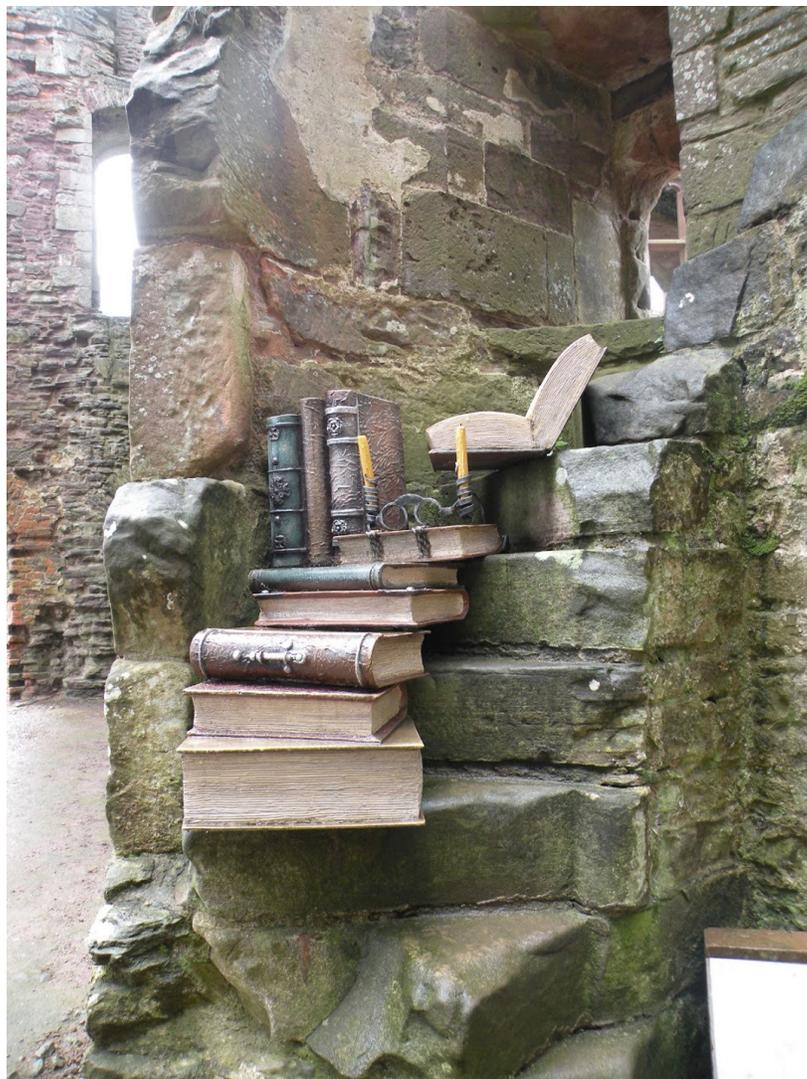


12 Steps@Trinity



Turn a new Page

September 10, 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.

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

If we want to be anything other than what God has made us to be, we are wasting our time. It will not work. The greatest accomplishment in life is to be what we are, which is what God's idea of what she wanted us to be when she brought us into being; and no ideas of ours will ever change it. Accepting that gift is accepting God's will for us, and in its acceptance lies the path to growth and ultimate fulfillment.

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.*

*Fr Thomas
Keating*

*Fr Thomas
Keating*

Second Reading

And since there is no chance of our changing without being challenged, God allows all kinds of misadventures and difficulties and usually hits us where it hurts the most. God has an uncanny capacity to put the divine finger on the things that we most love, as if to say, "Would you kindly give me that?" To which our answer is, "Not a chance." . . . I think we need to be bounced around by life before we can really get into this thing at a deep level. . . The spiritual journey is a process and we are each at different levels of the process. That is why the question Who is God? is different for each of us.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Welcome, welcome, welcome.

**I welcome everything that comes to me today
because I know it's for my healing.**

**I welcome all thoughts, feelings, emotions, persons,
situations, and conditions.**

I let go of my desire for power and control.

**I let go of my desire for affection, esteem,
approval and pleasure.**

I let go of my desire for survival and security.

**I let go of my desire to change any situation,
condition, person or myself.**

**I open to the love and presence of God and
God's action within. Amen.**

*— Mary
Mrozowski
(popularized by
Thomas Keating)*

*A depressing
and difficult
passage has
prefaced every
new page I have
turned in life.
Charlotte Bronte*

Third Reading

What would it be like to shed our old skin, like a snake, when it grew too small? Perhaps the discomfort we feel at each new stage of growth is something like that feeling. Truly, each new page or stage of life has a difficult introduction - but if we can only remember that it may help us through the bad times.

Too often, in the grip of change, we lose sight of what we are becoming. Did you ever wonder how it would feel to be a grub and then turn into a winged creature? It helps us to endure the depressing passage if we can remember that we're being prepared for a new stage of our lives, one in which, perhaps, we will leave our old selves as far behind as the dragonfly leaves the larva.

With time and wisdom comes the knowledge that some pain always accompanies growth. We can accept the pain more gracefully if we remind ourselves that we are preparing to turn a new page.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

We give thanks for the invention of the handle.

Without it, there would be many things we couldn't hold on to. As for the things we can't hold on to anyway, let us gracefully accept their ungraspable nature and celebrate all things elusive, fleeting, and intangible. They mystify us and make us receptive to truth and beauty.

We celebrate and give thanks.

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

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 Promise of a
New Day

— Michael
Leunig

Today will be a mixture of joy, boredom, perhaps both pain and sorrow. Each element will give me reasons for growth.

The Promise of a New Day

. . . it is only by labour that thought can be made healthy, and only by thought that labour can be made happy, and the two cannot be separated.
John Ruskin

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.**

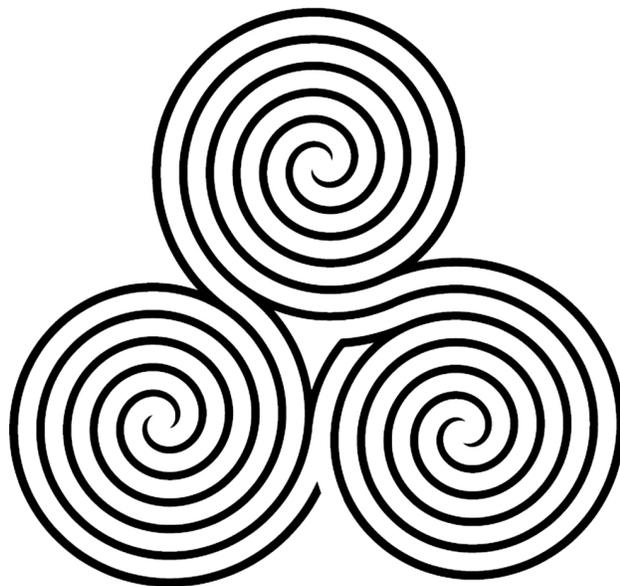
The Peace

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 accept life
unconditionally.
. . . Most people
ask for happiness
on condition.
Happiness can
only be felt if
you don't set
any conditions.*

*Arthur
Rubinstein*

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