



trinity

@7

07.03.2022

## 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!

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.

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.**

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## 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.

Beloved,  
open our minds and hearts.  
Lift the barriers, unbind the strong grasp of our demands  
when we want everything to go our way.

God of spaciousness,  
reach into our inward space,  
sweep out all the old clutter,  
enlarge our capacities to receive.

God of wisdom,  
empty us of whatever impedes the growth of our relationship.  
Help us to recognize and accept you as a source of our growth.

God of light,  
be among us and within us this night.

**amen**

## interlude

# Awareness

by John Astin

Awareness-  
her gaze is so constant,  
our every move  
watched  
with such affection,  
a ceaseless vigil  
without condition  
or agenda,  
silent,  
patient,  
unrelenting in her  
embrace.  
There is endless room in  
the heart of this lover,  
infinite space for whatever  
foolishness we may  
toss her way.  
But she is also  
crafty, this one-  
a thief who will steal away  
everything we ever cherished,  
all our beliefs,  
all our ideas,  
all our philosophies,  
until nothing is left  
but her shimmering  
wakefulness,  
this simple love  
for what is.

## interlude

# Though it sounds impossible

by Rosemerry Wahtola Trommer

Meet me in the moment  
after the song,  
a moment silent and sweeping  
as the second hand  
on a wrist watch,  
a moment that gathers everything,  
an evanescent moment  
in which anything is possible,  
anything at all—

John Astin is the author of four books, exploring the nature of human experience. He is also a singer, songwriter, and recording artist of original spiritual-contemplative music, and a professor. John holds a PhD in health psychology and is an internationally acclaimed scholar in the field of mind-body medicine.

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](http://www.wordwoman.com)

the kind of moment  
that feels rare  
but is always here—  
when we see our lives  
as more shimmer than solid,  
the kind of moment  
that decides who we are,  
then lets us choose for ourselves.

## interlude

### Everything is Waiting for You

by David Whyte

Your great mistake is to act the drama  
as if you were alone. As if life  
were a progressive and cunning crime  
with no witness to the tiny hidden  
transgressions. To feel abandoned is to deny  
the intimacy of your surroundings. Surely,  
even you, at times, have felt the grand array;  
the swelling presence, and the chorus, crowding  
out your solo voice. You must note  
the way the soap dish enables you,  
or the window latch grants you freedom.  
Alertness is the hidden discipline of familiarity.  
The stairs are your mentor of things  
to come, the doors have always been there  
to frighten you and invite you,  
and the tiny speaker in the phone  
is your dream-ladder to divinity.  
Put down the weight of your aloneness and ease into  
the conversation. The kettle is singing  
even as it pours you a drink, the cooking pots  
have left their arrogant aloofness and  
seen the good in you at last. All the birds  
and creatures of the world are unutterably  
themselves. Everything is waiting for you.

## interlude

David Whyte  
(b. 1955) is quoted  
as saying that  
all of his poetry  
and philosophy  
is based on "the  
conversational  
nature of reality."  
He is a lecturer and  
business consultant  
as well as a poet,  
and lives in the  
Pacific Northwest.

# Forget about enlightenment

by John Welwood

Sit down wherever you are  
And listen to the wind singing in your veins.  
Feel the love, the longing, the fear in your bones.  
Open your heart to who you are, right now,  
Not who you would like to be,  
Not the saint you are striving to become,  
But the being right here before you, inside you, around you.  
All of you is holy.  
You are already more and less  
Than whatever you can know.  
Breathe out,  
Touch in,  
Let go.

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

Beloved God,  
our Mother,  
our Guide,  
our Father,  
our Seed,  
open the doors we need to pass through,  
light the path we need to walk.

John Welwood (1943 – 2019) was a psychotherapist, teacher, and author and was a pioneer in integrating psychological and spiritual work for the past 30 years.



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Gracious One,  
dwell in our breath,  
shine as our light,  
look through our eyes  
that we may see truth.

**amen**

postlude

# announcements

**TRINITY @7 MEETS NEXT ON SUNDAY, JULY 17.**

## **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.

## **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>.



## **Justice For Migrant Families (JFMF) Dignity Bags**

JFMF is in immediate need of small travel bags/ backpacks with supplies. People who are released from detention are given these bags when they arrive at the bus station with nothing to carry their belongings, food, money for tickets, and weather-appropriate clothing.

Recently a person was released who needed to travel to San Francisco, five days on the bus. These travel bags ensure people can get to their families and communities safely and with dignity.

Each person who is released is given a backpack or small duffle bag that contains:

- 1 folder for important documents
- 1 notebook and pen
- shoelaces
- 1 empty small refillable water bottle
- snacks appropriate for travel (power bars, nuts, crackers, cookies, etc.)
- hygiene supplies - toothbrush, toothpaste
- PPE supplies - mask and hand sanitizer
- other supplies: a pack of tissues, Dramamine for travel sickness, a comb
- Men's socks and underwear
- a \$20 bill to buy snacks for their journey

While not part of the dignity bags, baseball type hats and hoodies are also needed. There will be a container at Trinity through July 24 to place any of the above supplies.

If you prefer to donate cash, please send directly to JFMF here at Trinity.



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](mailto: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 1<sup>st</sup> and 3<sup>rd</sup> 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](#)

[www.trinitybuffalo.org](http://www.trinitybuffalo.org) • (716) 852-8314

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