

12 Steps@Trinity



What is My Purpose

February 25, 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

The most important thing in life is to know what matters for us. Our reality and values are our own; no one else can dictate them to us. They come out of our experiences and observation, and our spiritual health asks that we be true to them.

Similarly, we must be true to what matters for us. We won't try to win anyone over. Nor will we let someone else sway us. We will respect each other's reality, for that's how we will live in peace.

Further, if we're open and frank with each other, and with everyone else, we can spread integrity, respect, and peace. Quakers have a saying, "Let it begin with me." Integrity will spread outward, in concentric rings, for we are connected with one another.

Strength and growth come from knowing ourselves, knowing what matters for us. If we respect each other, we will find the way to fit any apparent conflict into a broader system that can accommodate us both.

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 most dangerous delusion is that we can control others. The hard-won truth is that we can control only ourselves – and it may take us a lifetime to learn this. Self-control means release, however, release from the bondage of uncontrolled and thoughtless behavior. When we recognize that our only legitimate power is over ourselves, we become free to grow spiritually and to increase that power.

The Promise
of a New Day

Lack of control is not freedom; it is chaos. Conflicting impulses squander energies instead of controlling them and directing them toward growth. We can't subdue our unruly selves by fighting them: accept them, love them as part of our human imperfections, our superb and jagged individuality.

As we come to recognize the benefits of self-control, we will choose it more and more often. We will become more fully in control of our lives, better able to direct our energies and do what we want to do.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

May I be happy.

May I be peaceful.

May I be free.

May my friends be happy.

May my friends be peaceful.

May my friends be free.

May my enemies be happy.

May my enemies be free.

May my enemies be peaceful.

May all beings be happy.

May all beings be peaceful.

May all beings be free.

Amen.

— *Buddhist
Prayer*

*Only by choosing
self-control will I
achieve freedom.*

The Promise
of a New Day

Third Reading

The attitude with which we greet the day, approach a situation, or respond to a friend or co-worker is fully within our control. We exercise absolute control over little in our lives, but our attitudes represent personal choice each moment.

Recognizing the power inherent in personal choice is exhilarating. It means we are free from domination by others, if such is our choice. Freedom to act, to think, to dream our own dreams is ours when we exercise it.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

O God of peace, you have taught us that in returning and rest we shall be saved, in quietness and in confidence shall be our strength: By the might of your Spirit lift us to your presence, where we may be still and know that you are God. We ask this, trusting that you are already doing more than we can ask or imagine. 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

—Adapted from
the Book of
Common Prayer

*I am free to
choose my every
response to each
encounter.*

**The Promise
of a New Day**

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.**

*If I am honest
with myself, I
can be my own
best teacher.*

**The Promise
of a New Day**

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.

Make Me An Instrument of Peace: A Group Discussion on Civil Discourse

On Tuesday evenings @7pm during Lent, Tim Lane and Jeffrey Tooke are facilitating **Make Me An Instrument of Peace: A Group Discussion on Civil Discourse**. Designed by the Episcopal Church Office of Government Relations, *Make Me An Instrument of Peace* is a group discussion study designed to help us bridge the divides that keep us from moving forward. During our evening gatherings, the group will watch video material taught by a team of experts in civil discourse and then discuss the subject matter as a group.

This **Tuesday, March 3, @7pm** Tim and Jeff will facilitate the session regarding **Tenets for Civil Discourse** in which we will explore principles which will help to create brave spaces for productive civil discourse, how respect is the primary foundation on which to build civil discourse, how we must learn and practice new skills that promote thoughtful understanding instead of expressing expertise and competence as is in policy discourse, and about handling mistakes and forgiveness especially when civil discourse turns difficult.

Download the participant's guide [here](#).

Use this zoom link for the discussion group on Tuesday @7pm:

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

Meeting ID: 816-6863-4672

Passcode: trintalk

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

The change of one simple behavior can affect other behaviors and thus change many things.

Jean Baer

12-Steps@7

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