



trinity

@7

05.08.2022

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.

welcome

a moment with nature

a centering prayer

Let us pray.

Awaken us to the mystery of being here.

Be with us as we enter the quiet immensity of our own presence.

May we have joy and peace in the temple of our senses, especially in our hearing.

Open us to the music we will hear this night.

Open us to the words that will be spoken.

Let us breathe in stillness.

Let us linger in a sense of calm.

Let us be fully present, here and now.

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.

Based on the poem
"For Presence" by
John O'Donohue.

For the birds singing before dawn

by Kim Stafford

Some people presume to be hopeful
when there is no evidence for hope,
to be happy when there is no cause.
Let me say now, I'm with them.

In deep darkness on a cold twig
in a dangerous world, one first
little fluff lets out a peep, a warble,
a song—and in a little while, behold:
the first glimmer comes, then a glow
filters through the misty trees,
then the bold sun rises, then
everyone starts bustling about.

And that first crazy optimist, can we
forgive her for thinking, dawn by dawn,
“Hey, I made that happen!
And oh, life is so fine.”

interlude

Woven by Air, Texture of Air

by Naomi Shihab Nye

(in memory, William Stafford)

Some birds hide in leaves so effectively
you don't see they're all around you.
Brown tilted heads, observing human moves
on a sidewalk. Was that a crumb you threw?
Picking and poking, no fanfare,
gray huddle on a branch, blending in.
Who says, I'll be an observant bird when I arrive?
Stay humble, belong to all directions.
Fly low, love a shadow. And sing, sing freely, never let anything
get in the way of your singing, not darkness, winter,
not the cries of flashier birds, or silence that finds your
pen ready, at the edge of four a.m.
Your day is so wide it will outlive everyone.
It has no roof, no sides.

interlude

[Poets.org](https://www.poets.org) tells us, “Kim Stafford is the author of *Singer Come from Afar* (Red Hen Press, 2021). From 2018 to 2020, he served as poet laureate of Oregon, where he currently resides.”

Naomi Shihab Nye (b. 1952) is an American poet about whom the Poetry Foundation says, “she is known for poetry that lends a fresh perspective to ordinary events, people, and objects. Nye has said that, for her, ‘the primary source of poetry has always been local life, random characters met on the streets, our own ancestry sifting down to us through small essential daily tasks.’”

Our Singer Come from Afar

by Kim Stafford

for Naomi Shihab Nye

Be our wren or warbler lit in willow
swaying with your tender weight
of songs, sipping the sky to tell us
hard things from far away you
freighted for our understanding and
comfort. Sing the mysterious harmony
of news and blessing, hurt and healing
offered with head high, eye bright
until with a friendly shrug
you flit away and leave us
strangely younger.

interlude

Blackbirds

by Julie Cadwallader-Staub

I am 52 years old, and have spent
truly the better part
of my life out-of-doors
but yesterday I heard a new sound above my head
a rustling, ruffling quietness in the spring air
and when I turned my face upward
I saw a flock of blackbirds
rounding a curve I didn't know was there
and the sound was simply all those wings
just feathers against air, against gravity
and such a beautiful winning
the whole flock taking a long, wide turn
as if of one body and one mind.

How do they do that?

Oh if we lived only in human society
with its cruelty and fear
its apathy and exhaustion
what a puny existence that would be
but instead we live and move and have our being
here, in this curving and soaring world
so that when, every now and then, mercy and tenderness triumph in our lives
and when, even more rarely, we manage to unite and move together
toward a common good,
we can think to ourselves:
ah yes, this is how it's meant to be.

Julie Cadwallader
Staub lives near
Burlington,
Vermont. Her
poems have been
featured on Garrison
Keillor's *The
Writer's Almanac*,
published in
journals, and
included in
anthologies.

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

Thank you, beloved Creator
for the abundance of your love.
When we ask, you respond.
When we seek, you guide.
When we knock, you show us that there never was a door.
Enable us, as we leave here tonight
to be loving guides,
courageous leaders,
and challenging servants.

amen

postlude

announcements

Eyewitness Bible: The Book of James

On **Wednesday evenings @7pm** Tim Lane and Jeffrey Tooke are facilitating *The Book of James* from the *Eyewitness Bible* series. We will explore the Book of James and look at the major themes found there by watching and discussing video monologues of eyewitness characters from the book.

On **Wednesday, May 11 @7pm**, we will explore obedience as explained by James' brother Jude to understand how James focuses on obedience as a response to God's invitation to live a life that exhibits God's presence within the community.

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 any questions, email Jeffrey Tooke at jeffreytooke@outlook.com.

Trinity Men's Group Meeting

Come join other men of Trinity on **Sunday, May 15 @9:00am** at the Towne Restaurant. During this time we will learn of an opportunity to further develop relationships among ourselves and other Trinity men. All are welcome.

Pride Parade

Sunday, June 5, Trinity will be marching in the Buffalo Pride Parade. It's been too long since we last marched down the streets of Buffalo for the Pride Week Parade. Well, the wait is over... we're thrilled to announce that the Parade is back, and this year's theme, "Homecoming," reflects our excitement to come together again as friends and allies. Join Trinity as we participate in the spirit of love and inclusivity. We need someone to chair the parade group and arrive at the Buffalo State College parking lot at 8:00am to learn our line up spot in the parade. Everyone else, come represent Trinity and march. The parade steps off promptly at 11am and will travel down Elmwood Ave ending at Allen Street. Please [sign up here](#) or use the QR Code.



Volunteers Needed for Allentown

Join us in welcoming the return of Allentown Art Festival visitors to Trinity's beautiful historic and sacred space. We will greet and share conversation with visitors on June 11 and June 12. For more information contact Patti Nisbet at tudorspace@aol.com.

Sign up with SignUpGenius (<https://www.signupgenius.com/go/70A0C4FAFA629A3F58-allentown1>) in 1-hour shifts. If you are able to volunteer for a 2 hour shift, that will also be very welcome!

Volunteers needed on either day: **Saturday, June 11 10am to 5pm**

Sunday, June 12 noon to 5pm

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.





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

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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