



trinity

@7

05.22.2022

Cover image:
Seascape near les
Saintes-Maries-de-
la-Mer by Vincent
Van Gogh, currently
housed at the Van
Gogh Museum in
Amsterdam

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

[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.

Awaken us to the mystery of being here.
Be with us as we enter the quiet immensity of our own presence.

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

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

Seascape near Les Saintes-Maries-de-la-Mer

by Rosemerry Wahtola Trommer

Inspired by "Seascape near Les Saintes-Maries-de-la-Mer" by Vincent van Gogh and music by Kayleen Asbo, "Les Bateaux de Saintes-Maries-de-la-Mer."

Dear Vincent, I wish I could speak of grief
as well as you articulate the colors of the sea,
naming all the hues as they change in the light—
noting the deep ultramarine near the shore
even as it tends toward pale russet, toward violet.
It's always changing, you wrote to Theo.
You can't even tell if it's blue because
a second later the changing light
has taken on a pink or gray tinge.
The same is true of shades of loss—
the moment I identify a deep feeling sorrow,
I notice pale hints of trust, nuances of awe.
The moment I name it tenderness,
it shifts into pain, ferocity, exhaustion.
Tonight I stared into the seascape you painted
on the shores of the Mediterranean,
and I knew myself not as the water
with its capricious tones, but as the boat
that sails upon it, something transported
by all this change. I tried to see the sea
with the same perspective you had:
It wasn't very cheery but neither was it sad
it was beautiful.
Oh those blue depths with their emerald, their white.
I let myself be carried by that beauty.

interlude

La Berceuse

by Rosemerry Wahtola Trommer

Inspired by "La Berceuse" by Vincent van Gogh and a song by the same name by Kayleen Asbo, with a line from Paul Gaugin.

There is, inside all of us,
all of us, all of us,
a child who longs
to be rocked, and rocked,
a soul child who longs
for the old sense of cradling,
a soul infant, fragile,
so green, so new,
who knows only to trust

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

The website of the Metropolitan Museum of Art tells us that "La Berceuse" means lullaby or woman who rocks the cradle.

that someone, someone,
peaceful and still,
someone with patience
and infinite calm,
with a quiet face
and sober eyes
will sit beside us
in heavy-lidded moments
when we glide defenseless
on dim shores of dreams,
yes, someone, someone,
will watch us, will watch,
will keep watch and will usher us
slowly to sleep,
to sleep, though we fight it,
oh shhhh, shhhh.
Can you feel it, the rocking,
the rocking, the rocking,
can you feel it, the rocking,
that never stops?
Oh bless the hand,
the patient hand,
oh bless the hand
that rocks.

interlude

Catalysis

by Rosemerry Wahtola Trommer

Any chemistry student
can tell you: a substance
that undergoes transformation
must first be torn apart.
I have been torn apart.
I have felt the breaking,
the rearranging,
and now the rebuilding
of my bonds. I marvel
at the brand new molecules—
how they transform
from despair to openness.

Though I look the same
and sound the same,
there is no mistaking
I am forever changed—
but not by sorrow, no.

Sorrow is the catalyst
that speeds it all up.
But it is love absorbed
that is breaking the bonds,
and love that evolves
as new bonds are made.

Some days I feel it,
I am less what I was and more
whatever it is that drives
the autumn, the spring.
Every day the chance
for love to find its way in.
And each time love helps me
to meet the unmeetable,
the reactant of self
becomes offering.

interlude

Because my heart is where you now dwell

by Rosemerry Wahtola Trommer

I try to make it beautiful—a spacious place
with room enough for blue birds to migrate,
where whole herds of elk can bed down,
and with fields so vast they hold
every memory of you—
not just the warmhearted memories,
but the hardest ones, too.
Those I hold up to the soft light of morning,
grateful for room enough to walk around them
and give them the space they need.
Those I hold up to the sharp light of noon
and say, yes, yes, it was like that.
I fill my heart with the scent of apple pie and cinnamon,
lemon zest and the river in spring.
Sometimes, when I am most vulnerable,
there's a floral fragrance of forgiving.
I try to keep my heart soft. I try not to clench,
not to harden, not to set. I try to create
a place where you can rest, where you can stay.
It is full of blank books, each one waiting to be filled
with stories of how it is with you living here in my heart,
this place where you have always lived,
this place even death cannot take away—
this place death has made more holy, more real.

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 25 @7pm**, we will explore community in the early Christian church as presented by James and the challenges it faced due to the changes experienced around it. We will also discuss community as experienced today and how our community changes with new realities in the world we live in. 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.

Helping our Afghan neighbors Trinity is collecting household items for Journey's End to distribute to Afghan evacuee families who have come to Buffalo. Since the families are setting up completely new lives, they need just about everything so the list is long. A short sample: sheets and blankets, pots and pans, cleaning materials, tea kettle, cutting board, etc. Please read the full list, which is available [online](#) and at the back of the chapel. You can bring your items on the next few Sundays and leave in a corner. Let the host or Matt know where they are. Thank you for your generosity!



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.

Chris Cuccia will be holding our place in line at the Buffalo State College parking lot. When you sign up to march, you will be given his phone number in case you have trouble finding him on the morning of the parade. 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.



Trinity @7 this Summer Beginning in June, Trinity @7 will have a bi-monthly schedule. We will meet in person and on Zoom on the first and third Sunday of the month. Our dear friend George Caldwell will play piano for us while Krista takes a summer hiatus. He has a completely different and great style so come check out his music. We think you'll like it!

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



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>.



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.

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