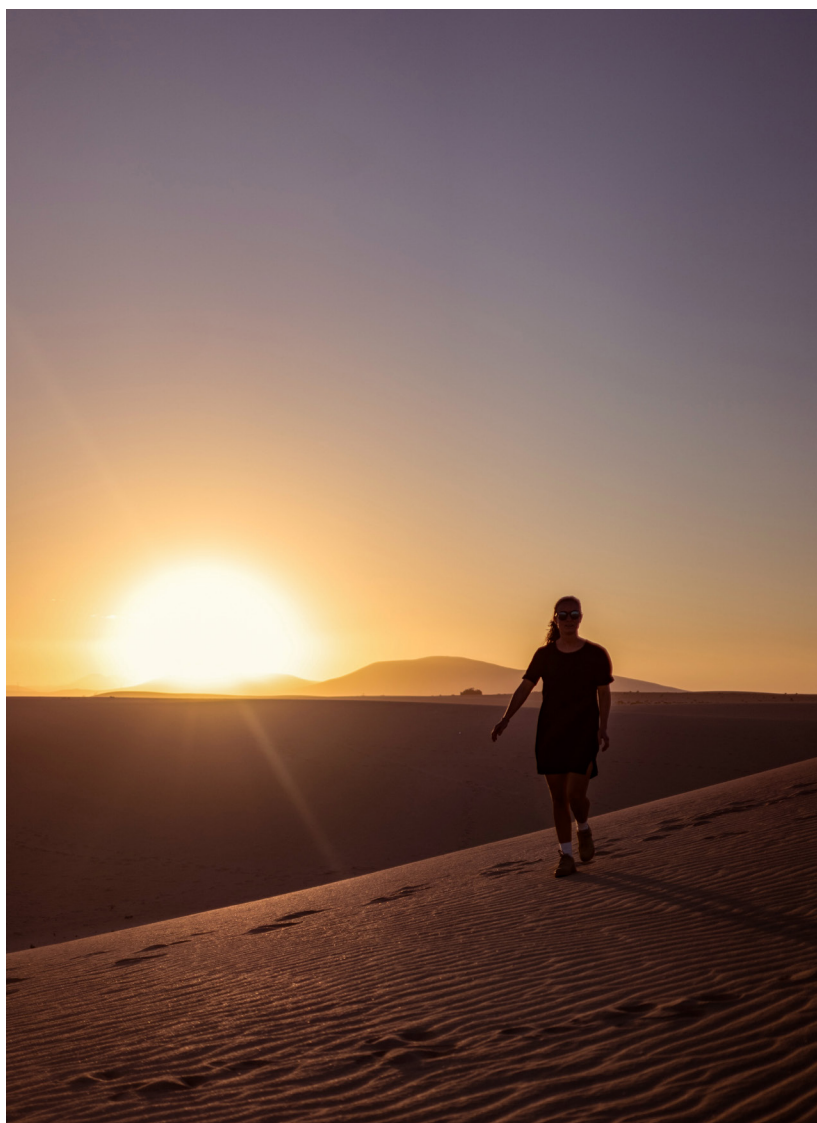


# 12 Steps@Trinity



Remember God

May 27, 2021

## **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

**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.**

*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

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

## Second 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.

In God's Care

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.**

## First Prayer

*Let us pray together.*

—Ted Loder

**O God, turn your Spirit loose now, and me with it,  
that I may go to where the darkness is  
to face with you the terrible uncertainty of tomorrow:  
of what will happen, what might happen, what could happen,  
to me and to my children and to my friends, to my job,  
to my relationships, to my country;  
all that I cannot see, but fantasize,  
that I would prevent, but cannot,  
and so must accept as possibilities.**

**Facing the uncertainty, Lord, grant me grace  
to look at it directly and openly and truly,  
to laugh at it with crazy faith in the crazy promise  
that nothing can separate me from your love;  
to laugh for the joy of it,  
the joy of those saving surprises that also stir in the darkness.  
Amen.**

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

## Third 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.

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.**

## Second Prayer

*Let us pray.*

**Thank you God for inviting us into the stillness of your heart,  
the place of peace at the center of the universe.**

**Thank you for meeting us there and showing us the way of serenity.**

**Remind us gently, and with humor,**

**that when we choose to put our trust in you,**

**the reason we have the wisdom and the will to choose you**

**is that you first chose us.**

**Amen.**

## 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!*

## Candle Lighting and Meditation

In God's Care

—Matt Lincoln

*A consciousness  
of God releases  
the greatest  
power of all.*

**Science of Mind  
magazine**

*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.*

## **Sharing 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.**

### **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.**

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

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Thank you for your participation and contribution. Peace.

***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***

## **12-Steps@7**

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