



trinity

@7

11.06.2022

Cover photo NASA's James Webb Space Telescope infrared image of galaxy cluster SMACS (Small Missions to Asteroids and Comets) 0723.

[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.

## 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

As we enter in to this quiet time of reflection,  
be with us, beloved.

**and all shall be well,  
and all manner of thing shall  
be well.**

As we are mindful of this precious moment,  
and grateful for the words and music,  
be with us, beloved,

**and all shall be well,  
and all manner of thing shall  
be well.**

Let the stillness of this holy place  
flow into us, calming us, restoring us.  
Be with us, beloved,

**and all shall be well,  
and all manner of thing shall  
be well.  
amen**

## interlude

# I Am Going to Start Living Like a Mystic

by Edward Hirsch

Today I am pulling on a green wool sweater  
and walking across the park in a dusky snowfall.  
The trees stand like twenty-seven prophets in a field,  
each a station in a pilgrimage—silent, pondering.  
Blue flakes of light falling across their bodies  
are the ciphers of a secret, an occultation.  
I will examine their leaves as pages in a text  
and consider the bookish pigeons, students of winter.  
I will kneel on the track of a vanquished squirrel  
and stare into a blank pond for the figure of Sophia.  
I shall begin scouring the sky for signs  
as if my whole future were constellated upon it.  
I will walk home alone with the deep alone,  
a disciple of shadows, in praise of the mysteries.

## interlude

### Poet As Fisherman

by Lawrence Ferlinghetti

As I grow older I perceive  
Life has its tail in its mouth  
and other poets other painters  
are no longer any kind of competition  
Its the sky that's the challenge  
the sky that still needs deciphering  
even as astronomers strain to hear it  
with their huge electric ears  
the sky that whispers to us constantly  
the final secrets of the universe  
the sky that breathes in and out  
as if it were the inside of a mouth  
of the cosmos  
the sky that is the land's edge also  
and the sea's edge also  
the sky with its many voices and no  
god  
the sky that engulfs a sea of sound  
and echoes it back to us  
as in a wave against a seawall  
Whole poems whole dictionaries

rolled up in a thunderclap  
And every sunset an action painting  
and every cloud a book of shadows  
through which wildly fly  
the vowels of birds about to cry  
And the sky is clear to the fisherman  
even if overcast  
He sees it for what it is :  
a mirror of the sea  
about to fall on him  
in his wood boat on the dark horizon  
We have to think of him as the poet  
forever face to face with old reality  
where no birds fly before a storm  
And he knows what's coming down  
before the dawn  
and he's his own best lookout  
listening for the sound of the universe  
and singing out his sightings  
of the land of the living.

## interlude

Edward Hirsch (b 1950) is a published and award-winning poet, including a MacArthur Fellowship. Here's a great quote from him: *Poetry is the social act of a solitary person. When you're reading a poem you're not alone with your own feelings. I have always found that comforting.*

Lawrence Ferlinghetti (1919-2021) is described this way on [poetryfoundation.org](http://poetryfoundation.org):  
As poet, playwright, publisher, and activist, Lawrence Ferlinghetti helped to spark the San Francisco literary renaissance of the 1950s and the subsequent "Beat" movement. Like the Beats, Ferlinghetti felt strongly that art should be accessible to all people, not just a handful of highly educated intellectuals. He was a founding partner and owner of City Lights Bookstore in San Francisco.

# From "The Cosmic Dance, an Invitation to Experience Our Oneness"

by Joyce Rupp

At this moment I lean back in memory and catch a hint of what I knew long ago when I was a small child living on a farm in rural Iowa. It is the melody of the cosmic dance playing in my soul since those early days, a song that has never stopped singing in me . . . .

As I grew older, . . . eventually I made some startling discoveries—three of them—and they have changed my life forever. The first of these is the amazing revelation that I am made up of stardust, that every part and parcel of who I am materially was once a piece of a star shining in the heavens. The second discovery is that the air I breathe is the air that has circled the globe and been drawn in and out by people, creatures and vegetation in lands and seas far away. But the most astounding discovery that both awakened and affirmed my early childhood awareness is the fact that I am part of a vast and marvelous dance that goes on unceasingly at every moment in the most minute particles of the universe . . . .

## interlude

### The Afterlife

by Billy Collins

While you are preparing for sleep, brushing your teeth,  
or riffling through a magazine in bed,  
the dead of the day are setting out on their journey.

They're moving off in all imaginable directions,  
each according to his own private belief,  
and this is the secret that silent Lazarus would not reveal:  
that everyone is right, as it turns out.  
you go to the place you always thought you would go,  
The place you kept lit in an alcove in your head.

Some are being shot into a funnel of flashing colors  
into a zone of light, white as a January sun.  
Others are standing naked before a forbidding judge who sits  
with a golden ladder on one side, a coal chute on the other.

Some have already joined the celestial choir  
and are singing as if they have been doing this forever,  
while the less inventive find themselves stuck  
in a big air conditioned room full of food and chorus girls.

Some are approaching the apartment of the female God,  
a woman in her forties with short wiry hair

Joyce Rupp (b 1943) is well known for her work as a writer, a spiritual "midwife," and international retreat and conference speaker.

Billy Collins (b. 1941) is an American poet who has published numerous volumes of poetry, was appointed as Poet Laureate of the United States from 2001 to 2003, and has taught at Columbia University and City University of New York.

and glasses hanging from her neck by a string.  
With one eye she regards the dead through a hole in her door.

There are those who are squeezing into the bodies  
of animals--eagles and leopards--and one trying on  
the skin of a monkey like a tight suit,  
ready to begin another life in a more simple key,

while others float off into some benign vagueness,  
little units of energy heading for the ultimate elsewhere.

There are even a few classicists being led to an underworld  
by a mythological creature with a beard and hooves.  
He will bring them to the mouth of the furious cave  
guarded over by Edith Hamilton\* and her three-headed dog.

The rest just lie on their backs in their coffins  
wishing they could return so they could learn Italian  
or see the pyramids, or play some golf in a light rain.  
They wish they could wake in the morning like you  
and stand at a window examining the winter trees,  
every branch traced with the ghost writing of snow.

(And some just smile, forever on)

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.

\*Edith Hamilton (1867 - 1963) was an American classics educator who wrote essays and best-selling books on ancient Greece and Rome.



## closing prayer

Let us pray

Beloved, send us  
into the autumn months renewed and at peace;

Center our hearts in your presence  
even as we are surrounded by others;  
that we may be patient with friends,  
enemies, and ourselves.

Assist us in our mindfulness  
toward the wholeness of life;  
that we may return to our source.

And when it is time to stop at an unexpected moment,  
or let go when we cannot see the consequences,  
may we entrust ourselves to your love;

**Listening more than asking,  
Hearing more than needing,  
Opening our minds for knowing,  
And healing our hearts for loving.  
amen**

## postlude

## announcements

### **Orie Hebard celebrates 100 years!**

Orie Hebard was an enthusiastic member of Trinity for 10 years until she moved to Seattle in 2011. Some of you might remember her indomitable spirit as she baked innovative treats for Sunday mornings or spearheaded Second Sunday lunch topics for all to chew on over good food. Trinity@7 was a favorite with her abundant supply of small flashlights to read the fine print in our cozy atmosphere.

Orie still brings joyful camaraderie wherever she goes. She misses Trinity terribly.

We know she would be thrilled to receive birthday prayers and anecdotal memories for her greatest celebration yet - 100 years of curiosity and gratitude. Her daughter Amy would love to bring a packet of cards and letters to Orie when she travels to Seattle early in December. Please write a note or send a card **before November 25** to:

Orie Hebard  
c/o Amy Hebard  
42 Battenfeld Rd  
Milan, NY 12571

Since Orie is experiencing advanced macular degeneration it is best to write large and clearly. Thank you to all, Donna Maree+

## Trinity Spaces for Rent

Our church still has the first floor of 393 Delaware available for rent. See <https://www.trinitybuffalo.org/copy-of-trinity-center-rentals>. We hope to rent to a group or individuals that share our vision of community betterment. If you know someone that would be a good fit, please have them call Colleen O'Neill at 716-852-8314 ext 1 or send an email to: [coneill@trinitybuffalo.org](mailto:coneill@trinitybuffalo.org).



## Friends of Night People

We are looking for volunteers to help out at Friends of Night People, which provides food, clothing, medical care, counseling and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45-7. For more information, please speak to Emily Carlin or email: [emily.g.carlin@gmail.com](mailto:emily.g.carlin@gmail.com)

## Compass House 50<sup>th</sup> Anniversary!

The Emergency Shelter and Resource Center has been a continuous support for teens in crisis. Our own Trinity folks, many still among us, were founders! Please consider honoring them with a "50<sup>th</sup> Anniversary" [donation@www.compasshouse.org](mailto:donation@www.compasshouse.org) OR contact Judy Atkinson Miller at [jatk1812@gmail.com](mailto:jatk1812@gmail.com) for more information.

## Shoe Fundraiser Running Until January 1, 2023

Trinity is having a shoe fundraiser starting October 30 and running until January 1, 2023. We are collecting gently used (no holes) or new footwear. This includes both adult and children's shoes, sneakers, sandals, boots, and athletic footwear. Our goal is to exceed 2,500 pairs! Shoes can be placed in the labeled collection bin in the Red Carpet area on Sunday mornings. The shoes we collect will be sent overseas to micro-enterprises which are small businesses, generally owned and operated by families. Because of systemic poverty in many developing countries, individuals have to create their own economic opportunities. Our efforts will provide shoe inventory for people worldwide and fundraising dollars for Trinity!

In addition to your contribution, we are asking you to reach out to your families, friends, co-workers, and neighbors and ask them to donate their unwanted shoes. Please contact Erickson at [ehc@buffalo.edu](mailto:ehc@buffalo.edu) with questions or to get involved in this fundraiser. Thanks in advance for your support!



## See We are Doing A New Thing

These past two years, we have seen tremendous changes--in where and how we work and play, and in our relationships. And although change is difficult, it isn't always bad.

The Pandemic has shown us how much we need community. And Trinity is in the process of building a campus-based community that can share ideas and bring people together in our beautiful space in the vibrant city of Buffalo. In fact, we are envisioning speakers' series, concerts, and social opportunities involving our tenants, the congregants, and the wider community.

We're opening our doors again, and have now begun to make our sanctuary a destination for architectural and stained-glass enthusiasts.

Together, we have an opportunity to make this transformation reflect our values and our faith in God's plan to make us an instrument of peace. So at this time, please consider your investment in this opportunity to make a lasting, positive mark on Trinity's mission—a mission that is and will be a value to us and those that come after us.

Sincerely,  
*Joanne Sundell*  
Joanne Sundell, Annual Campaign Committee



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

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

 Instagram: [@trinitychurch.buffalo](https://www.instagram.com/trinitychurch.buffalo)

 Twitter: [@trinitybuffalo1](https://twitter.com/trinitybuffalo1)

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

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

Much gratitude to our pianist, Krista Seddon.

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.

Gratitude to our tech volunteers, Karen and John.

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.

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).



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](#), 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