



trinity

@7

04.03.2022

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.

Cover photo
by Matt Lincoln

[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

a moment with nature

a centering prayer

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

Prayer written by
John Philip Newell

interlude

Crossing

by Jericho Brown

The water is one thing, and one thing for miles.
The water is one thing, making this bridge
Built over the water another. Walk it
Early, walk it back when the day goes dim, everyone
Rising just to find a way toward rest again.
We work, start on one side of the day
Like a planet's only sun, our eyes straight
Until the flame sinks. The flame sinks. Thank God
I'm different. I've figured and counted. I'm not crossing
To cross back. I'm set
On something vast. It reaches
Long as the sea. I'm more than a conqueror, bigger
Than bravery. I don't march. I'm the one who leaps.

interlude

Daydream

by ASJ Tessimond

One day people will touch and talk perhaps easily,
And loving be natural as breathing and warm as sunlight,
And people will untie themselves, as string is unknotted,
Unfold and yawn and stretch and spread their fingers,
Unfurl, uncurl like seaweed returned to the sea,
And work will be simple and swift as a seagull flying,
And play will be casual and quiet as a seagull settling,
And the clocks will stop, and no one will wonder or care or notice,
And people will smile without reason, even in winter, even in the rain.

interlude

Jericho Brown is a published poet who won the 2019 Pulitzer Prize for poetry. He is the director of the Creative Writing Program and a professor at Emory University in Atlanta.

ASJ (Arthur Seymour John) Tessimond (1902 – 1962) was a British poet who is described as eccentric, a loner, a lover of women, and having bi-polar disorder and manic depression.

Lucille Clifton (1936-2010) was born in Depew, NY and graduated from what was then Fredonia State Teachers College. Clifton was the first African-American recipient of the Ruth Lilly Poetry Prize for lifetime achievement. She served as Maryland's poet laureate from 1974 to 1985, and won the National Book Award for *Blessing the Boats: New and Selected Poems 1988-2000*. She was a Distinguished Professor of Humanities at St. Mary's College of Maryland and a Chancellor of the Academy of American Poets.

Roots

by Lucille Clifton

call it our craziness even,
call it anything.
it is the life thing in us
that will not let us die.
even in death's hand
we fold the fingers up
and call them greens and
grow on them,
we hum them and make music.
call it our wildness then,
we are lost from the field
of flowers, we become
a field of flowers.
call it our craziness
our wildness
call it our roots,
it is the light in us
it is the light of us
it is the light, call it
whatever you have to,
call it anything.

interlude

Belonging

by Rosemerry Wahtola Trommer

And if it's true we are alone,
we are alone together,
the way blades of grass
are alone, but exist as a field.
Sometimes I feel it,
the green fuse that ignites us,
the wild thrum that unites us,
an inner hum that reminds us
of our shared humanity.
Just as thirty-five trillion
red blood cells join in one body
to become one blood.
Just as one hundred thirty-six thousand
notes make up one symphony.
Alone as we are, our small voices
weave into the one big conversation.
Our actions are essential
to the one infinite story of what it is
to be alive. When we feel alone,

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

we belong to the grand communion
of those who sometimes feel alone—
we are the dust, the dust that hopes,
a rising of dust, a thrill of dust,
the dust that dances in the light
with all other dust, the dust
that makes the world.

interlude

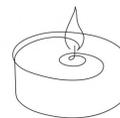
reflection

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

When I want to hold on

Teach me
to trust
the hope
that blooms
inside
the loss,
the love
that's at
the heart
of fear—

teach me
to molt,
to slough,
to shed,
to doff,
to meet
the first light
and then
let even that
go.

amen

postlude

announcements

Lenten Program: The Psalmist's Cry

On Wednesday evenings @7pm during Lent, Tim Lane and Jeffrey Tooke are facilitating The Psalmist's Cry. We are exploring the Psalms as scripts for lament that can help guide us toward expressing our feelings and lives honestly. We will also explore how we can embrace the danger and goodness of the Gospel, by giving up control and allowing God's mystery to unfold in our lives.

On **Wednesday, April 6 @7pm**, we will explore the presence of brokenness and lament from the many different voices around us.

Join Tim and Jeff on Wednesdays @7pm using this Zoom link:

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

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions about the group, email Jeffrey Tooke at jeffrey@bayharboradvisors.com.

Free Books, Please Take Some Home

Please browse the bookshelf in the red carpet area and take home any books of interest. A new batch of books has replaced the old, so be sure to check out the bookshelves again.

Holy Week Services

You are welcome to gather at church in person or online! If you are not fully vaccinated or have any other reason to be cautious about being in a crowd, don't worry! Sunday morning services are live streamed on YouTube and Facebook and the other weekly services are live streamed on Zoom. See below for details.

Palm Sunday 4/10 10:30am Includes the passion story reading. This service is conducted on site at Trinity, and you can participate in person or online via [Facebook](#) or [YouTube](#).

This is the primary gathering of our community where we hear Hebrew and Christian Scripture as well as contemporary poetry and prose, a sermon, and lots of music. It is open and inclusive for spiritual inquiry no matter what your religious or spiritual tradition, or even if you have none. The video of this service remains on [Facebook](#) and [YouTube](#) after the live stream is over.

Sunday 4/10 Trinity @7 This service is conducted on site at Trinity, and you can participate in person or online. (Meeting ID 274-366-3028. Password: trinbuff) This offering is an encounter with God through poetry, jazz, and meditation. It includes candle lighting, a reflection on the poetry by the worship leader, and a quiet meditation time.

Wednesday 4/13 noon This service is conducted on site at Trinity, and you can participate in person or online. (Meeting ID 274-366-3028. Password: trinbuff) At this service, we invite all participants, both in person and online to share in Holy Communion. It includes the readings for the coming Sunday, prayers for each other and the world, and an opportunity to reflect together on the readings.

Maundy Thursday 4/14 @7pm This service is conducted on site at Trinity, and you can participate in person or online via [Facebook](#) or [YouTube](#). This service will commemorate Jesus' last supper.

Thursday 12-Step @7 4/14 This service is conducted on site at Trinity, and you can participate in person or online. (Meeting ID 274-366-3028. Password: trinbuff) This service is based on the spirituality of the 12 Steps, drawing on literature and prayers from the 12 Step movement.

Good Friday 4/15 noon This service is conducted on site at Trinity, and you can participate in person or online via [Facebook](#) or [YouTube](#). At noon, the focus is the Gospel's telling of the passion, with communion that coincides with the time that Jesus hung on the cross.

Easter Sunday 4/17 10:30am This service is conducted on site at Trinity, and you can participate in person or online via [Facebook](#) or [YouTube](#). Beginning with the lighting of the Paschal Candle, the Easter service will be a full celebration of the hope of new life that overcomes death, with great music and an open invitation to participate in the transformation of Jesus' last supper into the first banquet of life after death. The video of this service remains on [Facebook](#) and [YouTube](#) after the live stream is over.

Sunday 4/17 Trinity @7: NO SERVICE

Easter Bonnets

While COVID numbers are down, there is still cause for caution, so we won't be holding the Easter Bonnet parade this year. BUT, all are welcome to wear their Easter bonnets; we encourage creativity!



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

Facebook: @Trinitybuffalo

YouTube: Trinity Church Buffalo

Instagram: @trinity.church.Buffalo

Twitter: @trinitybuffalo1

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

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Thank you to Krista for the beautiful music.

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.

Additional thanks to **Maria Geba** and **Jeff Wang** for allowing us to meet together on Zoom.

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

Wednesday @Noon Prayer and holy conversation

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