



trinity

@7

01.08.2023

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.

welcome

a moment with nature

a centering prayer

May the angels of light
glisten for us this night.
May the sparks of God's beauty
dance in the eyes of those we love.
May the universe
be on fire with Presence for us this night.
May the sun's setting
grace us with gratitude.
Let earth's greenness shine
and its waters breathe with Spirit.
Let heaven's winds stir the soil of our soul
and fresh awakenings rise within us.
May the mighty angels of light
glisten in all things this night.
May they summon us to reverence,
may they call us to life.

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.

Prayer written by
John Philip Newell.
For our service
tonight, we took the
liberty of replacing
the word "day" for
"night," and the
"sun's rising" was
changed to "sun's
setting."

Human Being

by James Crews

The human part of us
wants and needs and breaks,
but the being part sees
beyond the body's aching
joints and joyful noises
to the open road ahead.
The gravel is covered
in a fine layer of snow
and ice with the white sun
shining through a tunnel
of pines like the unblinking
eye of the source.

The human part of us
knows that if we keep going
we will slip and slide
and fall down endlessly,
but the being part says
so what? and pushes us
onward toward the light,
since it knows there is
no way but to move
forward, step by step
in our heavy boots.

interlude

Lost

by David Wagoner

Stand still. The trees ahead and the bushes beside you
Are not lost. Wherever you are is called Here,
And you must treat it as a powerful stranger,
Must ask permission to know it and be known.
The forest breathes. Listen. It answers,
I have made this place around you,
If you leave it you may come back again, saying Here.
No two trees are the same to Raven.
No two branches are the same to Wren.
If what a tree or bush does is lost on you.
You are surely lost. Stand still. The forest knows
Where you are. You must let it find you.

interlude

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

David Wagoner
(1926 –2021) was
recognized as the
leading poet of the
Pacific Northwest,
often compared to
his early mentor
Theodore Rothke.
He was a professor
emeritus at the
University of
Washington and also
a novelist.

A Letter to an Old Poet

by David Wagoner

Do you still believe, old man, you are a poet?
If so, what you must do is so obvious,
you shouldn't need reminding. You should keep trying
to do whatever you haven't done, or start
doing again what you didn't manage to do
right in the first place. You should stay alive
as often as possible and keep yourself open
to anything out of place and everything
with nowhere else to go, to carry what's left
of your voice out and beyond, into, over,
and under, past, within, outside, between,
among, across, along, and up and around
and to be beside yourself when the spirit moves you
and to thank Miss Clippinger for your prepositions.

interlude

Love After Love

by Derek Walcott

The time will come
when, with elation,
you will greet yourself arriving
at your own door, in your own mirror,
and each will smile at the other's welcome,
and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you
all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

interlude

reflection

interlude

Derek Walcott (1930-2017) was born in St Lucia, West Indies, and as an adult, divided his time between the United States and the West Indies.

He was a poet, a playwright, and a professor. In 1992, he received the Nobel Prize for Literature.

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.



closing prayer

Let us pray

We remember we are called to be in relationship,
living and working with one another,
supporting and healing one another...

We remember we are called into a community,
working for the common good of all,
making choices that bring hope, justice
and freedom to our world...

May we welcome the stranger, offering
support to those who have recently arrived, and
giving comfort to the homesick.

May we promote justice, tolerance, openness and respect, that
ensures lasting peace and racial harmony.

May we change our way of thinking, to stop
protecting our standard of living
at the cost of developing nations and their people's quality of life.

May we be enabled to reverence each person,
to reach out to those in need,
to value and appreciate those who differ from us,
to share the resources of our nation,
to receive the gifts offered to us by people from other cultures.

Silence

May we respond boldly.

amen

postlude

announcements

Discussion Group: Church – A Community Called for the Future

On **Wednesdays @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on this program from *The Work of the People*. Each week we will watch a short video and discuss issues about how congregations and the church can be a life-giving and life-sustaining body responding to the Spirit amongst us.

Join Tim and Jeff this **Wednesday, January 11, @7pm** using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions about the group, please send an email to Jeffrey Tooke at jeffreytooke@outlook.com.

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



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)

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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 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.



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.



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