



trinity @7

01.09.2022

## 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.*

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

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## a centering prayer

That truth has been inscribed into our hearts  
and into the heart of every human being,  
there to be read and revered,  
thanks be to you, O God.

That there are ways of seeing  
and sensitivities of knowing  
hidden deep in the palace of the soul,  
waiting to be discovered,  
ready to be set free,  
thanks be to you.

Open our senses to wisdom's inner promptings  
that we may give voice to what we hear in our soul  
and be changed for the healing of the world,  
that we may listen for truth in every living soul  
and be changed for the well-being of the world.

**amen**

## interlude

Prayer by John  
Philip Newell

# The Call

by Richard Wehrman

It's not the day on the calendar that makes the New Year new, it's when the old year dies that the new year gets born. It's when the ache in your heart breaks open, when new love makes every cell in your body align. It's when your baby is born, it's when your father and mother die. It's when the new Earth is discovered and it's the ground you're standing on. The old year is all that is broken, the ash left from all those other fires you made; the new year kindles from your own spark, catches flame and consumes all within that is old, withered and dry. The New Year breaks out when the eye sees anew, when the heart breathes open locked rooms, when your dead branches burst into blossom, when the Call comes with no doubt that it's calling to you.

interlude

Richard Wehrman is an award-winning illustrator, graphic designer and poet who lives in rural Upstate New York. He is an artist who found his way to poetry through the language and heart teachings of two 13th and 14th-century Persian poets.

# The Journey

by David Whyte

Above the mountains  
the geese turn into  
the light again  
Painting their  
black silhouettes  
on an open sky.  
Sometimes everything  
has to be  
inscribed across  
the heavens  
so you can find  
the one line  
already written  
inside you.  
Sometimes it takes  
a great sky  
to find that  
first, bright  
and indescribable  
wedge of freedom  
in your own heart.  
Sometimes with  
the bones of the black  
sticks left when the fire  
has gone out  
someone has written  
something new  
in the ashes of your life.  
You are not leaving.  
Even as the light fades quickly now,  
you are arriving.

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.

# Quotes from C.S. Lewis

Some day you will be old enough to start reading fairy tales again.

interlude

Mental pain is less dramatic than physical pain, but it is more common and also more hard to bear. The frequent attempt to conceal mental pain increases the burden: it is easier to say 'My tooth is aching' than to say 'My heart is broken.'

interlude

We do not want merely to see beauty ... We want something else which can hardly be put into words — to be united with the beauty we see, to pass into it, to receive it into ourselves, to bathe in it, to become part of it.

interlude

Make your choice, adventurous Stranger,  
Strike the bell and bide the danger,  
Or wonder, till it drives you mad,  
What would have followed if you had.

interlude

Progress means getting nearer to the place you want to be. And if you have taken a wrong turn, then to go forward does not get you any nearer. If you are on the wrong road, progress means doing an about-turn and walking back to the right road; and in that case the man who turns back soonest is the most progressive man.

interlude

You can't go back and change the beginning, but you can start where you are and change the ending.

interlude

C.S. Lewis (1898 – 1963) was a novelist and author born in Belfast, Ireland. He is best known for his seven-book children's series *The Chronicles of Narnia*.

# The Year as a House: A Blessing

by Jan Richardson

Think of the year  
as a house:  
door flung wide  
in welcome,  
threshold swept  
and waiting,  
a graced spaciousness  
opening and offering itself  
to you.

Let it be blessed  
in every room.  
Let it be hallowed  
in every corner.  
Let every nook  
be a refuge  
and every object  
set to holy use.

Let it be here  
that safety will rest.  
Let it be here  
that health will make its home.  
Let it be here  
that peace will show its face.  
Let it be here  
that love will find its way.

Here  
let the weary come  
let the aching come  
let the lost come  
let the sorrowing come.  
Here  
let them find their rest  
and let them find their soothing  
and let them find their place  
and let them find their delight.

And may it be  
in this house of a year  
that the seasons will spin in beauty,  
and may it be  
in these turning days  
that time will spiral with joy.  
And may it be

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[janrichardson.com](http://janrichardson.com)

Jan Richardson is  
an artist, writer, and  
ordained minister in  
the United Methodist  
Church. Residing in  
Florida, she serves  
as director of The  
Wellspring Studio,  
LLC, and has traveled  
widely as a retreat  
leader and conference  
speaker.

that its rooms will fill  
with ordinary grace  
and light spill from every window  
to welcome the stranger home.

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

May we find hope in the lights we have kindled on this quiet night,  
hope in one another and in all who form the web-work of peace and  
justice that spans the world.

In the heart of every person on this Earth  
burns the spark of luminous goodness;  
in no heart is there total darkness.

May we who have gathered this winter evening,  
by our lives and service, by our prayers and love,  
call forth from one another the light and the love  
that is hidden in every heart.

**amen**

postlude

The church is open by appointment for private prayer or meditation.  
Contact our parish administrator, Colleen O'Neill, at [coneill@trinitybuffalo.org](mailto:coneill@trinitybuffalo.org)  
to schedule an appointment.

This is an excerpt of  
a prayer by Edward  
Hays from his  
book, *Prayers for a  
Planetary Pilgrim*.



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

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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](mailto: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 by texting TRINITYBUFFALO to 73256 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