

# 12 Steps@Trinity



Learn to Unlearn

June 4, 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

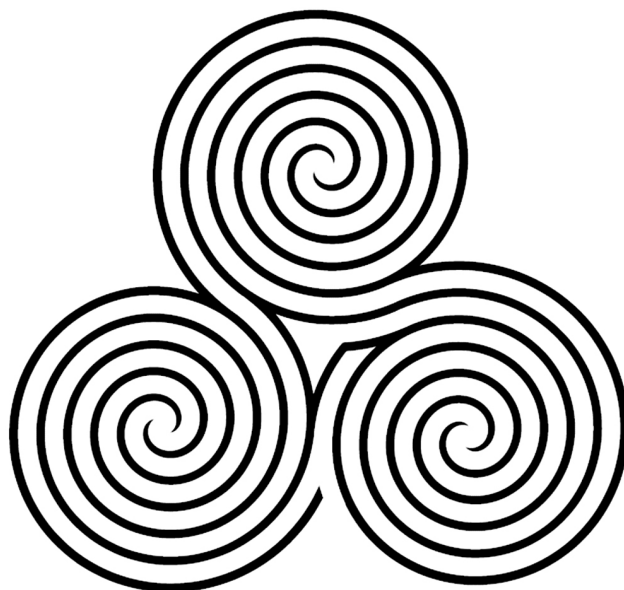
12-Step Spirituality is not a defined body of wisdom or particular collection of books and sayings. Indeed, the steps are rooted in a tradition much older and extending back millennia through the Judeo-Christian-Islamic religions. The Steps are now used by hundreds of different kinds of recovery groups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

**E**ach of us sees and experiences God in a way somehow unique to us. No two people see things exactly alike. That's why our program has no dogma. Each of us is encouraged to follow a spiritual path that seems to have been created for us. And we need not worry if we're on the right one, because every path leads to God. Would God let us lose our way? Of course not. We will know if a course correction is needed, and God will lead us to it.

In God's Care

Each of us understands God in a way no one else does. There's a place in God's love for each of us. And out of that place we can bring light to other people, just as our own special people have brought their light to us.

Hear the Spirit as it speaks to us.

**Amen.**

## Second Reading

**A**be Lincoln is supposed to have said, "We're just as happy as we make up our minds to be" – which is another way of saying, "We get out of life just what we put in." Rather than watching events pass us by, we can risk leaping into the action of the moment and being participants.

In God's Care

As participants, we discover our inner goals and talents. We begin communicating with others, taking risks, and allowing ourselves to be vulnerable. The road isn't always smooth but, by opening ourselves to both the hardships and triumphs that come with taking responsibility for our life, we learn our own depths and the depths of others. As participants, the richness of life's opportunities gradually becomes apparent as our knowledge of ourselves and others grows. We discover the fullness of our soul..

*"God can write  
straight with  
crooked lines."*

Hear the Spirit as it speaks to us.

**Amen.**

## First Prayer

Let us pray together.

**Praise be to you, O Lord, for life  
and for my intense desire to live;  
praise be to you for the mystery of love  
and for my intense desire to be a lover;  
praise be to you for this day  
and another chance to live and love.**

— Ted Loder

**Thank you, Lord,  
for friends who stake their claim in my heart,  
for enemies who disturb my soul and bump my ego,**

for tuba players,  
and story tellers,  
and trapeze troupes.  
Thank you, Lord,  
for singers of songs,  
for teachers of songs,  
who help me sing along the way  
... and for listeners.

Lord, grant me grace, then,  
and a portion of your spirit  
that I may so live  
as to give others cause  
to be thankful for me,  
thankful because I have not forgotten  
how to hope,  
how to laugh,  
how to say, "I'm sorry,"  
how to forgive,  
how to bind up wounds,  
how to dream,  
how to cry,  
how to pray,  
how to love when it is hard,  
and how to dare when it is dangerous.

Undamn me, Lord,  
that praise may flow more easily from me  
than wants,  
thanks more readily  
than complaints.  
Praise be to you, Lord, for life;  
praise be to you for another chance to live.  
Amen.

## 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!

*As I grow, I  
continue to learn  
and to unlearn,  
replacing old  
ideas with  
new ones and  
reclaiming  
others that had  
been cast aside.  
Today I welcome  
this flow of  
information that  
will nourish and  
replenish me as  
I become more  
fully myself.  
Courage to  
Change*

In God's Care

### Third Reading

**A**ccepting reality is not always easy to do. Some of us have spent the better part of our life looking for reality in strange places – at the bottom of a bottle, for instance. Now we know we have to accept ourselves as we are, with all our blemishes, but also with all our potential. And, of course, we have to accept others as they are and let them be. Acceptance is a kind of faith. It says that God makes no mistakes, testifying to the goodness within us and all around us.

Accepting what God sends to us allows joy to come into our life, something that seldom happens when we contrive to produce it on our own. Acceptance also helps us appreciate ourselves and enjoy the love and beauty that naturally surrounds us.

Hear the Spirit as it speaks to us.

**Amen.**

### Fourth Reading

**A**ll life is leave taking. Life is precious, and we are inevitably caught up in its flow. Our lives are one long passage from one state, one condition, to another. Let's not be too serious about where we are at any given moment; soon we will be at another place. This is especially true when considering recovery. Recovery is a process, not a competition with ourselves or anyone else. We will never be "there" because our capacity to grow is too great for that.

Many of us thought childhood would never end. It did. Then we thought we would never be anything but adolescents. We passed through that state as well. Perhaps we can no longer remember a time when we were not married, but that time did exist.

Like a leaf in a stream, we are on the move. It is silly to get too attached to any particular point of the journey.

Hear the Spirit as it speaks to us.

**Amen.**

### Second Prayer

Let us pray together.

**We pray for the fragile ecology of the  
heart and the mind. The sense of meaning  
So finely assembled and balanced  
and so easily overturned.  
The careful, ongoing  
construction of LOVE.  
As painful and exhausting  
as the struggle for truth  
and as easily abandoned.**

Days of Healing,  
Days of Joy

— Michael  
Leunig, A  
Common Prayer

Hard fought and won  
are the shifting sands of this sacred ground,  
this ecology.  
Easy to desecrate and difficult to defend,  
this vulnerable joy, this exposed faith,  
this precious order.  
This sanity.  
We shall be careful.  
With others and  
with ourselves.  
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.*

## 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.**

*“Acceptance  
says, True, this  
is my situation at  
the moment. I’ll  
look unblinkingly  
at the reality of  
it. But I’ll also  
open my hands to  
accept willingly  
whatever a  
loving Father  
sends me.”*

*Catherine  
Marshall*

*“Happiness in  
the older years  
of life, like  
happiness in  
every year of  
life, is a matter  
of choice –  
your choice  
for yourself.”*

*Harold Azzine*

## 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.**



## 12-Steps@7

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