

12 Steps@Trinity



Today's Seeds, Tomorrow's Harvest

June 3, 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

It is easy to be negative about past mistakes and unhappiness. But it is much more healing to look at ourselves and our past in the light of experience, acceptance, and growth. Our past is a series of lessons that advance us to higher levels of living and loving.

The relationships we entered, stayed in, or ended taught us necessary lessons. Some of us have emerged from the most painful circumstances with strong insights about who we are and what we want.

Our mistakes? Necessary. Our frustrations, failures, and sometimes stumbling attempts at growth and progress? Necessary too.

Each step of the way, we learned. We went through exactly the experiences we needed to, to become who we are today. Each step of the way, we progressed.

Is our past a mistake? No. The only mistake we can make is mistaking that for the truth.

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.*

Melody Beattie

*Troubles are
often the tools
by which God
fashions us for
better things.
H.W. Beecher*

Days of Healing
Days of Joy

—Mary
Mrozowski
(popularized by
Thomas Keating)

*Life truly lived is
a risky business,
and if one puts up
too many fences
against risk one
ends by shutting
out life itself.*
Kenneth S. Davis

Second Reading

Telling the difference between yesterday, today, and tomorrow may be easy for most people, but it isn't for many of us. Our past tends to overshadow both the present and the future. Until we learn to draw a line between then and now, the gloom of "what was" expands and spreads like noxious smoke or a sickening odor. "What can be" is blotted out.

Where does yesterday end and today begin? For us, that may be the central recovery issue. Our battle is one of boundaries.

No matter how spoiled the past may have been, our future is spotless. If, in our minds, we say good-bye to the past, we can begin writing a new story and painting a new picture.

Every day is new – fresh and shimmering with possibilities. The future is a long string of such days. As our perception of time corrects itself, as we learn to accept the past and look forward to the future, we can focus on today and live it well.

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.**

Third Reading

Nothing so ties us to the past as regret. Think about it. It is almost impossible to venture forth while facing backward.

But today's reality is what we must accept and work with. What was is gone. All we can do in the here and now is to accept it as it is without rage or blame, without regret or resentment. All the voting has already been done that made today be what today is.

Ah, but the future! Tomorrow! That's quite a different matter. Today we vote for what tomorrow will be. Today's seeds are tomorrow's harvest, today's struggle is tomorrow's victory.

When we accept today as it is without regret, we shuck off the terrible burden of self-pity with all its "shoulds", "if onlys", and "what ifs." A thousand "ifs" don't equal a single "is". When we build on accepted reality, we build on solid rock.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray.

May I release my ego's need to defend myself.

**May I have the courage to live in alignment—
walking in the integrity of my own unique path.**

**May I forgive the parts of myself that become reactive
when I'm misunderstood.**

**May I continue to show up over and over again
as I learn to trust
that everything is happening to serve my evolution
and the greater good of the collective. 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!

Days of Healing
Days of Joy

—*the.holistic.
psychologist*

*The events in
our lives happen
in a sequence in
time, but in their
significance to
our selves they
find their own
order.*

Eudora Welty

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.**

*With them I
gladly shared my
all and learned
the great truth
that where God
guides, God
provides.
Frank N.D.
Buchman*

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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Thank you for your participation and contribution. Peace.

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