

# 12 Steps@Trinity



A Consciousness Of God

April 18, 2024

## **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.

*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.*

## 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

**J**ust thinking of God as we go into situations we are uncomfortable with or perhaps even fearful of will relieve our troubled mind and lessen our anxiety.

Carrying God in our thoughts means we do not have to, for that moment or hour or day, feel alone. Quite miraculously, we will know that God can help us handle what we could not handle alone.

Most of us dwell more on negative thoughts than on thoughts of God. And our life is far more confused and complicated than it needs to be as a result. To replace one thought with another is really quite simple. A quiet reminder to stop negative thinking and remember God is all that is necessary. We may have to repeat the process many, many times, but patience brings the result we want.

God will strengthen us and take away our fears if we remember to remember.

Hear the Spirit as it speaks to us.

**Amen.**

## Musical Interlude

In God's Care

*I long to accomplish a great and noble task, but it is my chief duty to accomplish small tasks as if they were great and noble.  
Helen Keller*

## Second Reading

In God's Care

**T**oday is all we can know about for sure; we have very limited knowledge of the part other people or our actions will play in our future. We can be certain, however, that other people will affect our personal development, and that our actions will, in turn, affect theirs.

At every moment we have the opportunity to be lovingly attentive to the people in our life. We make a choice at some level to be in their presence and are responsible for the nature and quality of our involvement. We are fulfilling God's plan for our life when we address every moment with another person the willingness to express God's will.

This is what gives our life real importance: to know that with God's guidance, we can make a contribution that is necessary and unique.

Hear the Spirit as it speaks to us.

**Amen.**

**We are not permitted to choose the frame of our destiny. But what we put into it is ours.**  
Dag Hammerskjold

## First Prayer

*Let us pray together.*

**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*

## Third Reading

**W**hat we selectively choose to do and say from the array of thoughts and feelings flowing through us at any given time is defined by our attitude. We are learning now to what degree we can shape our attitude moment by moment. Accepting responsibility for this is a major step in our recovery.

In God's Care

This responsibility can feel like an awesome burden some days. No longer can we blame someone else or a stressful situation for our actions; we are no longer hapless victims of our environment. Our words and actions clearly reflect the attitude we bring to a situation.

We can be thrilled with this responsibility. We can make positive choices about how to express our feelings. Our goal is a consistent attitude of joy and gratitude that will foster blessings wherever we find ourselves.

Hear the Spirit as it speaks to us.

**Amen.**

## Fourth Reading

**W**e seem so certain at times that we alone must find the solution to a nagging, troubling situation. As we obsessively focus our attention on the problem, we feel even greater frustration when the solution eludes us.

Most of us have heard that we keep a problem a problem by giving our attention to it – by the power we give it. What we generally forget is that placing our focus on God instead, while believing in God's love for us and God's concern for our plight, will reveal the solution quite quickly.

God's love is constant. God's willingness to care for us, always, is there to be discovered. Our challenges offer us opportunities to remember God's presence. All challenges, though painful on occasion, are really our invitations to walk a stronger spiritual path.

Hear the Spirit as it speaks to us.

**Amen.**

## Second Prayer

*Let us pray.*

**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.**

## Musical Interlude

## Fifth Reading

**M**any opportunities for growth and glory present themselves to us every day. Depending on how grateful we are feeling, and how aware we are of the rhythms of the moment, we are able to either enjoy them or pass them by.

With a quiet mind, free of ongoing inner conversations, we notice the moment's opportunity and can know how God wants us to use our talents to meet it. While none of us can always employ our talents to the fullest, our best effort is its own reward.

Many of us still deny that we are talented at all. But when we quiet our mind of habitual self-criticism, we see our opportunities and God-given talents. The quiet left by the silenced voices makes room for the inner strength we have always had to seize our opportunities and use our talents.

In God's Care

*—Adapted from  
the Book of  
Common Prayer*

In God's Care

*A consciousness  
of God releases  
the greatest  
power of all.  
Science of Mind  
magazine*

*continues on next page*

*God's love  
accompanies me  
everywhere today.  
I won't stumble if  
I remember this.  
In God's Care*

In God's Care

*I will keep God in  
my mind today. I  
will concentrate  
on remembering.  
In God's Care*

Our life has purpose, or we wouldn't be here. For most of us, that purpose is far from complicated. We will know it easily when we turn to the stillness within.

Hear the Spirit as it speaks to us.

**Amen.**

## Sixth Reading

**H**ow will we spend today? Next week? Next year? Because the future is always beckoning, it is difficult to stay focused on immediate responsibilities. Many of us need continual reminders that detailed attention to the present moment is the only way to prepare for future opportunities and dreams.

Our specific destiny, as promised by our Creator – a destiny far more rewarding than our wildest hopes – will come in bits and pieces. What involves us right now is making a contribution to our destiny. Accepting this knowledge will give us the peace and serenity that make it possible to live in the present moment.

Even though we trust God and the destiny planned for us, we may still get in God's way by being adamantly willful. But it becomes easier to trust God when we see how far we have come since finding our spirit-filled recovery.

Hear the Spirit as it speaks to us.

**Amen.**

## 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.

### Trinity Discussion Group: Israel and Gaza from Multiple Perspectives

The situation of Israel and Gaza is a very complicated issue that has been in the news over recent months. On Wednesdays through May 8, we explore the land of Palestine's historical, religious, and cultural connections from both a Muslim and Jewish perspective.

Join Tim Lane and Jeffrey Tooke on Wednesdays at 7pm using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672

Passcode: trintalk

For more information, send an email to Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com).

### Facet & Forge 2024 Coming Saturday, April 27, 5-9pm

Join us to celebrate the architectural details from an entirely new perspective. Our community of artisans transform space – you'll never look at the structures around you the same way again!

Embark on an exploration of stained glass creation at Facet & Forge 2024. This event is the perfect way to spend an evening immersed in the artistry and craftsmanship inherent in architectural glass art, mosaics, and other heritage building trades. With live demonstrations, explore Trinity campus as it can rarely be seen: from the perspective of the skilled artisans and tradespeople who built and continue to maintain our city's fantastic buildings. [Learn more.](#)

### Volunteers Needed for Facet & Forge

Explore, create, and reconsider at Facet & Forge this month. This fundraiser supports the artistic stained glass treasures of Trinity Church, and SGAA requests our help. If you are available to volunteer **Saturday, April 27**, please sign up at: <https://www.signupgenius.com/go/10C0E4AACAD2FA7F8C34-48783913-facet#/>

### Hamlin Park School Fundraiser

Hamlin Park School has reached out to Trinity for some help. They need gift baskets for their Saturday Academy on May 5. We hope to donate four or five baskets for a child or an adult. The baskets need not be elaborate and must be at Trinity by **April 28**. If you would like to help but are unable to make a basket, we would gladly take a cash donation and make a gift basket for you. There is a collection bin in the red carpet area. For more information, contact Sue Doherty: [susandoherty50@hotmail.com](mailto:susandoherty50@hotmail.com) or Catherine Lincoln: [ccarrlincoln@gmail.com](mailto:ccarrlincoln@gmail.com).

*There is no  
area of personal  
challenge in  
your life that  
God's love  
cannot solve.  
Mary Kupferle*

You can also  
donate by  
scanning this  
QR code:



*Remember,  
always  
remember, that  
the heartfelt  
desire to do  
the will of God  
is, in fact, the  
truest will of  
God. At that  
point, God has  
won, and the  
ego has lost, and  
your prayer has  
already been  
answered.  
Richard Rohr*

## 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

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](mailto:phoebemckay@gmail.com)

Susie Green, [susie432@gmail.com](mailto:susie432@gmail.com)

Patti Nisbet, [tudorspace@aol.com](mailto:tudorspace@aol.com)

Marie Keane, [MNMKKeane@gmail.com](mailto:MNMKKeane@gmail.com)

Sara Merritt, [smerrit172@gmail.com](mailto:smerrit172@gmail.com)

## Slow Down Yoga

**Tuesdays @noon** we learn and practice slowing down, tuning in, and taking care with a gentle, mindful yoga class for any level of skill. Facilitated by Heather Henry Rawlins, LMHC, RYT200, this Hatha yoga-based practice moves with care to cultivate calm awareness, stability, and flexibility as well as practices for calming the nervous system and feeling grounded in the body—a good practice for interrupting the accumulations of stress in mind and body and feeling vividly present and full of ease. To sign up, click [here](#) or email Heather at [hhenryrawlins@gmail.com](mailto:hhenryrawlins@gmail.com)



## 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. You can use the lot any other time you are in the neighborhood, too, so that Trinity gets the parking fee! Use your smartphone to pay.



## 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](mailto: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](mailto:mcolin@trinitybuffalo.org)

[www.TrinityBuffalo.org](http://www.TrinityBuffalo.org) • (716) 852-8314