

Mondays@7

A 12-Step Worship Service



O Lord, Hear Our Prayer

St. Paul's Episcopal Church

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

Recognizing our common brokenness, yet rejoicing in the reconciling love of God, we will...

- *Embrace the diversity of the Christian faith as expressed through the Episcopal Church*
- *Nurture one another in our spiritual life*
- *Proclaim the love of God for all people in the voices of each new generation*
- *Gather the wisdom and resources of the community of faith to name and heal the wounds of injustice*

Things You Should Know...

- *Restrooms are in the hallway near the office*
- *If you wish to make a direct contribution to St. Paul's, to support Mondays @7, please place your check, envelope or cash in the collection plate*
Thank you!

AND

God Loves You No Exceptions!!!

Welcome home to the Episcopal Parish of Alton!!



This service was designed by the Rev. Steve Lane, who developed it with his team at Trinity Episcopal Church, Buffalo, NY. He has graciously encouraged us to make use of all of the services they developed and have stored in Dropbox!

Mondays@7

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 at St. Paul's 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. Please know that you are a treasured part of our parish.

Tonight



The Lord's Prayer: The Lord's prayer is possibly the most well-known prayer out there. It is said not just by Christians but also by those of other faiths. What does it really say? There are many different understandings and certainly no right or wrong way. The book "Sermon on the Mount" by Emmet Fox was very important in early AA. We thought it would be interesting to take a look at what this book has to say about the Lord's Prayer.

***Mondays@7** is offered as a quiet & intimate worship experience rooted in the spiritual wisdom of the twelve-steps, which themselves are rooted in the ancient spiritual exercises of St. Ignatius.*

Your host tonight is Cindy Sever.

All responses are in ***bold italics***.

At Mondays@7 we offer a set of readings and prayers from various sources to deepen, stir, and evoke our thoughts toward a power greater than ourselves.

Welcome & Centering Prayer

A moment of silence is held in which to breathe deeply and open ourselves to the Holy Spirit which is moving in and around us.

Let us pray

A Centering Prayer

*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

A rabbi teaches

"When you pray, don't ramble like heathens who think they'll be heard if they talk a lot. Don't be like them. Your Lord knows what you need before you ask. This is how you should pray: Our Father in heaven, let your name be kept holy. Let your kingdom come. Let your will be done on earth as it is done in heaven. Give us our daily bread today. Forgive us as we forgive others. Don't allow us to be tempted. Instead, rescue us from evil. "If you forgive the failures of others, your heavenly Father will also forgive you. But if you don't forgive others, your Father will not forgive your failures. When you fast, stop looking sad like hypocrites. They put on sad faces to make it obvious that they're fasting. I can guarantee this truth: That will be their only reward. When you fast, wash your face and comb your hair. Then your fasting won't be obvious. Instead, it will be obvious to your Father who is with you in private. Your Father sees what you do in private. He will reward you.

~ Matthew 6

Quote: "Our prayers must mean something to us if they are to mean anything to God."

~ Maltbie D. Babcock

Quote: "Prayer will make a man cease from sin, or sin will entice a man to cease from prayer."

~ John Bunyon

Looking at the Lord's Prayer with Emmet Fox *from Sermon on the Mount by Emmet Fox*

The Lord's Prayer is the most important of all the Christian documents. Everyone who is seeking to follow along the Way that Jesus led, should pray the Lord's Prayer intelligently every day.

The Great Prayer is a compact formula for the development of the soul. It is designed with the utmost care for that specific purpose; so that those who use it with regularly, with understanding, will experience a real change of soul. It is the change of soul that matters. *The mere acquisition of knowledge received intellectually makes no change in the soul.* The more one analyzes the Lord's Prayer, the more wonderful its construction is seen to be.

"Our Father" In this clause Jesus lays down once and for all that the relationship between God and man is that of father and child. This eliminates any possibility that the Deity could be a relentless and cruel tyrant.

Now the Prayer says, not "My Father," but "Our Father," and this indicates beyond the possibility of mistake, the truth of the brotherhood of man. It forces upon our attention at the very beginning of the fact that, all men are the children of one Father; and that, *"There is neither Jew nor Greek, there is neither slave nor free, there is neither male nor female: for you are all one in Christ Jesus (Galatians 3:28)."*



Here Jesus cuts away the illusion that the members of any nation, or race, or territory, or group, or class, or color, are, in the sight of God, superior to any other group.

Note that this clause that fixes the nature of God, at the same time fixes the nature of man. It is a cosmic law that like begets like. It is not possible that a rosebush should produce lilies, or that a cow should give birth to a colt. The offspring must be of the same nature as the parent; and so, since God is divine Spirit, man must essentially be divine Spirit too, whatever appearances may say to the contrary.

At a single blow this teaching of Jesus swept away 99 percent of all the old theology, with its avenging God, its chosen and favored individuals, its eternal hell fire, and all the other horrible paraphernalia of man's diseased and terrified imagination. God exists - and the Eternal, All- Powerful, All-Present God is the loving Father of humankind.

The final point is the implied command that we are to pray not only for ourselves but for all humankind. None of us lives to himself, however we may try. In a much more literal sense than people are aware we are limbs of one Body.

MORE FROM EMMET FOX

“Thy kingdom come” means that it is our duty to bring more and more of God's ideas into concrete manifestation upon this plane. That is what we are here for. The old saying, “God has a plan for every man, and he has one for you,” is quite correct. There is a true place in life for each one of us where we can bring the Kingdom of God into manifestation, and truly say, “Thy Kingdom cometh.”

“Your will be done on earth, as it is in heaven” (Matthew 6:10)

Now we too often choose to use our free will in a negative way; allowing ourselves to think selfishly, and this wrong thinking brings upon us all our troubles. Instead of understanding that it is our essential nature to express God, to be ever about our Father's business, we try to set up our own account. We abuse our own free will, trying to work apart from God; and the natural result is the sickness, poverty, and trouble that we find with us and around us. We must never for a moment try to make plans or arrangements without reference to God, or suppose that we can be either happy or successful if we are seeking any other end than to do his Will.

“Give us this day our daily bread” (Matthew 6:11)



In its inner and most important meaning, our daily bread signifies the realization of the Presence of God – an actual sense that God exists not merely in a nominal way, but as *the* great reality; we can rely on Him to supply all that we need to have; teach us all that we need to know; and guide our steps. This is Emmanuel, or God with us.

People think of their supply as coming from certain investments, or from a business, or from an employer, perhaps; whereas these are merely the channels through which it comes, God being the Source. A particular channel is likely to change, because change is the cosmic law for manifestation. The fading out of one channel will be but the signal for the opening of another.

“Forgive us our trespasses, as we forgive them that trespass against us “
(Matthew 6:12)

The forgiveness of sins is the central problem of life.

Setting others free means setting yourself free, because resentment is really a form of attachment. When you hold resentment against anyone, you are bound to that person by a mental chain. You are tied by a cosmic tie to the thing that you hate. Is this the condition in which you desire to go on living? Remember, you belong to the thing with which you are linked in thought. No one can afford such a thing; and so you must cut all such ties by a clear act of forgiveness. By forgiveness you set yourself free.

Forgiveness

The Key to Freedom

Nazarene transliteration of the Lord's Prayer

*Oh Thou, from whom the breath of life comes, who fills
all realms of sound, light and vibration.*

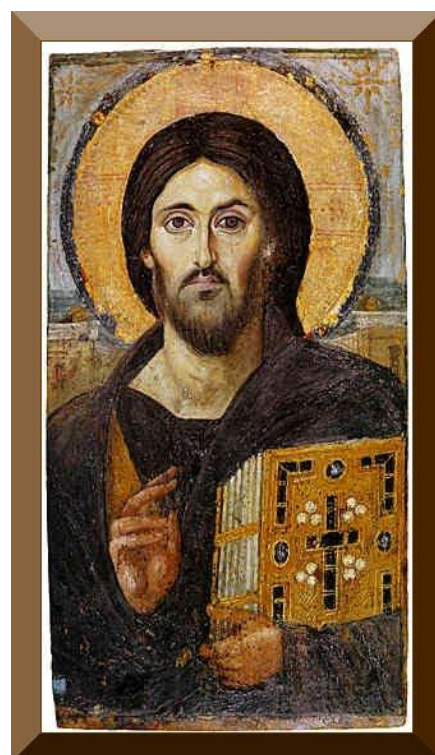
*May Your light be experienced in my utmost holiest.
Your Heavenly Domain approaches.*

*Let Your will come true - in the universe (all that
vibrates) just as on earth (that is material and dense).
Give us wisdom (understanding, assistance) for our daily
need, detach the fetters of faults that bind us, (karma)
like we let go the guilt of others.*

*Let us not be lost in superficial things (materialism,
common temptations), but let us be freed from that what
keeps us from our true purpose.*

*From You comes the all-working will, the lively strength
to act, the song that beautifies all and renews itself from
age to age.*

*Sealed in trust, faith and truth.
(I confirm with my entire being)*



A moment of silence...

The Road Ahead

6

This prayer is adapted by Thomas Merton from the 23rd Psalm.

Let us pray together.

***My Lord God, I have no idea where I am going.
I do not see the road ahead of me.
I cannot know for certain where it will end.
Nor do I know myself,
the fact that I think that I am following your will does not mean
that I am actually doing so.
But I believe that the desire to please you does, in fact,
please you.***

***I hope I have that desire in all that I am doing.
I hope that I will never do anything apart from that
desire.***

***I know that if I do this
you will lead me by the right road though I may
know nothing about it.***

***Therefore will I trust you always
though I may seem to be lost
and in the shadow of death.***

***I will not fear, for you are ever with me,
and you will not leave me to face my perils alone.***

Amen.



A moment of silence...

Musical Interlude

Reflection

The reflection seeks to be evocative not prescriptive, so please do not feel as if there is any 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!

A moment of silence...

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 singing bowl will sound when the time for meditation is over.

Reconciliation, Release and Reclamations

You are invited to come forward and symbolically offer your prayer for the reconciliation of a fractured relationship, a sin that is troubling your soul, the release of a resentment, or the reclamation of lost hopes and dreams. Please write whatever you would like to give to God on the Post-it Note in this program and then place it into the burning bowl.

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 Peace of the Lord be always with you.

People: And also with you.

Dismissal

Fellowship and Music

You are invited to linger and enjoy conversation with light refreshments, and to connect with people who are seeking deeper spiritual practice. Feel free to linger or leave as you see fit. After a bit, we will have a general discussion where we can share our reflections on tonight's service.

Guidelines for General Discussion

Time is being made for General Discussion. This is a great way to get to know others and share any reflections or questions you may have around tonight's topic. This is NOT a 12 step meeting, but using the framework of those meetings we ask you to please follow these guidelines:

- Take responsibility for your own learning.
- Use "I" language – speaking only for yourself.
- When others are speaking, listen with an open mind.
- Give others equal opportunity
- Respect confidentiality – what is said here is owned by the person who said it.

Have any questions or concerns? Please feel free to email Mother Cindy+ at cindysever210@gmail.com.

Mother Cindy+ is available to you if you wish to speak with a pastor, receive anointing for illness, make a formal or informal individual confession to be reconciled with God, or talk about Baptism or other sacraments.

You can reach us at:

Facebook.com/episcopalalton
www.episcopalalton.org
epialton@episcopalalton.org
618-465-9149

**The Episcopal Parish of Alton has two Congregations
that form one parish:**

Trinity Chapel
1901 State Street
Alton, IL 62002

and

St. Paul's Church
10 E. 3rd Street
Alton, IL 62002

PAWS 
Pets are Welcome Service
First Sunday of every month
2 PM
St. Paul's Church
10 E. Third Street
Alton, IL
618.465.9149
Treats for everyone to follow!



*We are
thankful for
you!!!*

12 Steps for All

1. We admitted we were powerless - that our lives had become unmanageable.
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.

+ Taken from the 12 Steps of Alcohol Anonymous