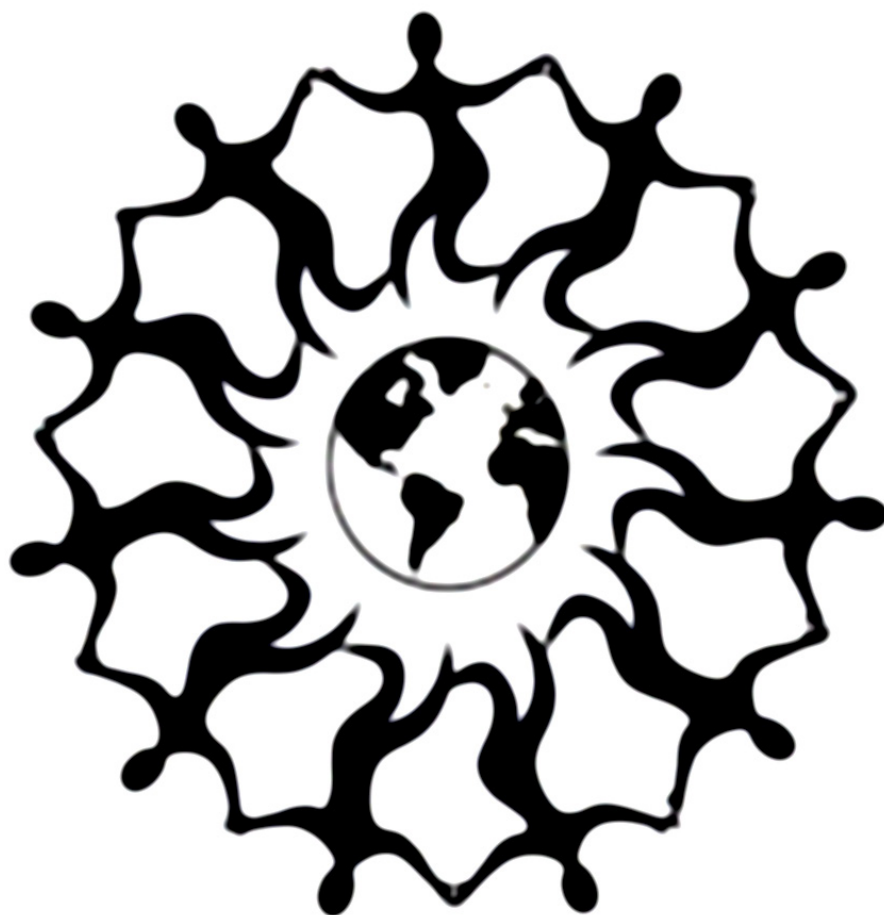


# 12 Steps@Trinity



Life's Assignment

May 6, 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

**L**ife's assignment is to live unselfishly, lovingly, and cooperatively with God's will. The program's principles, which are offered as guidance in our life, make our assignment quite manageable – even simple. It is often only a matter of expressing the love we feel to the people who cross our path each day. Our own burdens will lighten every time we show kindness to another person. Our conflicts mysteriously begin to dissipate when we switch from a fearful, negative outlook to a loving, trusting one.

Love is God's gift, and our existence is proof of that love. When we offer love freely and honestly to someone else, we give a gift not only to that person by showing unconditional love, but also to God by doing God's will. We also give a gift to ourselves in that each expression of love heightens our own awareness of being loved.

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

*Be of love a little  
more careful  
than of anything.  
e.e. cummings*

In God's Care

## Second Reading

**O**ur days are filled with busyness. Few of us seem to have time to pause for a breath of fresh air, let alone take time out to commune with our Higher Power. But if we practice knowing that God is present in our life, and keep at it until it becomes habitual, we find ourselves noticing that we are not alone.

And it doesn't take much to establish a connection. Just thinking that God cares is enough to do it. Realizing that we can commune with God through other people does it too. A smile, a sympathetic word, a pat on the back, and we are connected.

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

*Let us pray together.*

**Gracious God, when Jesus appeared to his friends after he had risen from the grave, he said to them, "Peace I give to you; my own peace I leave with you." We long for that peace, but sometimes disrupt it by our thoughts and fears, our actions and reactions. Shine the light of your love to help us scatter those fears and see our way towards you. As we come closer to you, let us see how we are drawing closer to each other, side by side on the way, until we walk as one, gaining strength, courage and wisdom from each other. Amen.**

— Based on a  
prayer in the  
Book of  
Common Prayer

## Third Reading

**O**ur inspiration to do small kindnesses for friends, our desire to express love for those persons dear in our life, our inclination to offer a smile to a stranger – all are reminders that God is working in our life. Our willingness to let God's will be felt by us and then expressed through us is the most complete contribution each of us can make to this spirit-filled world that is our home.

However, none of us is yet free from our ego that, at times, pushes us to act in self-centered, mean-spirited ways. When we aren't thinking of God first, we often aren't inclined toward expressing our better selves. Fortunately, our program helps us remember God throughout the day and, in turn, God gives us opportunities to exercise our willingness to be kind rather than mean and show we're thinking of others' needs before our own.

Hear the Spirit as it speaks to us.

**Amen.**

*I will do my part  
toward a better  
world today by  
thinking of God  
during each  
encounter I have  
with another  
person.*  
In God's Care

In God's Care

## Second 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*

## 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.**

*A little lifting  
of the heart  
suffices; a little  
remembrance  
of God, one  
act of inward  
worship are  
prayers which,  
however short,  
are nevertheless  
acceptable to  
God.*

*Brother  
Lawrence*

## 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.**

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Thank you for your participation and contribution. Peace.

*All the good that  
has ever been or  
will ever be, has  
its beginnings  
in God.*

**Daily Word,  
July 11, 1988**

## **12-Steps@7**

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