



trinity

@7

03.12.2023

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.

In this moment of life, may we be sustained
in the silence of our own thoughts and reflections...

Let us quiet the throbbings of the past week.

May we become the people we are meant to be.

(Pause)

May we in our gathering and this sacred space be blessed.

May we open ourselves ever more fully
to that mystery which lures us onward
toward life and creativity.

May we hold one another
in the deep and tender places with compassion,
and may we grace one another
by sharing our own vulnerabilities,
being ever mindful of the divinity within that makes soul mates of us all...

amen

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 one long
prayer written by
Rex A E Hunt and
divided to begin and
end our program
tonight.

Days

by Billy Collins

Each one is a gift, no doubt,
mysteriously placed in your waking hand
or set upon your forehead
moments before you open your eyes.

Today begins cold and bright,
the ground heavy with snow
and the thick masonry of ice,
the sun glinting off the turrets of clouds

.
Through the calm eye of the window
everything is in its place
but so precariously
this day might be resting somehow

on the one before it,
all the days of the past stacked high
like the impossible tower of dishes
entertainers used to build on stage.

No wonder you find yourself
perched on the top of a tall ladder
hoping to add one more.
Just another Wednesday

you whisper,
then holding your breath,
place this cup on yesterday's saucer
without the slightest clink.

interlude

Thursday morning

by Laura Grace Weldon

Darkness frees me to stand in my nightshirt
on the porch, watch
the dogs merge into shadow,
snuffle, pee, reappear.

I stretch, inhale summer's warm weight,
imagine staying in this spot
while what has to be done
swirls by undone.

Billy Collins (b. 1941) is an American poet who has published numerous volumes of poetry, was appointed as Poet Laureate of the United States from 2001 to 2003, and has taught at Columbia University and City University of New York.

Laura Grace Weldon works as an editor and leads workshops on writing and creative thinking. She's the author of four books, and lives on a small Ohio homestead where she and her husband host the occasional house concert.

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I imagine a taproot growing down my spine,
out my feet, through the porch floor
and deep underground,
rootlets reaching all directions.

Imagine remaining here so long
I fade from sight, although
everyone crossing this portal
pauses as they pass through my arms.

interlude

Let Evening Come

by Jane Kenyon

Let the light of late afternoon
shine through chinks in the barn, moving
up the bales as the sun moves down.

Let the cricket take up chafing
as a woman takes up her needles
and her yarn. Let evening come.

Let dew collect on the hoe abandoned
in long grass. Let the stars appear
and the moon disclose her silver horn.

Let the fox go back to its sandy den.
Let the wind die down. Let the shed
go black inside. Let evening come.

To the bottle in the ditch, to the scoop
in the oats, to air in the lung
let evening come.

Let it come, as it will, and don't
be afraid. God does not leave us
comfortless, so let evening come.

Jane Kenyon
(1947-1995) was
an American
poet. The Poetry
Foundation tells us,
"Kenyon was noted
for verse that probed
the inner psyche,
particularly with
regard to her own
battle against the
depression that lasted
throughout much of
her adult life."

Twilight

by Louise Glück

All day he works at his cousin's mill,
so when he gets home at night, he always sits at this one window,
sees one time of day, twilight.

There should be more time like this, to sit and dream.

It's as his cousin says:

Living—living takes you away from sitting.

In the window, not the world but a squared-off landscape
representing the world. The seasons change,
each visible only a few hours a day.

Green things followed by golden things followed by whiteness—
abstractions from which come intense pleasures,
like the figs on the table.

At dusk, the sun goes down in a haze of red fire between two poplars.
It goes down late in summer—sometimes it's hard to stay awake.

Then everything falls away.
The world for a little longer
is something to see, then only something to hear,
crickets, cicadas.

Or to smell sometimes, aroma of lemon trees, of orange trees.
Then sleep takes this away also.

But it's easy to give things up like this, experimentally,
for a matter of hours.

I open my fingers—
I let everything go.

Visual world, language,
rustling of leaves in the night,
smell of high grass, of woodsmoke.

I let it go, then I light the candle.

interlude

reflection

interlude

Louise Glück (b. 1943) in New York City. She is the author of numerous books of poetry and essays. Says the Poetry Foundation, "Glück is known for her poetry's technical precision, sensitivity, and insight into loneliness, family relationships, divorce, and death." In 2020, she won the Nobel Prize for Literature.

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

We pause to reflect once again on our place in our communities and in this world.

As stardust, we are woven with life,
textured with love,

living our lives in a crucible of changes and challenges.

Even in the midst of discouragement and pain, we know our world is beautiful.

But we often miss it or declare it otherwise.

As a community on the way, we are mindful of ways
to both improve the world and enjoy the world.

May we, with holy Presence, subvert the paradigms
of oppression and dominations in the personal and global realities.

May we enjoy the pleasures and ecstasy of being human
on this earthly sphere.

As community, we remember

those we love,

those we miss,

those ill,

those receiving chemotherapy and radiation,

those struggling with mental illness,

those grieving,

those angry and empty...

(Pause)

May it be so.

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 with Tim Lane and Jeffrey Tooke. We discuss various aspects of our Christian creeds and how to develop a practice of prayer using our creeds and the *Book of Common Prayer*. Join Tim and Jeff on **Wednesday@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.

Walk the labyrinth at First Presbyterian Church though Lent and holy week.

Thursdays 4-8pm, Sundays 11:30am-12:30pm at [1 Symphony Circle](#) (across from Kleinhans.)

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 **Friday, March 17 @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>.





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

Facebook: @Trinitybuffalo

YouTube: Tinity Church Buffalo

Instagram: @trinity.church.Buffalo

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 reader.

Special thanks to Rev. Sare Anuszkiewicz for her reflection.

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.



Your donation can be an expression of your gratitude for Trinity and all the blessings in your life.

You can [donate online here](#), scan the QR code, text 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