



trinity @7

10.16.2022

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Opening prayer
written by
Michael Leunig.

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.

We pray for another way of being:
another way of knowing.

Across the difficult terrain of our existence
we have attempted to build a highway
and in so doing have lost our footpath.
God lead us to our footpath:
Lead us there where in simplicity
we may move at the speed of natural creatures
and feel the earth's love beneath our feet.
Lead us there where step-by-step we may feel
the movement of creation in our hearts.
And lead us there where side-by-side
we may feel the embrace of the common soul.
Nothing can be loved at speed.

God lead us to the slow path; to the joyous insights
of the pilgrim; another way of knowing: another way of being.

amen

interlude

From “Short Notes from the Long History of Happiness”

by Michael Leunig

Come sit down beside me
I said to myself,
And although it doesn't make sense,

I held my own hand
As a small sign of trust
And together I sat on the fence.

interlude

In order to be truthful

by Michael Leunig

In order to be truthful
We must do more than speak the truth
We must also hear the truth
We must also receive the truth
We must also act upon truth
We must also search for truth
The difficult truth
Within us and around us
We must devote ourselves to truth
Otherwise we are dishonest
And our lives are mistaken
God grant us the strength and the courage
To be truthful

interlude

The Most Important Thing

by Julia Fehrenbacher

I am making a home inside myself. A shelter
of kindness where everything
is forgiven, everything allowed—a quiet patch
of sunlight to stretch out without hurry,
where all that has been banished
and buried is welcomed, spoken, listened to—released.

A fiercely friendly place I can claim as my very own.

Michael Leunig (b.1945) is an Australian cartoonist, writer, painter, philosopher, and poet. His commentary on political, cultural and emotional life spans more than forty years, and has often explored the idea of an innocent and sacred personal world.

Julia Fehrenbacher is an author, a poet, a painter and a mom who is always looking for ways to spread a little good around in this world. She lives in Corvallis, Oregon.

I am throwing arms open
to the whole of myself—especially the fearful,
fault-finding, falling apart, unfinished parts, knowing
every seed and weed, every drop
of rain, has made the soil richer.

I will light a candle, pour a hot cup of tea, gather
around the warmth of my own blazing fire. I will howl
if I want to, knowing this flame can burn through
any perceived problem, any prescribed perfectionism,
any lying limitation, every heavy thing.

I am making a home inside myself
where grace blooms in grand and glorious
abundance, a shelter of kindness that grows
all the truest things.

I whisper hallelujah to the friendly
sky. Watch now as I burst into blossom.

interlude

This Thing In You

by Julia Fehrenbacher

will not take no for an answer.

This that somehow

shines strong

beneath the heavy hard hurry

of your conveniently

noisy life. This shapeless

something that shows up
everywhere—
even when you forget
to notice.

It does not
understand safe
or sensible, will not let you get away with half-hearted lifeless lies.
It's that wordless

something
that does not know how
to be quiet. It will continue knocking until you throw open
the door. Until you become

Ablaze. Awake. Madly in love.

The dazzling artist of your own
wild life.

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
Beloved, make us an instrument of your peace.

Where there is hatred, let us bring love.

Where there is offense, let us bring pardon.

Where there is discord, let us bring union.

Where there is error, let us bring truth.

Where there is doubt, let us bring faith.

Where there is despair, let us bring hope.

Where there is darkness, let us bring light.

Where there is sadness, let us bring joy.

O Master, let us not seek as much

to be consoled as to console,

to be understood as to understand,

The closing prayer is often associated with Francis of Assisi, but is, according to Wikipedia, "entirely absent from his writings, the prayer in its present form has not been traced back further than 1912. Its first known occurrence was in French, in a small spiritual magazine called *La Clochette* (The Little Bell), published by a Catholic Church organization in Paris. . . The Franciscan Order does not include the prayer in its official "Prayers of St. Francis," and a church historian has noted that the phrasing of the first half of the text ("let me...") is atypically self-oriented for Francis." Tonight's version is taken from the original French, but has replaced "me" with "us."

to be loved as to love,
for it is in giving that one receives,
it is in self-forgetting that one finds,
it is in pardoning that one is pardoned,
it is in dying that one is raised to eternal life.
amen

postlude

announcements

Compass House 50th Anniversary!

The Emergency Shelter and Resource Center has been a continuous support for teens in crisis. Our own Trinity folks, many still among us, were founders! Please consider honoring them with a "50th Anniversary" donation@www.compasshouse.org OR contact Judy Atkinson Miller at jatk1812@gmail.com for more information.

Tech Volunteer Needed

Trinity @7 (which meets in the Chapel on Sunday nights @7pm) needs someone who will occasionally run Zoom during the service. We're talking about arriving at 6:30 and departing around 8pm. As a bonus, you get to hear Krista's music and experience a lovely quiet atmosphere. Matt will teach you what you need to know. Plus, he'll usually be there should any snafus occur. If you're interested, please email Teresa Maciocha at tmaciocha@aol.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

The Story of God

On **Wednesday evenings @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on the "The Story of God" series with Morgan Freeman which looks at the world's religions and the important questions we all ask. On **Wednesday, October 19**, @7pm, we will watch the episode on "Why Does Evil Exist?" in which we will explore the root of evil and how our ideas of it have evolved over the millennia.

You are invited to join Tim and Jeff on Wednesdays @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.



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

Trinity Spaces for Rent

Our church still has the first floor of 393 Delaware available for rent. See <https://www.trinitybuffalo.org/copy-of-trinity-center-rentals>. We hope to rent to a group and individuals that share our vision of community betterment. If you know someone that would be a good fit, please have them call Colleen O'Neill at 716-852-8314 ext 1 or send an email to coneill@trinitybuffalo.org.



Used Shoe Fundraiser Coming in November

The Fundraising team is planning a shoe collection drive beginning on Sunday 10/30. We'll have more details later on this month. In the meantime please hold on to your gently used shoes, sandals and sneakers. We'll accept all footwear in good condition. We'll need lots of shoes to meet our goal. If you would like to get involved in this unique fundraiser, please contact Erickson at ehc@buffalo.edu. Thanks!!

Facet & Form

Explore, create, and reconsider at Facet & Form this Fall. On **November 4**, join in glass-creating activities, meet artisans testing the boundaries of stained glass, and learn more about how historic glass is preserved and created. Experiences in the arts await you around every corner of Trinity's historic campus. The art and craft of architectural stained glass and mosaic are illuminated as you've never had the opportunity to see it before. This fundraiser will support glass education, scholarships and the preservation and sharing of the visionary and artistic stained glass treasures of Trinity Church. Click <https://stainedglass.org/foundation/facet-and-form> or use the QR code for tickets.

Volunteer opportunities are available for Trinity Community! On Friday, **November 4**, Trinity is partnering with the Stained Glass Association of America for Facet & Form: Glass Tradition Reimagined. This event will showcase and support the Trinity campus and historical windows, complete with on-site glass melting demonstrations, food, drinks, and more! We need your support - from window docents sharing the jewels of Trinity, to registration and raffles, there are volunteer opportunities for everyone! For more event details, visit stainedglass.org. For volunteer sign-up, scan the QR or visit <https://www.signupgenius.com/go/70a0c4fafa629a3f58-facet>.

See We are Doing A New Thing

This year's Annual giving campaign theme is "See We Are Doing a New Thing." One of the many things I like about Trinity Church is its ability to adapt and change to meet the needs of the congregation and the community. This is evident in its help creating organizations like Compass House, Homespace, and Justice For Migrant Families.

During the pandemic, Trinity built an online community that met the needs of parishioners both near and far and allowed more people to participate. We have also built new partnerships to meet the needs of the community and congregation. As we approach the time of the year when we ask you to prayerfully consider pledging

financial resources to Trinity, please reflect on all the things you have made possible as part of Trinity's family and how you can help us continue that work.

Sincerely, *John Alduino*, Annual Campaign Chair


FACET&FORM



GLASS TRADITION REIMAGINED

GET YOUR TICKETS NOW!

FRIDAY, NOVEMBER 4, 2022
5:30PM - 9:00PM

TRINITY EPISCOPAL CHURCH
BUFFALO, NY

 The Stained Glass
Association of America
Foundation





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

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 Twitter: [@trinitybuffalo1](https://twitter.com/trinitybuffalo1)

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 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.



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