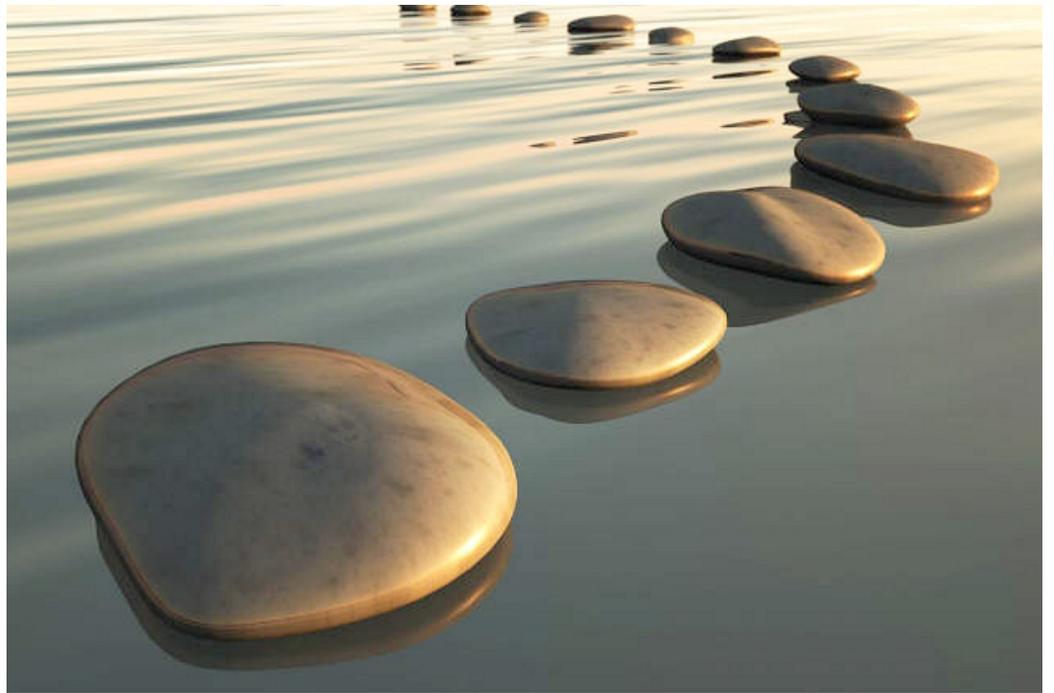


12 Steps@Trinity



The Security to Be Insecure

April 2, 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

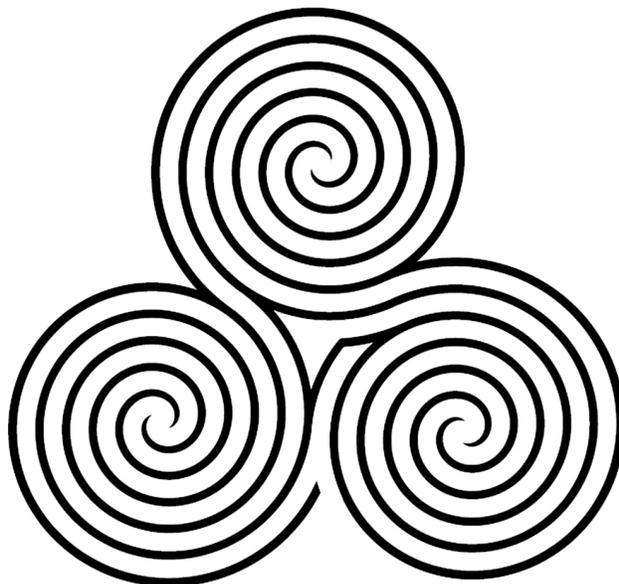
12-Step Spirituality is not a defined body of wisdom or particular collection of books and sayings. Indeed, the steps are rooted in a tradition much older and extending back millennia through the Judeo-Christian-Islamic religions. The Steps are now used by hundreds of different kinds of recovery groups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

First Reading

Imagine walking in a darkened room. We put our hands in front of us, afraid we are going to bump into a piece of furniture or slip on a rug. We walk very slowly. This is very much what God calls us to on the journey of faith.

It's not easy, because we want to have our pathway illuminated in front of us. We want to know where, how, why we're going. Faith, though, is the security to be insecure. Our trust is in God and not in our own cleverness. It's not in our ingenuity, our planning, our personality, status, or money. When all our idols are taken away, all our securities and defense mechanisms, we find out who we really are.

Our temptation is always to shorten the time, to make our timetable God's timetable. We want to get out and get it over with. But we cannot rush the journey of faith. We have to attune ourselves to its times and seasons.

Now is the time for learning total dependence on God, minute by minute..

Hear the Spirit as it speaks to us.

Amen.

Second Reading

All of us have experienced times when we felt forsaken, when we were no longer certain that a Higher Power really existed, was present within us, and in charge of our life. How many times a day will we think or say, "I wish I knew what was going to happen?"

We can find contentment in the knowledge that God will take care of us, regardless of the outcome of any situation. And even more importantly, God already knows the outcome, and we'll know it too when the time is right. We're given the knowledge and direction we need when we're ready for it.

We can't expect to be free of all strife in our life just because we walk a spiritual path. By simply being alive and in relationship with other people we will know pain as well as peace.

Hear the Spirit as it speaks to us.

Amen.

*Richard Rohr -
Radical Grace*

In God's Care

*"... when
we long for
life without
difficulties,
remind us that
oaks grow strong
in contrary
winds and
diamonds are
made under
pressure.
Peter Marshall*

First Prayer

Let us pray together.

Eternal One,

Silence

from whom my words come;

Questioner

from whom my questions arise;

Lover

of whom all my loves are hints;

Disturber

in whom alone I find my rest;

Mystery

in whose depths I find healing and myself;

enfold me now in your presence;

restore to me your peace;

renew me through your power;

and ground me in your grace. Amen.

—Ted Loder

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!

It is a mistake to look too far ahead. Only one link in the chain of destiny can be handled at a time.

Winston Churchill

Third Reading

A sure cure for rage at the irritations of daily life is to sit back from the traffic jam, the broken appointment, the lost vital information, and say, "Being human is itself difficult."

Many of our troubles stem from forgetting just how difficult it is. We often have impossibly high standards for behavior, especially our own. We are complicated, marvelous creatures who have many skills, but we thwart our own capacity for enjoyment by expecting that we will be perfect.

Being human is difficult; we perform it imperfectly. And when we combine our effort with other's – building a building, performing a play – we multiply our imperfections as well as our skills. Yet, we need each other.

If we can detach ourselves from anger and disappointment and reflect on how wonderful it is that we can do anything at all, we may remember to love ourselves and others for our human complexity and simplicity.

Hear the Spirit as it speaks to us.

Amen.

The Promise
of a New Day

—David Hazard,
You Set My
Spirit Free

Second Prayer

Let us pray together.

**My God, I have always thought
that growing stronger in spirit
would mean becoming invincible, beyond need.
Now I see you are teaching me
to receive another kind of strength
when I come to the end of mine.
Teach me to walk in your ways
as I have never known them before.
Amen.**

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.

*Nobody's perfect;
such is the nature
of my humanity.*

**The Promise
of a New Day**

Reconciliation, Release, and Reclamations

A Thursday@7 tradition, you are invited to come forward symbolically 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 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.**

*Logic may dictate a certain course of action while my inner voice urges me in a different direction. I may have an easier time when I follow the dictates of my logic, convenience, or past experience, but am I cheating myself out of something much better? Today I will pause at a crossroad and listen for my Higher Power's voice.
Courage to Change*



12-Steps@7

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