

12 Steps@Trinity



Thoughts on the Spiritual Journey

January 7, 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.

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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

We need a new way of thinking and being to engage with others through our simple humanity, and even through our brokenness, our differences, and our complexity — because these are what we do have in common if we are honest.

Know this: How we do anything is how we do everything! How you love yourself is how you love the world, and how you love the world is the only way you will know how to love yourself. Our loving is of one piece. That is why we need to emphasize our inherent human identity as good, and more than adequate, instead of always creating ever-new contests for success and importance. This is the secret gift of any good spirituality.

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.*

*Richard Rohr
A Spring
Within Us*

Second Reading

For our spirituality to be authentic we must experience things from the inside out instead of just the outside in (which is the terribly codependent trap of this materialistic and highly overstimulated culture in which we live.) We let others define us instead of drawing from our own deep well.

The goal of mature religion is to help us die before we die: die to our small self so we can find our Big Self. All major religions describe this in one way or another. A false and largely self-constructed identity must be surrendered before the True Self can stand radiant and revealed. This is basic and essential conversion. Both good religion and good psychology agree here.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**LORD, you have searched me out and known me;
you know my sitting down and my rising up;
you discern my thoughts from afar.**

**You trace my journeys and my resting-places
and are acquainted with all my ways.**

**Indeed, there is not a word on my lips,
but you, O LORD, know it altogether.**

**If I say, "Surely the darkness will cover me,
and the light around me turn to night,"**

**Darkness is not dark to you;
the night is as bright as the day;
darkness and light to you are both alike.**

**For you yourself created my inmost parts;
you knit me together in my mother's womb.**

**I will thank you because I am marvelously made;
your works are wonderful, and I know it well.**

Amen.

Richard Rohr
A Spring
Within Us

—Psalm 139 1-3,
10-13

*Don't try to
engineer the
spiritual journey;
you are being led,
and the Higher
Power will make
sure you get what
you really need,
when you need it.*

Richard Rohr A
Spring Within Us

Third Reading

Transformation is always a gift to be received. We can't achieve it; like grace, it is given and can only be accepted. In other words, it is not a matter of intense willpower. We can nurture openness and presence ahead of time so that when opportunity comes, we are ready and willing.

Use whatever words, gestures, or ways draw you into non-dual consciousness, helping you to let go of obsessive thoughts and emotions and simply rest in pure and naked Presence. Which leads to one more foundational principle: You cannot get there; you can only be there. Trust me, that is not just playing with words. You do not need to navigate the river, for you are already flowing within it.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

**Oh Thou, whose nature is mercy and compassion
and whose Being is all peace.**

**Almighty, Creator and Sustainer of our lives,
send on the whole humanity thy peace
and unite us all in Thy Divine Harmony.**

Amen.

**Oh Thou, the Spirit of our souls,
the Master of our minds
and the Controller of our bodies,
we humbly offer ourselves to be used as the channels
of Thy Love, Light and Life
that we may be more able to serve Thee and Humanity.**
Amen.

**Oh Thou, the Light of all souls,
the Life of all beings, the Healer of hearts.
All-Sufficient and All-Powerful God,
the Forgiver of our shortcomings,
free us from all pain and suffering
and make us Thy instruments,
that we may in our turn free others from pain and suffering
and that we may impart to them:
Thy Light, Thy Life, Thy Joy and Thy Peace.**
Amen.

*Richard Rohr
A Spring
Within Us*

*—Ya Shafi Ya
Kafi, healing
prayers*

*Your life is not
about you; you
are about Life.
Richard Rohr*

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

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.**

*Mystics are
always saying,
in one form or
another, "Do
not be afraid."
They know that
all is okay. They
want you to hear
this message
so that you can
stop fretting and
fearing and enjoy
Divine Union
right now.*

**Richard Rohr A
Spring Within Us**

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.**

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.

While the church is not open, Trinity has made a commitment to keep staff on the payroll. Plus, all the Trinity services are available online, either with Zoom or Facebook live streaming.

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Buffalo, NY 14202

Thank you for your participation and contribution. Peace.

February 24, 7pm

Trinity will host a Zoom appearance by Debby Irving, author of "Waking Up White: And Finding Myself in the Story of Race." Irving, who is white and was raised in upper middle class Massachusetts, writes plainly and clearly about her discoveries of how much she had benefited over the years because she was white and how she began to question her long-held assumptions about race and culture. Her book is eye opening, possibly life changing in its revelations about white privilege. We encourage you to read the book though it is not a requirement for her appearance. To register, click on [kindridgiving link](#).

*There is a
Divine Reality
underneath and
inherent in the
world of things;
there is in the
human soul a
natural capacity,
similarity, and
longing for this
Divine Reality;
the final goal
of existence is
union with this
Divine Reality.*

**The Perennial
Tradition**

12-Steps@7

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