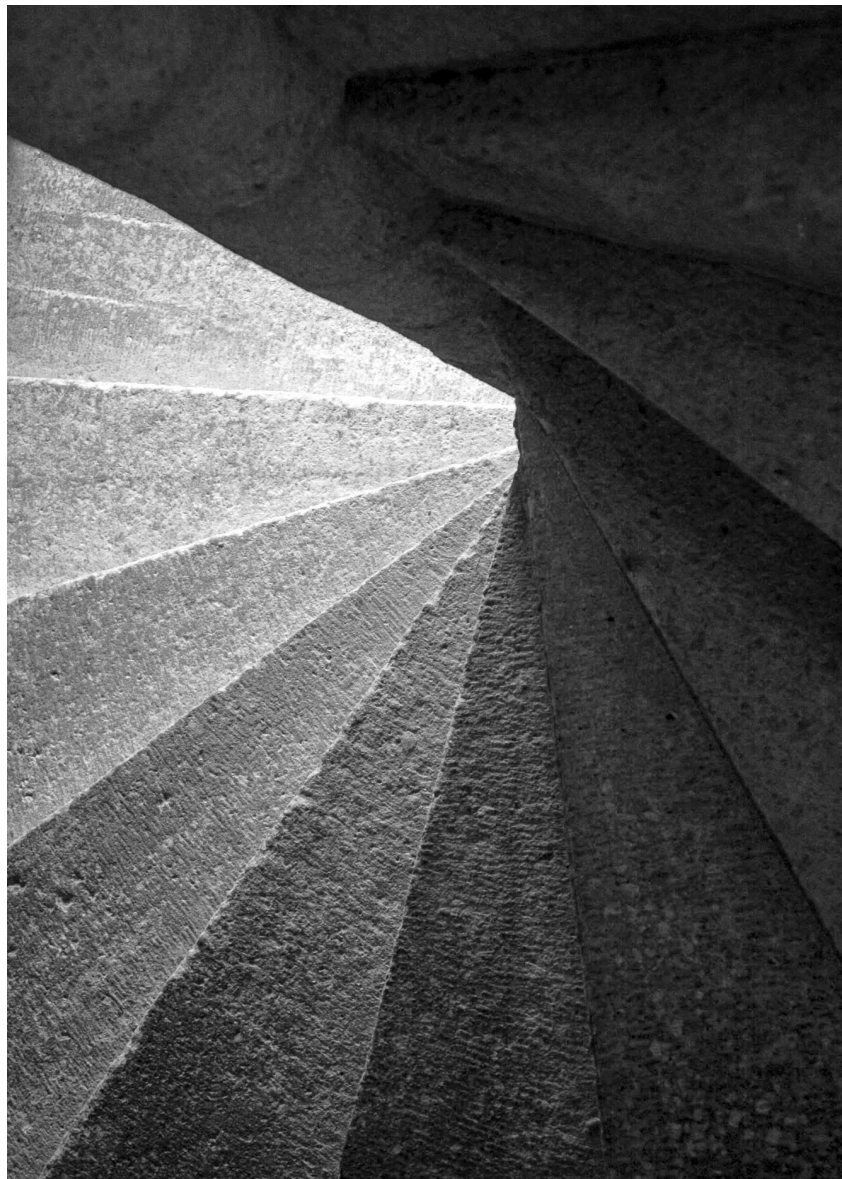


12 Steps@Trinity



Willingness Is Everything

February 6, 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

Most adult children know very well that recovery doesn't happen, nor is there any positive growth, unless we are first of all willing.

Sometimes we get confused over the difference between willing and wanting. We don't have to want, let alone enjoy, doing what needs to be done. Not wanting to do something is altogether different from not being willing to do it. As one recovering woman said, "Everything I ever let go of had claw marks all over it." The bottom line is that she did let go no matter how badly she wanted to hang on: she was willing.

Think of the people in the program we most admire, those whose progress seems so speedy compared to ours. They may very well not enjoy going out to meetings. They may find it uncomfortable to meet with their sponsors or to say kind words when they really want to complain. They may wish they didn't have to make amends to certain people. But druthers aren't the point. The point is that they are willing to do what it takes.

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

*When all is
said and done,
willingness is
everything
Frank D*

Second Reading

The will of God isn't forced on us. There are times, though, when we wish it was. Often, those are the times we have taken our free will and run too far with it. God always gives us as much rope as we wish, and we make the choice to trip ourselves, hang ourselves, or maybe just tie ourselves in knots.

In God's Care

When we sincerely say, "Thy will be done," and let go, amazing things happen. Often problems vanish, animosities soften into friendliness, fear is replaced by confidence, and hatred turns to love. All it takes is making a decision. Turning our will and our life over to something or someone else is beyond the ability of most of us. God settles for willingness, and gladly does the rest for us.

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

*There are two
kinds of people:
those who say to
God, "Thy will be
done" and those
to whom God
says, "All right,
then, have it your
way."
C.S. Lewis.*

Third Reading

Whatever is not focused tends toward emotional diffusion. Many lives, scattered like leaves in the wind, are spent first dealing with one issue, then another, then yet a third. Nothing is focused; nothing is ever finished.

Healthy living demands enough of a central focus that something gets finished once it gets started. Lacking this we often return to fight the same battle once again.

Recovery demands not that we heal every wound immediately, nor that we battle a dozen fronts at once, but that patiently, sanely, we pick one area, start someplace. We can spend a major portion of our lives waiting to discover just the right place to start. It is as if when we find that magical, totally clear issue to begin dealing with, then everything will fall into place and recovery will become easy.

Once we start, any place, we find that all issues are connected, and a bright window in any area of the house brightens the whole.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

**O God of beginnings,
as your Spirit moved
over the face of the deep
on the first day of creation,
move with me now
in my time of beginnings,
when the air is rain-washed,
the bloom is on the bush,
and the world seems fresh
and full of possibilities,
and I feel ready and full.
I tremble on the edge of a maybe,
a first time,
a new thing,
a tentative start,
and the wonder of it lays its finger on my lips.
In silence, Lord,
I share now my eagerness
and my uneasiness
about this something different
I would be or do;
and I listen for your leading
to help me separate the light
from the darkness
in the change I seek to shape
and which is shaping me.
Amen.**

Days of Healing
Days of Joy

— *Tel Loder*

*Today, I ask God
to help me deepen
my willingness
to grow and to
see the difference
between what I
want and what I
will.*

Days of Healing
Days of Joy

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!

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:

*...All I need
to do is make
a plan without
anticipating the
outcome.*

Hope for Today

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](#), or send a check to:

Trinity Episcopal Church
371 Delaware Avenue
Buffalo, NY 14202

Thank you for your participation and contribution. Peace.

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

Jean Vanier

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there by scanning
this
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12-Steps@7

Trinity Episcopal Church • 371 Delaware Avenue • Buffalo, New York 14202

The Rev. Matthew Lincoln • milcoln@trinitybuffalo.org

www.TrinityBuffalo.org • (716) 852-8314