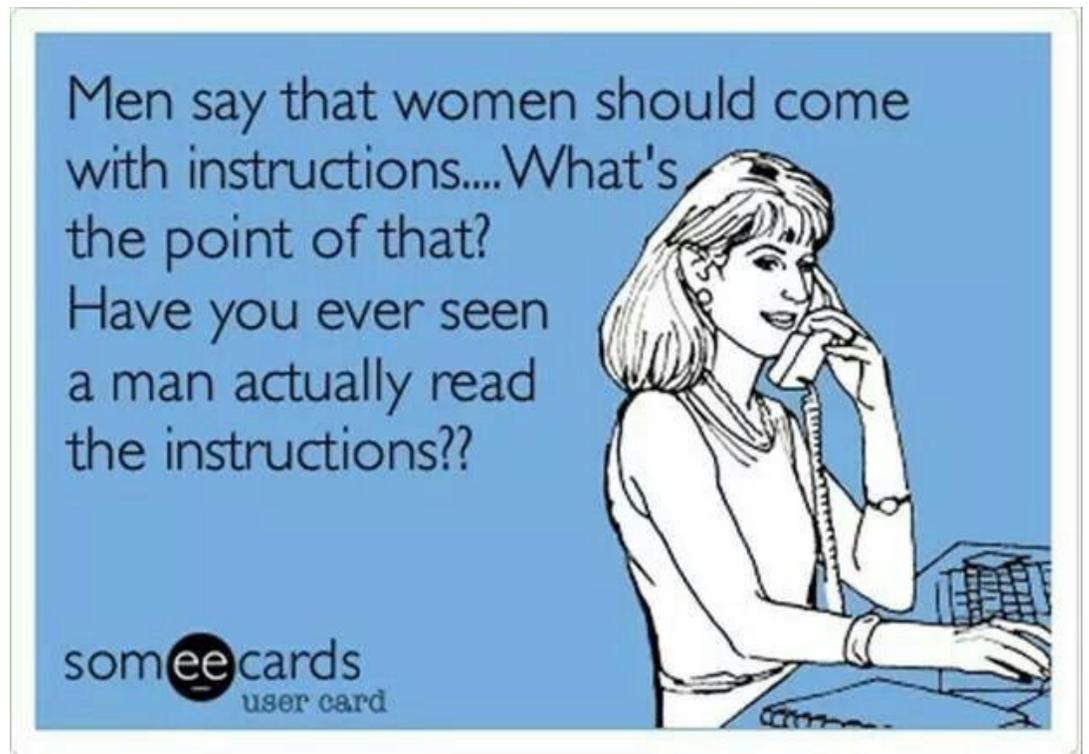


12 Steps@Trinity



Live and Let Live

July 9, 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

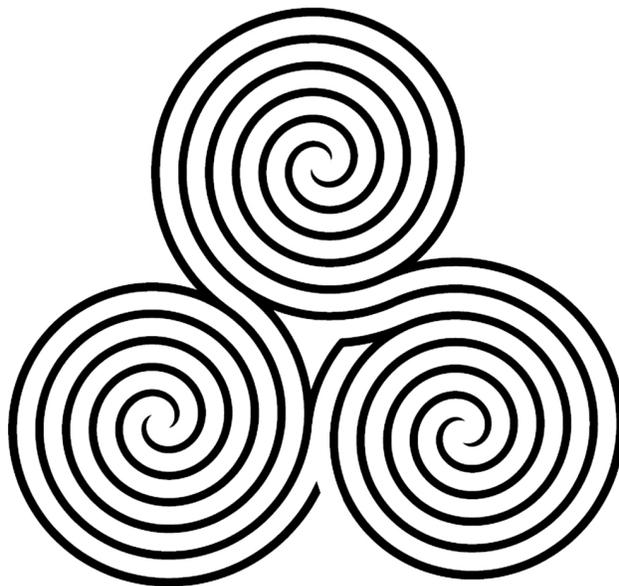
12-Step Spirituality is not a defined body of wisdom or particular collection of books and sayings. Indeed, the steps are rooted in a tradition much older and extending back millennia through the Judeo-Christian-Islamic religions. The Steps are now used by hundreds of different kinds of recovery groups 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.**

Musical Interlude



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.

“ ‘Live and Let Live’ sets us free from the compulsion to criticize, judge, condemn, and retaliate ... which can damage us far more than those against whom we use such weapons. The Twelve Steps help us to learn tolerance rooted in love.”

This is Al-Anon

I am not an insensitive person, but at times I have justified insensitive behavior by claiming to be right. I can respect another’s right to make his or her own choices, even when I strongly disagree. My relationships will improve if I can love myself enough to let other people be themselves.

Courage to Change

First Reading

The slogans are little pieces of advice. If we were entirely capable of putting them all into practice, we’d be pretty close to perfection as spiritual human beings.

Take this one, for instance: Live and Let Live. A whole philosophy of life is condensed into these four words. First we are admonished to live – to live fully, richly, happily, and to fulfill our destiny with the joy that comes from doing well whatever we do. Then comes a more difficult admonition: Let live. This means acknowledging the right of every other human being to live as he wants to, without criticism or judgment from us. It rules out contempt for those who do not think as we do. It warns against resentment: tells us to avoid construing other people’s actions as intentional injuries to us.

The more I think about living, and letting others live, the more I will learn from it. I will try to make it my yardstick in everything I do, and especially in relating to the people in my life.

Hear the Spirit as it speaks to us.

Amen.

Second Reading

One indication of maturity is the ability to consider the opinions of others. However, somewhere along the line in my alcoholic upbringing, I developed the idea that what I believed to be true was always right. My way was the way to think. Such black-and-white perception didn’t allow me to hear, let alone consider, different viewpoints. My intolerance was rooted in two of my main character defects – fear and insecurity. My opinions were inseparable from my self-image. If my opinions were wrong, I was wrong. If my philosophy wasn’t good enough, I wasn’t good enough.

One Day at a
Time in Al-Anon

Hope for Today

Thanks to particular elements of the Twelve Step program, such as allowing members to share without receiving advice and the slogans “Listen and Learn” and “Live and Let Live,” I’ve learned a healthier way to hear and respond to views that differ from mine. Just as feelings aren’t facts, opinions aren’t either. They simply reflect how an individual sees a particular issue. I don’t have to decide whether another’s angle of vision is right or wrong. I can listen with detachment, accept the other person’s right to have an opinion, and perhaps even say, “You may be right.” Such behavior gives freedom to both the speaker and the listener.

Today I’ll allow others to say what they think and allow myself to think about what they say.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

Dear God,

In this moment, I let go of all thoughts and concerns.

When I let go, I am able to receive.

When my hands are formed into tight fists,

I cannot open my hands to receive anything.

When I hang onto tight control,

When I close off my heart and my spirit

I cannot receive your blessings for me.

I let go to receive your blessings.

Letting go in this moment,

I receive your loving presence around me and within me.

Help me to let go when I am feeling overwhelmed,

so that I may receive your peace.

Help me to let go when I feel fear

so that in fear’s place I may receive love and courage.

I let go of problems and challenges

in order to receive your guidance and clarity.

I let go and trust you.

I will not fall.

You will catch me.

I let go and trust in the still, small voice inside of me.

Help me not to struggle but to surrender my struggle to you.

I gladly receive this gift of letting go and

letting you lead me and guide me.

Amen.

**“Toleration is
the greatest gift
of the mind.”
Helen Keller**

*— Jackie
Trottmann*

Musical Interlude

In keeping with the 7th Tradition, you are invited to make a financial contribution for the support of Trinity and this service. You might want to wait until after the service, but you can make an offering by mailing a check to church, or using your bank's electronic banking features. Alternatively, you can make an [online donation here](#). You can also mail a check to Trinity at 371 Delaware Ave., Buffalo, NY 14202. Thank you!

Third Reading

How difficult it is still to simply enjoy the gifts of the moment and not obsessively try to control the people and circumstances in our life. Sometimes we can persuade others to go along with our wishes. Perhaps we can positively influence a tense situation by our involvement in the solution. But we can't ultimately control anyone or anything, only the choices we make about ourselves. We can decide the attitude we will cultivate; we can decide the behavior we will exhibit; we can decide to let God participate in our life.

Our willingness to follow God's will assures us greater peace. Work, relationships, day-to-day struggles become less stressful when we've let God in. By trusting guidance from a friend, reading a meditation, or perhaps just by being still, we'll discover the peace of letting go and be enriched by the serenity that follows.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

**Dear God, we pray for another way of being: another way of knowing.
across the difficult terrain of our existence
we have attempted to build a highway, and
in so doing have lost our footpath.**

God lead us to our footpath:

lead us where in simplicity we may move

at the speed of natural creatures

and feel the earth's love beneath our feet.

Lead us there where step-by-step

We may feel the movement of creation in our hearts.

**And lead us there where side-by-side we may feel
the embrace of the common soul.**

Nothing can be loved at speed.

God lead us to the slow path;

To the joyous insights of the pilgrim;

Another way of knowing: another way of being.

Amen.

In God's Care

*"Lord, when
we are wrong,
make us willing
to change. And
when we are
right, make us
easy to live with."
Peter Marshall*

~ Michael Leunig,
The Prayer Tree

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!

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.

Reconciliation, Release, and Reclamations

A Thursday@7 tradition, you are invited to symbolically come forward to offer your prayer for the reconciliation of a fractured relationship, the release of a resentment, or the reclamation of lost hopes and dreams.

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 only concern should be our own conduct, our own improvement, our own lives. We are entitled to our own view of things, and we have no right to inflict it on anyone else.”

Alcoholism, the Family Disease

**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.**



12-Steps@7

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