

12 Steps@Trinity



Truth is a Process

April 15, 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.

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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

We must be true inside, true to ourselves, before we can know a truth that is outside us.
—Thomas Merton

Integrity is not a given in everyone's life. It is the result of self-discipline, inner trust, and a decision to be relentlessly honest in our response to all situations in our lives. We are quick to recognize this quality in others and hope to acquire it ourselves. However, we must cultivate risk taking and cast off fears of rejection and derision if we're to discover the serenity that fully integral life offers.

Recognition of truth in others, realization of the appropriateness of decisions or the aptness of choices is made easier when we are certain of the truth of our own lives. The inner turmoil dissipates, and we are quiet within when we choose to live lives full of truth. And in the quiet we discern all truths. How much softer the edges of experience when we are guided by truth. How much easier every decision, every choice, when we have committed ourselves to a course of total honesty.

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

*Truth is truth; I
can recognize it
where I find it.*
The Promise of
a New Day

The Promise
of a New Day

Second Reading

What we call poetry is a capacity to use language so freely, so beautifully, and with so much imagination that it transforms ordinary words. What we call prophecy is the ability to see through the complex machinery of the present into the true nature of events. Both the poet and the prophet seem to be touched with magic – with more than human powers.

They tear aside the veil of ordinary reality. Both reveal a vision more intense than ours. Yet we can learn from poets and prophets, if we wish. Their vision is available to us.

All we need is humility and a willingness to let our minds play freely. Great prophets and poets speak to our human condition. Their vision can challenge or console us, if we consult them.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**O Ingenious God,
I rejoice in your creation,
and pray that your Spirit touch me so deeply
that I will find a sense of self
which makes me glad to be who I am
and yet restless
at being anything less
than I can become.
Make me simple enough
not to be confused by disappointments,
clear enough
not to mistake busyness for freedom,
honest enough
not to expect truth to be painless,
brave enough
not to sing all my songs in private,
compassionate enough
to get in trouble,
humble enough
to admit trouble and seek help,
joyful enough
to celebrate all of it, myself and others and you.
Amen.**

— Ted Loder

*I need courage
to face the truth;
and the truth will
strengthen me.*

The Promise
of a New Day

Third Reading

Sometimes we feel that we are the guardians of a fragile, threatened civilization: if it weren't for us, all would be lost. Such feelings are a signal that we need to check out our reality, to test our perceptions of the world against those of someone we trust. We are seldom in sole possession of the truth!

But shared commitment to truth is powerful; it enhances our spirits. Most of us feel a need to express this commitment, whether by sharing worship or simply talking with friends. Often the truth is a process, a relationship between ourselves and others, and sharing it gives it roundness and luster.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

**LORD, you have searched me out and known me;
you know my sitting down and my rising up;
you discern my thoughts from afar.**

**You trace my journeys and my resting-places
and are acquainted with all my ways.**

**Indeed, there is not a word on my lips,
but you, O LORD, know it altogether.**

**If I say, "Surely the darkness will cover me,
and the light around me turn to night,"**

**Darkness is not dark to you;
the night is as bright as the day;
darkness and light to you are both alike.**

**For you yourself created my inmost parts;
you knit me together in my mother's womb.**

**I will thank you because I am marvelously made;
your works are wonderful, and I know it well. 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!

The Promise
of a New Day

— *Psalm 139 1-3,
10-13*

*Every truth we
see is one to give
to the world,
not to keep to
ourselves alone.*

*Elizabeth Cady
Stanton*

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 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.**

*Truth is truth,
love is love, and
we are what
we are. These
things are always
true for us.*

**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.

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Thank you for your participation and contribution. Peace.

*If you tell the
truth, you
don't have
to remember
anything.*

Mark Twain

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