

12 Steps@Trinity



Challenges and Solutions

November 19, 2020

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

In our own personal stillness, we find the solutions to the challenges facing us. We need to be willing to be quiet and turn our attention inward. No information we need eludes us for long when we dwell in the stillness.

Our opportunities for growth are hidden within the challenges that attract our attention. We need these if we are to contribute to the world. No challenge is beyond our capabilities or strength, and every one can be handled with relative ease if we have sought the comfort of the stillness.

The wisdom we admire in others is the birthright of us all. Each of us is a channel to full knowledge; any of us may be gifted with the wisdom to understand the present clearly, if we choose to exercise the commitment to move within ourselves – to the stillness, to the heart of all knowledge of the past, the present, and the future.

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.*

The Promise of
a New Day

Second Reading

Our inspiration to master any art, to attain any goal, to tackle any project, comes from within – the center of all knowledge. All of us are gifted with all knowledge. When the desire to pursue a particular avenue keeps presenting itself, we should pay heed, trusting that we will be shown the way to succeed. This desire is our invitation to develop our talents in ways that may even be foreign to our conscious minds.

The decision to trust the desire is only the first step in tackling a new project. What comes after is effort and daily recommitment to completion of the goal or project. It is much easier to switch goals or projects than to see them to their end, but it's in their doing that we develop our talents to their fullest. Each time we back off, letting our commitment die, we are opting for less than a full life. No one else can handle a project in just our way.

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,*
A Common
Prayer

Third Reading

Perseverance is the plus that assures us of goal completion. Unquestionably, every one of us is capable of achievement. All that is required is that we commit ourselves with determination to the task before us, one moment at a time, one day at a time. Our rewards will be many. Among them will be accomplished goals, high self-esteem, and a secure sense of well-being.

It's probable that we sometimes fail to recognize our worth or understand the real value of our talents. It's likely, too, that on occasion we shut out of our consciousness the knowledge that our very existence validates our necessity to the whole of creation. Self-reminders are important. They are like vitamins; they contribute to our nourishment.

When we have lost sight of our ability to make valuable contributions to society, we slow down our efforts. We close ourselves off from others and our potential is stifled. To move forward once again requires only our attention to the moment engulfing us. We can handle what lies before us.

Hear the Spirit as it speaks to us.
Amen.

Second Prayer

Let us pray together.

**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!

The Promise of
a New Day

— Matt Lincoln

*I'll have the
answers I
need, when I
need them, if I
turn within for
them.
The Promise
of a New Day*

*Today I'll be
faced with the
choice to stay on
top of my goals.
I must remember
the source of
my inspiration
and trust it.
The Promise
of a New Day*

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.**

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.

You can [donate online here](#), text the word "give" to (716) 221-8580, or send a check to:

Trinity Episcopal Church
371 Delaware Avenue
Buffalo, NY 14202

Thank you for your participation and contribution. Peace.

The **Everything Happens: Kate Bowler Podcast Discussion** group will gather one more time this **Tuesday, November 24, at 7pm**, facilitated by Tim Lane and Jeffrey Tooke.

Use this zoom link:

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

Meeting ID: 816-6863-4672

Passcode: trintalk

This week's podcast: **NOVEMBER 24, 2020: Bishop Curry: The Power of Ordinary Love**

Podcast Link: <https://katebowler.com/podcasts/bishop-michael-curry-the-power-of-ordinary-love/>

Discussion questions: <https://katebowler.com/resources/discussion-questions-for-bishop-michael-curry-the-power-of-ordinary-love/>

If you are interested in joining the podcast discussion group or have questions about the group, please send an email to Jeffrey Tooke at jeffrey@bayharboradvisors.com to receive more information.

Journeying the Way of Love During Advent Discussion Group

During this Advent, Tim Lane and Jeffrey Tooke will be facilitating the Journeying the Way of Love: Advent as a discussion group on Tuesdays at 7pm, starting **December 1**. Based on the Episcopal Church's Way of Love commitment to practices for a Jesus-Centered life, the Advent curriculum Journeying the Way of Love offers the opportunity to explore how we can live the Way of Love while we await the coming of Christ by exploring the first two chapters of Luke. We invite you to make this discussion group part of your spiritual practice for Advent.

If you are interested in joining the podcast discussion group or have questions about the group, please send an email to Jeffrey Tooke at jeffrey@bayharboradvisors.com to receive more information. Interested persons will receive the zoom link for the discussion group as well as ongoing information for the upcoming discussion each week.

12-Steps@7

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