

12 Steps@Trinity



Network of Mutuality

December 17, 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

The world we live in depends on the responsible contributions each of us makes. And this world is just as good as are the many talents we commit ourselves to developing and offering. None of us is without obligation to offer our best to our family, friends, or strangers, if our hope is to live in a good world. The world can only be as good as each of us makes it.

Individually and collectively our power to mold the outer circumstances of our lives is profound. Our personal responses to one another and our reactions to events that touch us combine with the actions of others to create a changed environment that affects us. No action, no thought goes unnoticed, unfelt in this interdependent system of humanity. We share this universe. We are the force behind all that the universe offers.

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

*Only by letting
go of life do I
most profoundly
enhance it.*

The Promise
of a New Day

Second Reading

The paradox of life is that we cannot conceive of its ending, but we also cannot conceive of its not ending. We have the image of the circle to help us out of the dilemma. And if we think of the vast cycles of time and generation, the image of a spiral comes to mind.

The Promise
of a New Day

The rich web, the adventure of life, goes on without end. It preceded us and will outlast us, and humans will go on struggling and surrendering. A related paradox is that we live in a moment of time that is constantly becoming the past, yet will affect a future that we cannot really predict or control. All we have to work with is our brief arc of life, now.

Yet how precious it is, and how vast, and how it is extended by our ties with others. The web of our relatedness to others brings us into their lives, them into ours. As we share our attention, we enrich our spirits, and we are enriched again by the gifts of others.

A further paradox: every individual is alone, yet none of us is unaccompanied on the curving journey that takes us through this life.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

—Kathy
Galloway of the
Iona Community

**Thank you for our time in community,
for deep, if fleeting friendships,
for those conversations late at night,
for the vulnerable intensity lubricated by laughter
for the freedom to serve others
and to affirm ourselves
in the face of all that you know and we know of our lives.
And we thank you for any signs that the churches,
from which so many are disaffected,
can yet be your body on earth in the community of creation.
Amen.**

*I stand in a
reciprocal
relationship
with the world,
part of it as it is
part of me.
The Promise
of a New Day*

Third Reading

Safe in our own homes, or deep into our jobs, it is difficult to remember that we are part of the indivisible life of each, and that everything we do affects that “network of mutuality,” just as we are affected by it. Stop and think of the beautiful image of the Arctic tundra, or the atmospheric envelope. These are parts of the world that we may have thought of as inert, nonliving, until we learned how delicate is their sensitivity to everything that touches them.

And everything touches them, as everything touches us. We are as much a part of the rhythm of life as the delicate web of roots that hold the permafrost in place. The same over-arching world spirit inhabits us, and we are as necessary as molecules of oxygen.

At last, we have achieved the capacity to communicate with our fellow human beings. Let us hope we can do it as well as sparrows do, or grass does, for we can shape our destiny even as we are shaped by it.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

Lord, make us instruments of your peace. Where there is hatred, let us sow love; where there is injury, pardon; where there is discord, union; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. 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.

The Promise of a
New Day

— *Attributed to
St. Francis*

*We are in one
another's world
by design. I
will enjoy the
magic of that
meaning today.*

**The Promise
of a New Day**

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.**

*Today I may feel
alone, but I am
not. My life is
fully in concert
with those around
me, and all is as
it should be.
The Promise
of a New Day*

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.

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.

CHRISTMAS EVE @3PM on Facebook Live. It will also be available as a video starting just a few minutes after the livestream finishes.

The final **Journeying the Way of Love: Advent** discussion, facilitated by Tim Lane and Jeffrey Tooke, will be this Tuesday at 7pm. Based on the Episcopal Church's Way of Love commitment to practices for a Jesus-Centered life, the Advent curriculum **Journeying the Way of Love** offers the opportunity to explore how we can live the Way of Love while we await the coming of Christ by exploring the first two chapters of Luke.

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

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

Meeting ID: 816-6863-4672

Passcode: trintalk

Our journey during Advent will include the following focus:

December 22, 7pm: Advent Four: The Birth of Jesus: Journeying with the World

Download the materials for Advent Four for December 22:

https://1drv.ms/b/s!Al-L5d_Lxgjchtpd0nrot3GW4XIYvA?e=ObVZRF

Advent Calendar 2020: https://1drv.ms/b/s!Al-L5d_Lxgjchtlp06lx6DoB8oK2vg?e=mgamDW

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 full four-week curriculum is available here: https://1drv.ms/b/s!Al-L5d_LxgjchtpffdXb9QTnUb6QLA?e=zeQvWQ

Save the Date: February 24, 2021 On that Wednesday, at 7pm, Trinity will host a Zoom appearance from Debby Irving, author of "Waking Up White: And Finding Myself in the Story of Race." While in her 40s, a graduate course in "Race and Cultural Identity" started Irving on her journey to comprehend how much she had benefited over the years because she was white. Irving writes plainly and clearly about her discoveries and how she began to question her long held assumptions about race and culture. We encourage you to read the book though it is not a requirement. Info on tickets to come.

12-Steps@7

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