



trinity @7

02.26.2023

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

Let us pray.

During this time called Winter
leaves are gone from our trees,
winds chill each morning sunrise,
colours have faded from our gardens.

Yet we also sense that this time called Winter
is also a time of mystery, for it speaks
of the unknown, the unseen.

May we experience during this season, times
when we need to be silent and when to listen.
May each Winter day surprise us again and again.

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 excerpted
from a much longer
prayer written by
Rex A E Hunt.

Cover photo:
Washington, DC
mural of Amanda
Gorman based on
Inauguration Day,
January 2021. Artist
is Kaliq Crosby.

The Miracle of Morning

by Amanda Gorman

I thought I'd awaken to a world in mourning.
Heavy clouds crowding, a society storming.
But there's something different on this golden morning.
Something magical in the sunlight, wide and warming.

I see a dad with a stroller taking a jog.
Across the street, a bright-eyed girl chases her dog.
A grandma on a porch fingers her rosaries.
She grins as her young neighbor brings her groceries.

While we might feel small, separate, and all alone,
Our people have never been more closely tethered.
The question isn't if we will weather this unknown,
But how we will weather this unknown together.

So on this meaningful morn, we mourn and we mend.
Like light, we can't be broken, even when we bend.

As one, we will defeat both despair and disease.
We stand with healthcare heroes and all employees;
With families, libraries, schools, waiters, artists;
Businesses, restaurants, and hospitals hit hardest.

We ignite not in the light, but in lack thereof,
For it is in loss that we truly learn to love.
In this chaos, we will discover clarity.
In suffering, we must find solidarity.

For it's our grief that gives us our gratitude,
Shows us how to find hope, if we ever lose it.
So ensure that this ache wasn't endured in vain:
Do not ignore the pain. Give it purpose. Use it.

Read children's books, dance alone to DJ music.
Know that this distance will make our hearts grow fonder.
From a wave of woes our world will emerge stronger.

We'll observe how the burdens braved by humankind
Are also the moments that make us humans kind;
Let every dawn find us courageous, brought closer;
Heeding the light before the fight is over.
When this ends, we'll smile sweetly, finally seeing
In testing times, we became the best of beings.

Amanda Gorman (b 1998) is a writer from Los Angeles. In 2017, she was appointed the National Youth Poet Laureate. Most notably, she is the youngest inaugural poet in US history. You may have seen her read "The Hill We Climb" at the inauguration of Joe Biden. We have excerpted that poem tonight.

interlude

You may write me down in history with your bitter, twisted lines. You may trod me in the very dirt, but still, like dust, I'll rise.

Maya Angelou

interlude

The first revolution is when you change your mind . . .

Gil Scott-Heron

interlude

When day comes, we step out of the shade,
aflame and unafraid.
The new dawn blooms as we free it.
For there is always light, if only we're brave enough to see it.
If only we're brave enough to be it.

Amanda Gorman

interlude

I'll tell you what Freedom is to me. No fear.

Nina Simone

interlude

Looks like what drives me crazy
Don't have no effect on you--
But I'm gonna keep on at it
Till it drives you crazy, too.

Langston Hughes

interlude

I know the world is bruised and bleeding, and though it is important not to ignore its pain, it is also critical to refuse to succumb to its malevolence. Like failure, chaos contains information that can lead to knowledge—even wisdom. Like art.

Toni Morrison

interlude

Excerpt from "The Hill We Climb"

by Amanda Gorman

When day comes, we ask ourselves, where can we find light in this never-ending shade?

The loss we carry. A sea we must wade.

We braved the belly of the beast.

We've learned that quiet isn't always peace, and the norms and notions of what "just" is isn't always justice.

interlude

And yet the dawn is ours before we knew it.

Somehow we do it.

Somehow we weathered and witnessed a nation that isn't broken, but simply unfinished.

We, the successors of a country and a time where a skinny Black girl descended from slaves and raised by a single mother can dream of becoming president, only to find herself reciting for one.

And, yes, we are far from polished, far from pristine, but that doesn't mean we are striving to form a union that is perfect.

We are striving to forge our union with purpose.

To compose a country committed to all cultures, colors, characters and conditions of man.

interlude

And so we lift our gaze, not to what stands between us, but what stands before us.

We close the divide because we know to put our future first, we must first put our differences aside.

We lay down our arms so we can reach out our arms to one another.

We seek harm to none and harmony for all.

Let the globe, if nothing else, say this is true.

That even as we grieved, we grew.

That even as we hurt, we hoped.

That even as we tired, we tried.

That we'll forever be tied together, victorious.

Not because we will never again know defeat, but because we will never again sow division.

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.

closing prayer

Let us pray

In the midst of our everyday
we are faced with choices and possibilities.
Creativity and hope are bubbling, birthing within us.
Each day brings opportunities to lift us,
to challenge us,
to fascinate us...
our minds,
our relationships,
our bodies.

May we strive to see beyond our limitations.
May that which lies waiting in our hearts
come to birth within and through us.
May we live into each new day the fullness of each possibility....

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 today to make a contribution to the [Turkey-Syria Earthquake Response Fund](#).

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 beginning March 1 with Tim Lane and Jeffrey Tooke. We will discuss various aspects of our Christian creeds and how to develop a practice of prayer using our creeds and the *Book of Common Prayer*. You are invited to join Tim and Jeff on **Wednesday, March 1 @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, email Jeff Tooke at jeffreytooke@outlook.com.

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; Judy Atkinson-Miller, jatk1812@gmail.com; Susie Green, susie432@gmail.com; Patti Nisbet, 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 **Saturday, March 11 @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.

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



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 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.



Trinity has evolved over the past few years so that there are several communities who gather to worship and/or pray. We've made a commitment that each of these communities can experience Trinity live or online, either with Zoom or Facebook live streaming or YouTube. Your donation can be an expression of your gratitude for Trinity and all the blessings in your life. You can [donate online here](#), or initiate an online donation by texting 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

Facebook: [@Trinitybuffalo](#)

YouTube: [Trinity Church Buffalo](#)

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

www.trinitybuffalo.org • (716) 852-8314

371 Delaware Ave Buffalo, NY 14202