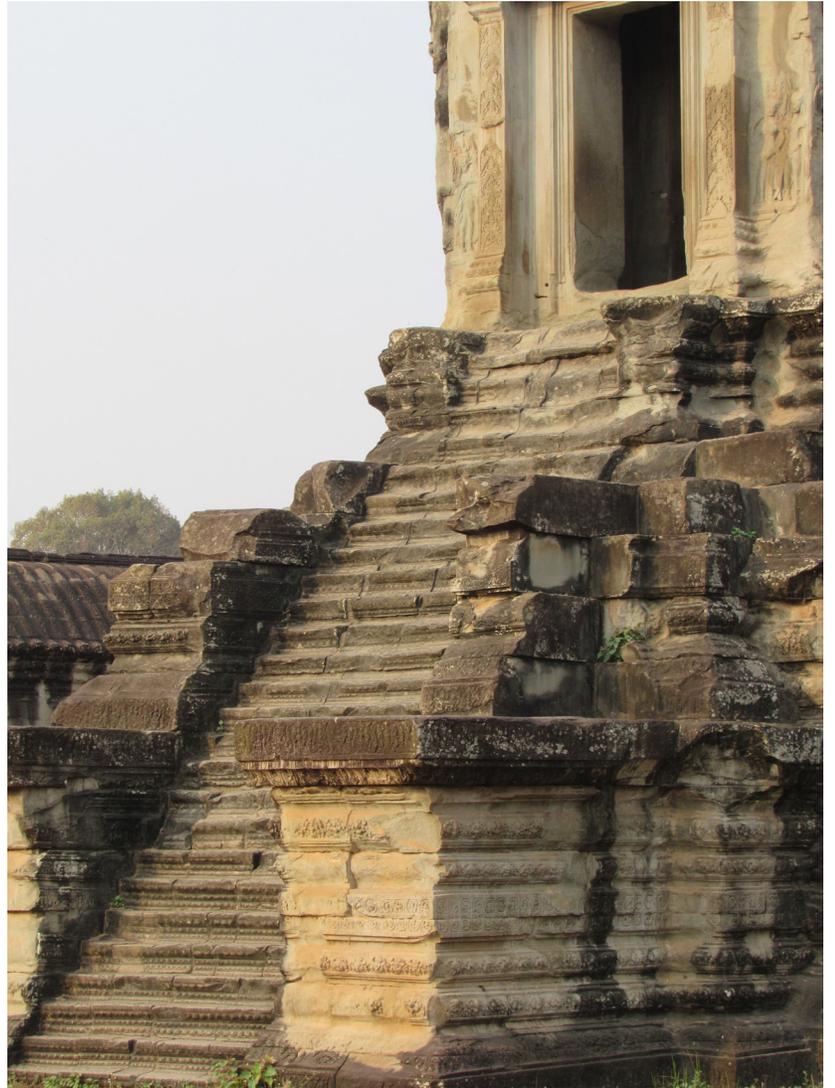


12 Steps@Trinity



New Year's Eve

December 31, 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.**

*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 future is made of only one substance and that is the present moment. By taking care of the present, you are doing everything you can to assure a good future.

First Reading

Courage to
Change

I am writing my life story with every single today. Am I moving in a positive direction? If not, perhaps I need to make some changes. I can do nothing to change the past except stop repeating it in the present. Going to 12-Step meetings and practicing the principles of the program are some of the ways in which I am already breaking out of unhealthy and unsatisfying patterns of the past.

I believe that my life is built upon layers of little everyday accomplishments. When I think this way, setting goals and taking small risks becomes nothing more than a daily striving to make my life better. Taking some tiny action each day can be much more effective than weeks and months of inactivity followed by a frenzied attempt to make radical changes overnight. It certainly leaves me more serene. When I face a new challenge, I try to take my beginning wherever it may be and start from there.

Hear the Spirit as it speaks to us.

Amen.

Second Reading

One Day at a
Time in Al-Anon

Condemning ourselves for mistakes we have made is just as bad as condemning others for theirs. We are not really equipped to make judgments, not even of ourselves.

Thomas A' Kempis said: "All perfection in this life is attended by some imperfections, and all our farseeing is not without obscurity."

This day I will concentrate on the inner meaning of the Commandment "Thou shalt love thy neighbor as thyself." I will accept myself, for that is the primary condition under which the good in me can grow. Unless I am at peace with the child of God I am, I cannot love and help my neighbor. Regrets are vain. They interfere with the good I can do today, the making of the better person I want to be tomorrow.

Hear the Spirit as it speaks to us.

Amen.

*The journey of a
thousand miles
begins with a
single step.
Lao-tse*

First Prayer

Let us pray together.

**You, from whom we come
And to whom we go,
Unchanging love,
You give us time for change and growth
In this time of great change in my life,
please, give me courage to change and grow
and cheerfulness amidst growing-pain.
Let me take ever deeper roots in love
Make me faithful without clinging
And let me remain faithful in letting go.
Into your hands I lay my life
And the lives of all whom I love.
Amen.**

Third Reading

This was the only thought I remembered from my first 12-Step meeting: We can learn to live at peace with ourselves and others. “Live at peace with ourselves and others?” I wondered. “How do people do this?” From my alcoholic upbringing to my own family and workplace, I had never experienced a peaceful way of life. With myself, I was constantly fighting against the guilt, fear, and anger that ruled my life. With others, I was always fighting for some cause or belief, trying to make them see my position was the right one. Of course I never won, and the wars never ceased.

When I attended 12-Step meetings, I finally found the peace I desired so much. Twelve Step wisdom teaches me that the path to peace is accepting the people, places, things, and situations I cannot change. Accepting myself as I am by working Steps Four through Nine, freed me from my self-inflicted inner judge and jury. Accepting others with the use of the Serenity Prayer allowed me to stop fighting. Acceptance allows God to do what I cannot. Acceptance opens the door for my growth and leads me on my spiritual journey, one day at a time.

Accepting the things I cannot change is not always easy; sometimes I really fight it. Because my life is always changing, there is always some new person or situation to accept. Fortunately, I don't have to go through the acceptance process alone. My Higher Power provides the power, the 12-Steps provide the path, and the people in the program provide the support. All I need to do is keep coming back.

Hear the Spirit as it speaks to us.

Amen.

— Br. David
Steindl-Rast

Hope for Today

*Peace is
a natural
outgrowth of
acceptance.*

Hope for Today

— Ted Loder

Second Prayer

Let us pray together.

**Eternal God,
lead me now
out of the familiar setting
of my doubts and fears,
beyond my pride and my
need to be secure into a
strange and graceful ease
with my true proportions
and with yours;
that in boundless silence
I may grow
strong enough to endure
And flexible enough to
share your grace. 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

*Today I pray for
the wisdom to
build a better
tomorrow on
the mistakes
and experiences
of yesterday.*

**Courage to
Change**

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.**

No one can make me change. No one can stop me from changing. No one really knows how I must change, not even I. Not until I start. I will remember that it only takes a slight shift in direction to begin to change my life.

Courage to Change

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.

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

Trinity Episcopal Church • 371 Delaware Avenue • Buffalo, New York 14202

The Rev. Matthew Lincoln • mcolin@trinitybuffalo.org

www.TrinityBuffalo.org • (716) 852-8314