



trinity

@7

02.06.2022

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!

Cover photo by
Matt Lincoln

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.

Given the increase in rates of COVID, we ask that those attending in the chapel wear a mask. Thank you.

welcome

a moment with nature

[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 centering prayer

Enter that still place within,
where we find not only our inmost selves,
but also our connection to that
creative and transforming mystery we call God.

(Silence)

We come into one another's presence seeking some part of ourselves,
knowing that we do not live alone,
knowing that we cannot live fully
if we are for ourselves alone.

We come as ordinary people,
each with strengths and each with weaknesses,
aware of our shortcomings.

Our lives set before us many tasks.

We are not always equal to them.

Too often we fall short of our best expectations of ourselves.

And yet, here we are,

not always perfect,

not always wise,

but always wondrously and mysteriously human.

May our time together renew our hope.

amen

This is an excerpt
of a prayer by Rex
A. E. Hunt, a retired
Uniting Church in
Australia minister,
founding director
and life member
of The Centre
for Progressive
Religious Thought.

interlude

The Cold Demands a Silence

by Tara Wohlberg

The cold demands a silence of the land, a looking inward,
The undressed trembling aspens, barren lines,
Memories of lush shade and long days
replaced by the privacy of winter.
The snow-kissed winds blow and blow,
the cold a purity,
A taste of the passing of time,
these drawn out days of night on night,
Gold crescent moon; night.
The fireweed flowers nap below
underneath a marquee of snow on snow,
The white snow on snow in a halo of stars.
The cold demands a silence,
dark on dark, the winter dances,
White on white on white.

interlude

Winter Grace

by Patricia Fagnoli

If you have seen the snow
under the lamppost
piled up like a white beaver hat on the picnic table
or somewhere slowly falling
into the brook
to be swallowed by water,
then you have seen beauty
and know it for its transience.
And if you have gone out in the snow
for only the pleasure
of walking barely protected
from the galaxies,
the flakes settling on your parka
like the dust from just-born stars,
the cold waking you
as if from long sleeping,
then you can understand
how, more often than not,
truth is found in silence,

Tara Wohlberg is a
writer and educator
who lives in
Vancouver, British
Columbia.

Patricia Fagnoli
(1937 – 2021) was
the New Hampshire
Poet Laureate from
2006-09, and she
was the author of six
poetry collections.

continued on next page

how the natural world comes to you
if you go out to meet it,
its icy ditches filled with dead weeds,
its vacant birdhouses, and dens
full of the sleeping.
But this is the slowed down season
held fast by darkness
and if no one comes to keep you company
then keep watch over your own solitude.
In that stillness, you will learn
with your whole body
the significance of cold
and the night,
which is otherwise always eluding you.

interlude

On the Necessity of Snow Angels for the Well-Being of the World

by Grace Butcher

Wherever there is snow, I go,
making angels along the way
Luckily angels have no gender
and are easier to make
than you might think.
All you have to do is let go,
fall on your back,
look up at the sky as if in prayer.
Move your arms like wings.
Move your legs to make a robe.
Rise carefully so as to do no harm,
and walk away.
All the angels along the path behind you
will sparkle in sunlight, gleam under the stars. In spring the angels will be
invisible
but really they are still there,
their outlines remain on the earth
where you put them, waiting
for you and the snow to return.
Keep walking,
towards the next beautiful thing
you will do.

interlude

Grace Butcher's multi-faceted biography includes her titles as a writer, teacher, horsewoman, motorcyclist, actor, and runner. She competed nationally and internationally in track since 1949, winning championships and setting records, and in 2003, she won a Masters Indoor 400 meters title. We could not find a date of birth, but based on a variety of online articles, infer that she is at least 87 years old.

Winter Poem

by Nikki Giovanni

once a snowflake fell
on my brow and i loved
it so much and i kissed
it and it was happy and called its cousins
and brothers and a web
of snow engulfed me then
i reached to love them all
and i squeezed them and they became
a spring rain and i stood perfectly
still and was a flower

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

As we reflect on the issues of this day in our wider world
may we honour the many ways in which
our sisters and brothers in many places
weave healing and hope into the world.
Together, may our common desires for peace
create within us the courage and opportunity
to work together toward such peace.

(Silence)

**This is our prayer.
May it be so.**

postlude

Nikki Giovanni (b. 1943) grew up in Cincinnati and is a Distinguished Professor at Virginia Tech. On her website, nikki-giovanni.com, you can read the long list of her awards. In her website biography, she says, "My dream was not to publish or to even be a writer: my dream was to discover something no one else had thought of. I guess that's why I'm a poet. We put things together in ways no one else does."



This is an excerpt of a prayer by Rex A. E. Hunt.

Sanctuary: Mental Health and Spirituality

On **Wednesday, February 9 @7pm**, Tim Lane and Jeffrey Tooke are facilitating Sanctuary: Mental Health and Spirituality. The COVID-19 pandemic has significantly changed our lives. These changes don't just affect us physically; they affect us mentally, emotionally, and spiritually. Using *The Sanctuary Course* by Sanctuary Mental Health Ministries, we will be discussing topics to address the challenge of the pandemic, our recovery and other mental health topics connected to our spirituality. The evening will run about an hour to an hour and a half, during which we will watch and discuss a short course video.

This week, we will examine the relationship between healing and recovery, and explore the need for community in recovery and the practices of companionship. Join Tim and Jeff on Wednesdays @7pm using this Zoom link:

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

ID: 816-6863-4672 Passcode: trintalk

For more information, email Jeffrey Tooke at jeffrey@bayharboradvisors.com.

Valentine's Day Poetry Reading

Love it or leave it, Valentine's Day is right around the corner. And US Americans will again spend billions of dollars this year (yes, that's billion with a B) to buy gifts, flowers, and, of course, candy to express their love to those most dear.

Let's celebrate Valentine's Day another way this year. Let's celebrate love in and through reading love poems together! Mark your calendar to join (details coming) a Zoom call on

Thursday, February 17, beginning @12noon.

Bring your own brown bag lunch into the Zoom "room" where we can chat and catch up with one another.

At 12:30, let the poetry reading begin! Bring one of your favorite love poems (maybe one of your own?) to read and tell why you choose it. Ah, Love "it is an ever-fixed mark."

We will use the same Zoom link that we use for Trinity@7 and other regular events:

<https://zoom.us/j/2743663028?pwd=QTV4UmMvOFBYSHVkRS9oTmkyL3VvQT09>

If you need them:

Meeting ID: 274 366 3028

Password: trinbuff

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.

Vestry 2022 Elections and Annual Meeting

It's time to vote for our new Vestry members. You can do so now through **Sunday, Feb 13 @1:00pm**. If you consider yourself to be a member of Trinity, you are welcome to vote. This year we are electing one warden and three vestry members. Be sure to attend the annual (Zoom) meeting on February 13 @1:00pm to learn what's been going on at Trinity.

You may notice that there are the same number of candidates as there are vestry openings. It is still important that you take the time to vote. Your vote indicates that you do support these people representing you on the vestry.



John Gillespie, MD - Jr. Warden Candidate 2022 - I have been an active member of Trinity since moving to Buffalo in 2000. I have served on vestry and was the warden during the transition to Matt's leadership. I enjoy doing the auctioneering for the annual Trinity auction and look forward to having that event come back to the community. My wife, Catherine and I have organized seven medical mission trips to El Salvador. We have 3 children and 6 grandchildren, most of whom can ski better than their grandfather. I would be very pleased to serve again as junior warden.



Timothy Lane - Trinity Vestry Candidate 2022 - I have been a member of Trinity since I was a child. Along with a previous term on vestry, I have served Trinity in many different ways over the years, including leading the current Zoom discussion groups, helping with Trinity@7 services, Christmas pageants, and singing in the choir. Though life has taken me several other places on Sunday mornings, I have always felt drawn to stay involved with Trinity. I am very excited for the opportunity to serve another term on vestry and promise to do everything I can to support Trinity in the ever-evolving life of the church.



Megan McElfresh - Trinity Vestry Candidate 2022 - I am originally from Key Largo, Florida, but moved all over the East Coast as a *smaller* human. In 2011, I moved to Buffalo and began my own professional architectural glass studio, McElf GlassWorks. Over the next several years, I lived and worked out of warehouses at Broadway-Jefferson where I could throw my passion and energy at community building and rebuilding the fabric of Buffalo's industrial heritage.

In fall of 2017, I became Executive Director of the Stained Glass Association of America (SGAA). Of course, Trinity became one of my favorite places to meet people to talk about stained glass. I actually attended my first Sunday service here early on in the pandemic when services went virtual. In 2020, I moved the SGAA offices to Trinity, and then moved my own residence and stained glass studio to the Trinity campus as well. My background in operations management, economics, and glass art is a perfect fit for the SGAA, and I hope it will be just as helpful to the vestry.



Jeffrey Tooke - Trinity Vestry Candidate 2022 - I came to Trinity a few years ago while searching for a church after leaving a Catholic parish where I was part of the music ministry for nearly twenty years. Trinity has been a blessing and beacon of the inclusion of the Episcopal Church, and I am grateful that I have found a home at Trinity. Before the pandemic, I served as a reader and chalice bearer. Now I am the Cyber Sacristan ("the live streamer behind the curtain") for the Trinity morning service, a co-facilitator of the Trinity discussion group, and I have also helped with tech for the Nadia Bolt-Weber Fresh Voices event. I look forward to serving the Trinity community in any way I can be of service.

See the QR code to the right for voting link. or here is the long form:

<https://www.kindridgiving.com/App/Form/fdce1b0f-e971-4575-82bd-32415a8f21c3>





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

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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.

If you'd like to visit Trinity Church in person for some quiet contemplation or to view the stunning stained glass windows, the church is open for private prayer or meditation by appointment. You are required to sign a registry at the entrance to be used in the event contact tracing is necessary. For private visits, masks are not required if you are fully vaccinated. Contact our parish administrator, Colleen O'Neill, at coneill@trinitybuffalo.org to schedule an appointment.



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