



trinity

@7

04.24.2022

## welcome

*Trinity @7 welcomes you in person and via Zoom. This is a time where we enjoy jazz combined with poetry and a thoughtful reflection. We're always glad to see you and to share this special time together. Even though some of us are in person and others on Zoom, we are one community for a little while. What joy!*

*No matter the venue, may you experience stillness when it is needed and much joy and laughter when they are needed, or perhaps when least expected. Besides beautiful music and words, we hope this evening brings you a little bit of peace.*

*We will continue to have a candle lighting time, either at a candle wall in the chapel or in your home.*

*At this time, we leave the decision up to you whether or not to wear a mask in the Chapel. Thank you.*

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## welcome

### a moment with nature

### a centering prayer

Let us pray.

That from our depth new life emerges  
thanks be to you, O God.

That through our body  
and the bodies of men and women everywhere  
heaven's creativity is born on earth,  
children of eternity are conceived in time  
and everlasting bonds of tenderness  
are forged amidst the hardness of life's struggles,  
thanks be to you.

That in our soul  
and the soul of every human being  
sacred hopes are hidden,  
longings for what has never been are heard  
and visions for earth's peace and  
prosperity are glimpsed,  
thanks be to you.

For those near to us who are in turmoil this day  
and for every family in its brokenness,  
for the woundedness of our own life  
and for every creature that is suffering,  
O God of all life, we pray.

**amen**

[Nature365.tv](https://www.nature365.tv)  
posts a daily video,  
usually 30 to 60  
seconds long, with  
beautiful sound as  
well as images.  
Check it out.

Prayer written by  
John Philip Newell

## interlude

### Can You Hear It?

by Paula Gordon Lepp

There are days when,  
although I try to open myself  
to wonder, wonder just  
won't be found. Or perhaps,  
it is more accurate to say  
on those days I am simply  
blind to what the world  
has to offer  
until I look down, and there,  
beside the sidewalk,  
are blades of grass completely  
enrobed in ice, shimmering  
in the glow of the setting sun,  
and as they sway and move  
into each other, if I listen,  
really listen,  
even they are singing  
faint little bell-notes of joy.

Paula Gordon Lepp  
is a poet who lives  
in West Virginia.

## interlude

### On Safety

by Nadine Pinede

When the storms of life  
come bearing down  
threatening to  
lash you senseless,  
seek shelter.  
Find the warm  
blanket you caress  
like the felted fur  
of your cat  
curled before  
a glowing hearth,  
of breath that fills  
both heart and earth.  
Breathe.  
There's always time  
to curse the darkness.

Nadine Pinede,  
published author of  
poems and essays,  
was born in Paris  
to Haitian refugee  
parents. She has  
lived all over North  
America and Europe  
and currently resides  
in Belgium.

After the tears,  
light a honeycomb candle  
and heal your own sun.  
The bridge  
from sorrow to joy  
may seem to vanish  
in the flood,  
but who says you  
can't join those  
who cross over,  
with a single  
braided rope  
of gratitude

## interlude

I sat with my anger long enough, until she told me her real name was grief.

interlude

Love what you have before life teaches you to love what you lost.

interlude

Pain is inevitable. Suffering is optional.

interlude

When you can't control what's happening, challenge yourself to control the way you are responding to what's happening. That's where the power is.

interlude

Help me to be less fearful of the measure of time, and more fully alive in the time that simply is. Help me to live time, not just to simply use it; to breathe it in, and return it in acts of love and presence.

Avis Crowe

## interlude

The first four quotes were found without attribution on [tailpic.com](http://tailpic.com).

Avis Crowe is a Quaker woman who wrote the book, *The Ministry of Presence: Without Agenda in South Africa*.

# Losing Heart

by James Crews

It's not like misplacing the car keys  
or forgetting your mother's address.  
You know it's impossible to actually lose  
the heart working so hard in the chest,  
resting for only the slimmest of instants  
between beats. Yet you wake some days  
patting empty pockets, digging through  
every drawer in the house, searching  
under the bed and couch. In the space  
of a night, the hope that burned bright—  
flowing like a medicine in your veins—  
can drain from the body, leaving you  
bereft in bed and getting up only  
to bathe yourself in the sickly light  
of the fridge, the glow of screens.  
Yet you can trust that the heart never  
goes far, never abandons you for longer  
than you can handle. You might be  
driving to work one stormy morning,  
scowling at every car that passes you  
when it happens again—that sudden  
leap in the chest as you see the rain-  
slick blacktop shining blue in places  
where it gives back the sky, and then  
you're anchored again in that faithful  
rhythm by which you love the world.

interlude

reflection

interlude

brief silent meditation

the candle lighting

While Krista plays, feel free to light a candle at one of the walls. Let's do so mindfully and one at a time, leaving space between you and the person in front. If you're lighting a candle at home, do so as if you were in a sacred space. You are.

James Crews is a Vermont poet who also leads workshops and retreats on mindfulness and writing.



## closing prayer

When I want to hold on

Teach me  
to trust  
the hope  
that blooms  
inside  
the loss,  
the love  
that's at  
the heart  
of fear—

teach me  
to molt,  
to slough,  
to shed,  
to doff,  
to meet  
the first light  
and then  
let even that  
go.

**amen**

## postlude

# announcements

## **Special Guest on May 8**

Kathy Spillman from Journey's End Refugee Services will join us at the 10:30 service on May 8 to talk about the local efforts to resettle evacuees from Afghanistan.

Journey's End Refugee Services, Inc. is a Christian community-based organization with the mission of welcoming refugees to provide them with the resources and support they need to become successful, active and contributing members of the Western New York Community.

If you recall, last summer, the Taliban took over Afghanistan, and the United States Armed Forces withdrew from the country after 20 years. That concurrence of events compelled the US to evacuate tens of thousands of Afghans to the States.

Buffalo has become home to approximately 500 Afghan evacuees. They left their homeland with only what they could carry so resettlement means setting up house completely anew.

Kathy will explain the progress of resettlement to date, and let us know why and how we should help. Thank you for making her feel welcome.

## **Eyewitness Bible: The Book of James**

On **Wednesday evenings @7pm** starting May 4, Tim Lane and Jeffrey Tooke are facilitating *The Book of James* from the *Eyewitness Bible* series. We will explore the Book of James and look at the major themes found there by watching and discussing video monologues of eyewitness characters from the book.

On **Wednesday, May 4 @7pm**, we will explore faith and faithfulness as explained by James to understand that this theme is so crucial to James' thought process and through our study, gain a better understanding of the Book of James and the audience to whom it was written.

Join Tim and Jeff on Wednesdays @7pm using the Zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1N UUowZz09>

Meeting ID: 816-6863-4672

Passcode: trintalk

If you have any questions, email Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com).

## **Free Books, Please Take Some Home**

Please browse the bookshelf in the red carpet area and take home any books of interest. A new batch of books has replaced the old, so be sure to check out the bookshelves again.



Trinity is an Episcopal Church in the Diocesan Partnership of Western New York and Northwest Pennsylvania.

 Facebook: [@Trinitybuffalo](https://www.facebook.com/Trinitybuffalo)

 YouTube: [Trinity Church Buffalo](https://www.youtube.com/TrinityChurchBuffalo)

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[www.trinitybuffalo.org](http://www.trinitybuffalo.org) • (716) 852-8314

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Thank you to Krista for the beautiful music.

Thank you to Matt Lincoln for bringing us together in every way he can imagine and then for being with us and reflecting from his heart.

Thank you to our host and readers.

Thank you to all the poets and musicians in the world who reflect life back to us in the most beautiful ways.

And of course, thank you.

Additional thanks to **Maria Geba** and **Jeff Wang** for allowing us to meet together on Zoom.

If you'd like to visit Trinity Church in person for some quiet contemplation or to view the stunning stained glass windows, you can schedule an appointment with the parish administrator Colleen O'Neill, [coneill@trinitybuffalo.org](mailto:coneill@trinitybuffalo.org).



Trinity has worked so hard during the pandemic to keep people's spiritual lives refreshed and engaged. We kept the whole staff on payroll. We learned how to make Trinity services available online, either with Zoom or Facebook live streaming or both. We've made a commitment to continue with our communities—online and in person. Your donation can be an expression of your gratitude for Trinity and all the blessings in your life and your hope for health in the world. You can [donate online here](#), or initiate an online donation by texting TRINITYBUFFALO to 73256, scan the QR code, or as you exit, you can make a contribution in the Big Blue Urn. Thank you for your participation and contribution. Peace.



**All services are in person AND online:**

**Sunday @10:30am** Includes communion at an open table

**Sunday @7:00pm** An encounter with God through poetry, jazz, and meditation

**Wednesday @Noon** Prayer and holy conversation

**Thursday @7pm** 12steps@Trinity, based on 12-step spirituality