



trinity

@7

03.19.2023

## 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.

In this moment of life, may we be sustained  
in the silence of our own thoughts and reflections...

Let us quiet the throbbings of the past week.

May we become the people we are meant to be.

*(Pause)*

May we in our gathering and this sacred space be blessed.

May we open ourselves ever more fully  
to that mystery which lures us onward  
toward life and creativity.

May we hold one another  
in the deep and tender places with compassion,  
and may we grace one another  
by sharing our own vulnerabilities,  
being ever mindful of the divinity within that makes soul mates of us all...

**amen**

## interlude

[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.

The centering prayer  
and the closing  
prayer are one long  
prayer written by  
Rex A E Hunt and  
divided to begin and  
end our program  
tonight.

# A Morning Offering

by John O'Donohue

I bless the night that nourished my heart  
To set the ghosts of longing free  
Into the flow and figure of dream  
That went to harvest from the dark  
Bread for the hunger no one sees.

All that is eternal in me  
Welcome the wonder of this day,  
The field of brightness it creates  
Offering time for each thing  
To arise and illuminate.

I place on the altar of dawn:  
The quiet loyalty of breath,  
The tent of thought where I shelter,  
Wave of desire I am shore to  
And all beauty drawn to the eye.

May my mind come alive today  
To the invisible geography  
That invites me to new frontiers,  
To break the dead shell of yesterdays,  
To risk being disturbed and changed.

May I have the courage today  
To live the life that I would love,  
To postpone my dream no longer  
But do at last what I came here for  
And waste my heart on fear no more.

## interlude

### Interstellar

by Rosemerry Wahtola Trommer

Give me a heart that breaks—  
ears willing to hear the difficult news  
and legs that do not choose to run from it.

Yes, give me a heart big enough  
to accommodate a wrestling match inside,  
a mind that knows no one wins a war,

John O'Donohue (1956-2007) was born in the Burren Region of County Clare, Ireland and began writing poems during his college years. Ordained in 1982, John retired from public priestly ministry in 2000, living in a remote cottage in Connemara. He devoted himself full-time to writing and a life of public speaking.

Rosemerry Wahtola Trommer is a published Colorado poet and acappella singer. She wrote a poem a day from 2006 until the death of her son in August 2021. After taking a break from writing, she has resumed her practice of a poem a day. Visit her at [www.wordwoman.com](http://www.wordwoman.com)

hands that move to help no matter  
what the mind might say.  
Give me a heart that opens

long after it thinks it's already open,  
and lips that know when to listen.  
Give me a heart that knows itself

as other hearts. Give me feet  
that will stand when someone must stand  
for justice. And a spine flexible enough

to turn and see all sides. Snow falls  
on all my thoughts. It sometimes  
takes a long time to melt, a long time

before I remember again to pray  
to be open, to pray for a heart that breaks,  
to notice the stars shining from the inside.

## interlude

### Let Awake Be Awake

by Rosemerry Wahtola Trommer

Oh to wake in the middle of the night  
and not wish to be asleep. To not wish  
for anything but what is, which is,  
in this moment, being awake.  
To let the mind wander  
because that is what the mind is doing.  
To let the heart clench around its losses  
because that is what a heart does.  
Being awake in the middle  
of the night is teaching me  
to be so gentle with myself, to be  
with what is and do nothing about it.  
To not turn on the light. To let the dark  
be dark. To let what is awake be awake.  
To let what aches ache. To feel the deep peace  
of not trying to anything. To meet  
the moment as it is, as inevitable as dawn,  
as loyal, as changing as wind.

# Now Is the Time

by Hafiz

renderings by Daniel Ladinsky

Now is the time  
Now is the time to know  
That all that you do is sacred.  
Now, why not consider  
A lasting truce with yourself and God?  
Now is the time to understand  
That all your ideas of right and wrong  
Were just a child's training wheels  
To be laid aside  
When you can finally live  
with veracity and love.  
Now is the time for the world to know  
That every thought and action is sacred.  
That this is the time  
For you to compute the impossibility  
That there is anything  
But Grace.  
Now is the season to know  
That everything you do  
Is Sacred

interlude

guided meditation

interlude

## 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.

Hafiz was a 14th-century Sufi mystic who expressed love for the divine through poetry. *The Sun* magazine says, "Ladinsky's half dozen books are perennial bestsellers in the poetry category, earning widespread praise for popularizing the mystical verse of medieval Muslims among modern English-speakers of many faiths. They have also earned the ire of others who consider his work to be an act of charlatantry or spiritual opportunism and say he is dishonoring Iranian culture and Islamic tradition." In introductions to his books, Daniel Ladinsky notes that he offers interpretations and renderings of the poets, rather than literal or scholarly translations.



## closing prayer

Let us pray

We pause to reflect once again on our place in our communities and in this world.

As stardust, we are woven with life,  
textured with love,

living our lives in a crucible of changes and challenges.

Even in the midst of discouragement and pain, we know our world is beautiful.

But we often miss it or declare it otherwise.

As a community on the way, we are mindful of ways  
to both improve the world and enjoy the world.

May we, with holy Presence, subvert the paradigms  
of oppression and dominations in the personal and global realities.

May we enjoy the pleasures and ecstasy of being human  
on this earthly sphere.

As community, we remember

those we love,

those we miss,

those ill,

those receiving chemotherapy and radiation,

those struggling with mental illness,

those grieving,

those angry and empty...

*(Pause)*

May it be so.

**amen**

## postlude

## announcements

### **Earthquake Relief Effort**

On February 6, a deadly 7.8-magnitude earthquake struck along the border between Turkey and Syria, killing over 46,000 people and causing widespread damage across the region.

On February 20, the area was struck by a 6.4 magnitude earthquake. Episcopal Relief & Development (ERD) is working with partners to provide support. Partner with ERD to provide support to people affected by the deadly earthquake along the border between Turkey and Syria. Visit [episcopalrelief.org](http://episcopalrelief.org) today to make a contribution to the [Turkey-Syria Earthquake Response Fund](#).

### **Fundraising & Friend-raising Meeting on March 27**

Our next meeting is on **Monday, March 27 @7pm** on zoom. Please join us to plan events to raise funds and have fun together. We have a lot of great ideas for the rest of this year including an auction in the Fall. Please contact Erickson at [ehc@buffalo.edu](mailto:ehc@buffalo.edu) with questions or for the zoom meeting link.

### Discussion Group: Lenten Creed Study

Trying to figure out what you believe? Ever wonder about what the Episcopal Church believes? Come and discuss it on **Wednesdays** during Lent with Tim Lane and Jeffrey Tooke. We discuss various aspects of our Christian creeds and how to develop a practice of prayer using our creeds and the *Book of Common Prayer*. Join Tim and Jeff on **Wednesday@7pm** using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONGlNUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions about the group, email Jeff Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com).

**Walk the labyrinth** at First Presbyterian Church though Lent and holy week. Thursdays 4-8pm, Sundays 11:30am-12:30pm at [1 Symphony Circle](#) (across from Kleinhans.) The Labyrinth is in the Blue Room accessible from the side office door for First Presbyterian. There will be visible signage as well as volunteers directing people to the elevator and to the Blue Room.

### Comfort and Care Team

A new committee has formed with the purpose of offering care and comfort to members of the Trinity family who may be experiencing health or other life challenges. There are currently four of us on the committee and we are inviting and welcoming others who are interested in this ministry and/or have ideas for us. We are excited about this new initiative and have already begun to implement some of our activities. Please contact any of the four of us with your interest, ideas, or for more information. We look forward to hearing from you! Phoebe McKay, [phoebemckay@gmail.com](mailto:phoebemckay@gmail.com); Judy Atkinson-Miller, [jatk1812@gmail.com](mailto:jatk1812@gmail.com); Susie Green, [susie432@gmail.com](mailto:susie432@gmail.com); Patti Nisbet, [tudorspace@aol.com](mailto:tudorspace@aol.com)

### Explore Buffalo

Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo is leading a tour of Trinity's windows as part of its Sacred Spaces series. The next date is **Friday, March 31 @10am**. Help the wider community appreciate the resources Trinity has to share. Post this link on your social media or email it to friends. Better yet, invite someone to come on the tour with you. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>



### Remember Nina's Kitchen?

Maybe you've forgotten or are new to Trinity, but we have a well-designed and useful kitchen right upstairs off the Marfield Room. Let's pull out the cutting boards and work bowls, and fire up the soup pot! It's time to roll with Sunday lunch/ brunch and whatever ideas we imagine for gathering at the table(s). If you are curious and want to join a "kitchen crew," please contact Judy Atkinson Miller at [jatk1812@gmail.com](mailto:jatk1812@gmail.com).

### Trinity Spaces for Rent

Our church has work spaces available for rent at both 371 and 393 Delaware Ave. We hope to rent to groups or individuals that share our vision of community betterment. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group. If you know someone that would be a good fit, please share this QR code which links to a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>.



### 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)



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/Trinity Church Buffalo)

 Instagram: [@trinity.church.Buffalo](https://www.instagram.com/trinity.church.Buffalo)

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

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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 reader.

Gratitude to our tech volunteers, Karen and June.

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.



Sign up [here](#) to get Trinity's eNews to stay in touch!

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.

You can [donate online here](#), scan the QR code, text the word "give" to (716) 221-8580 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