



trinity

@7

08.21.2022

Cover photo by
Anna Zakharova

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.

NOTE that in the summer, we will meet in person and on Zoom on the first and third Sunday of the month.

The remaining services for this summer's Trinity @7: September 4 and 18.

welcome

[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.

a moment with nature

a centering prayer

Let us pray.

Set aside the noise.

Allow quiet prayer to enter my soul.

Silence creates a space for my:

Heartache to be felt

Anger to be heard

Tears to fall

Laughter to comfort

Gratefulness to flow

Joy to hold

Wonder to exist

Faithfulness to grow

Hear my intentions God:

Forgive my failings. See my intention to live in Your light.

To love as you love.

Help me feel the flow of your loving Spirit, I pray.

amen

interlude

Turas d'Anam

by Mícheál Ó Súilleabháin

Often times
the step backward
lets the soul catch up.
So that all our happy
hindsight harmonize
and wisdom builds.

Share your luck.
Be miserly only
with misfortune
In each seismic
shudder we learn
to trust the ground
again, humble again,
knowingly broken,
unrepentently wounded,
proud to bare pain.

Laying claim to
the joy factory
of your body.

interlude

Repeat Turas d'Anam

Often times
the step backward
lets the soul catch up.
So that all our happy
hindsight harmonize
and wisdom builds.

Share your luck.
Be miserly only
with misfortune
In each seismic
shudder we learn
to trust the ground
again, humble again,
knowingly broken,
unrepentently wounded,
proud to bare pain.

No more tariffs or sanctions.
Wage cuts and glass ceilings.
Convention, expenses paid, nor
lanyards or company position.

Often times,
this way you can live
in ways others simply
will not, develop sides
of you others simply
will not.

So feel the rhythm
Beyond the beat.
Begin with a break,
and let your soul
catch up.

Laying claim to
the joy factory
of your body.

No more tariffs or sanctions.
Wage cuts and glass ceilings.
Convention, expenses paid, nor
lanyards or company position.

Often times,
this way you can live
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Mícheál Ó Súilleabháin is a poet and singer from County Limerick, Ireland. He has performed at Trinity with his brother, Owen, and his mother, Nóirin.

Turas d'Anam translates to "A Journey of the Soul."

So feel the rhythm
Beyond the beat.

Begin with a break,
and let your soul
catch up.

interlude

Chinook Sanctuary

by Mícheál Ó Súilleabháin

Having descended into silence,
I face a wooden structure.
The Sanctuary breathes before me,
so I enter with rain on my skin.

Completely empty
it welcomes the emptiness
in me, called to prayer
the easy prayer of
simple breathing.

This is how a church should be,
the joining of warm wood together
making walls invisible, calling us
to join in, not leave behind
the life outside the door.

A church vulnerable
to fire and water,
a prayer vessel
floating in the forest.

Mesmerized by amber
tree lines ringing around me,
I knew courageous prayers
are said in places like this
with wood, not stone listening.

I knew utter joy sweeps
through places like these,
a shelter, not an escape.
Unfettered by damp rock and
twisted metal hidden behind
stained glass, lead lined
but a living, breathing
wild church, for
wild prayers.

And though the air is still,
a silent gale rows through
this singing space.
This silent cathedral
among the moss.
My skin thirsts again
for rain, my soul
a falling acorn, a
hazelnut floating.

Grant yourself refuge here,
grasp these sacred seconds,
and call your soul
your own.

interlude

Repeat Chinook Sanctuary

Having descended into silence,
I face a wooden structure.
The Sanctuary breathes before me,
so I enter with rain on my skin.

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interlude

reflection

interlude

brief silent meditation

the candle lighting

While George 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 aloud:

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

postlude

Written by
John Philip
Newell, *Sounds of
the Eternal*

announcements

TRINITY @7 MEETS NEXT ON SUNDAY, SEPTEMBER 4.

Trinity @7 this Summer

Trinity @7 has a bi-monthly schedule for the summer. We meet in person and on Zoom on the first and third Sunday of the month from now through September. Our dear friend George Caldwell plays piano for us while Krista takes a summer hiatus.

Congratulations, George Caldwell!

Our pianist, George Caldwell, is being inducted into the Buffalo Music Hall of Fame this fall. Well done, George!

Trinity Spaces for Rent

Our church has work spaces—large and small—available for rent at Trinity Center. We hope to rent to groups and individuals that share our vision of community betterment. If you know someone that would be a good fit, please share this QR code which links to <https://www.trinitybuffalo.org/trinity-center-rentals>.



Another Way to Help Journey's End

Do you have a bicycle collecting dust in your garage or basement? We can give it new life! Wheels for Workers 716 is a non-profit, supporting Buffalo's large number of re-settling families. They collect unused bikes and bike parts, provide necessary repairs and servicing to make them functional, and coordinate their distribution to needy families primarily through a partnership with Journey's End. If you would like to donate a bicycle, contact John Alduino at (937) 239-5181 or john.alduino@gmail.com, and he will arrange pick up. Thank You!



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



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

Welcome George Caldwell! You and your music always make Trinity @7 special.

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.

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.



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. Meets 1st and 3rd Sunday of the month, now through Sept.

Wednesday @Noon Prayer and holy conversation

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

 Facebook: [@Trinitybuffalo](#)

 YouTube: [Trinity Church Buffalo](#)

 Instagram: [@trinity.church.Buffalo](#)

 Twitter: [@trinitybuffalo1](#)

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