

12 Steps@Trinity



In Concert
October 1, 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

We live in concert with others, compatibly at times and at other times not so well, but always with others. We don't always acknowledge our togetherness, but when we are moved to, we quickly sense the comforts of a shared journey. We belong to more than just our neighborhood, our families, our circle of friends. The concert that has captured us is greater, and it has a conductor with whom we travel the path as well. It is this journey that encourages us to appreciate the steps we take with others.

The whole of creation depends on the contributions of each part for its completion. Interdependently, never singly and alone, we exist. We are one with another, and this oneness is eternal.

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

Second Reading

The beautiful correspondences that structure the world—from the five-pointed star in the core of an apple to the snail-shell spiral of our inner ear—can be a source of great comfort to us. When we feel most alone, most abandoned, and out of sorts, the simple forms of beauty can remind our eyes of the world's unity and our place within it.

Our path through the world is a part of it. We add our individual voices to the chord that is the language, that is history. No matter how desperate we may feel, or how hopeless our lives may seem at times, the fact remains that loss and sorrow are a part of life, and the law of life is change. Unless we choose to cling to sorrow, it will flow through us. The next wave of feeling may bring us joy.

The hexagonal cells of the honeycomb recall the shapes of insects' eyes, snowflakes, geodesic domes. We fit into this grand design. We are here for a reason – for many reasons. Let us treat ourselves as gently as we try to treat the other parts of the delicate web of life.

Hear the Spirit as it speaks to us.

Amen.

First Prayer

Let us pray together.

**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.**

— *Kathy
Galloway, of the
Iona Community*

*Together is a
road travelled by
the brave.
George Betts*

Third Reading

Moving through life fully in concert with others requires commitment and much energy. It demands self-love, unconditional acceptance of others, patience, the ability to be vulnerable and to take risks, and the decision to stay put even when the desire to run is great. And this assortment of characteristics is only the beginning. More is required of us, much more, if we want a real experience of belonging to those around us. But even more than that is guaranteed for us if we are willing to be present always.

If we have chosen to go it alone in the past, we can quickly recall the frequent uncertainty, the defensiveness when questioned by others, the absence of emotional support when the going was rough. But then, we may have believed we were free – others didn't have to be counted on. However, real freedom to be who we are can only be found among a circle of friends who have committed themselves to us, just as we have committed ourselves likewise.

Together we will grow, find happiness, and gain strength.

Hear the Spirit as it speaks to us.

Amen.

Second Prayer

Let us pray together.

**Dear God, we pray for another way of being: another way of knowing.
across the difficult terrain of our existence
we have attempted to build a highway, and
in so doing have lost our footpath.**

**God lead us to our footpath:
lead us where in simplicity we may move
at the speed of natural creatures
and feel the earth's love beneath our feet.**

**Lead us there where step-by-step
We may feel the movement of creation in our hearts.
And lead us there where side-by-side we may feel
the embrace of the common soul.**

**Nothing can be loved at speed.
God lead us to the slow path;
To the joyous insights of the pilgrim;
Another way of knowing: another way of being.
Amen.**

The Promise of a
New Day

~ Michael Leunig,
The Prayer Tree

*The body repeats
the landscape.
They are the
source of each
other and create
each other.
Meridel Le Suer*

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

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.**

*I stand in
reciprocal
relationship
with the world,
part of it as it
is part of me.*

**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.**

*There is nothing
so moving - not
even acts of love
or hate – as the
discovery that
one is not alone.*

Robert Ardrey

*I may not feel
our oneness
today, but I will
trust that it is so.*

**The Promise
of a New Day**

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