



trinity @7

03.20.2022

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 image 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.

welcome

a moment with nature

a centering prayer

O Love,
Unfold me anew;
For my spirit easily tightens
Around yesterday's too much
Sadness and loss and worry.

Stretch me open
With an energy not my own
But given as the gift of Life
Revealing beauty within
Already formed by You
Before I even knew to notice.

Yes, Love, ground me
In Your forming grace
Always at work
In ways unnameable
Yet daring to name me
And everyone, Beloved

O Love,
Unfold me to this
Noticing You in others
Trusting Your desire

[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.

This prayer is called
"Unfolding" and is
written by David
Long-Higgins,
a minister in the
United Church of
Christ.

To meet every resistance
I hold as temporary truth
Until at last again and again
I am born anew
Into a beauty I cannot yet see
A birthright unbelievable
Brought to life by You
The One who is Life.

Yes, Love,
Unfold me anew to this
And let it be more
Than enough for today.

amen

interlude

Cutting Loose

by William Stafford

Sometimes from sorrow, for no reason,
you sing. For no reason, you accept
the way of being lost, cutting loose
from all else and electing a world
where you go where you want to.

Arbitrary, a sound comes, a reminder
that a steady center is holding
all else. If you listen, that sound
will tell where it is, and you
can slide your way past trouble.

Certain twisted monsters
always bar the path – but that's when
you get going best, glad to be lost,
learning how real it is
here on the earth, again and again.

interlude

William Stafford (1914 -1993) was an American poet and pacifist. He served in work camps in Arkansas and California during World War II, doing soil conservation, firefighting, and building and maintaining roads.

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

David Budbill (1920 – 2016) was a poet and playwright from Cleveland, Ohio who spent his career in New England. He received a degree in theology from Union Seminary in New York City.

Issa is a reference to Kobayashi Issa (1763 – 1828) a Japanese poet and lay Buddhist priest, better known as Issa. He was a haiku master.

A sutra is a religious teaching, usually taking the form of an aphorism or short statement of beliefs. Sutra means the same thing in Buddhism, Hinduism, and Jainism; however, the actual sutras are different according to each belief structure. Buddhists believe the sutras are the teachings of Buddha. (from learnreligions.com)

Haiku is a Japanese poem typically of seventeen syllables, in three lines of five, seven, and five, traditionally evoking images of the natural world. Here, Issa's haiku does not follow the 5/7/5 rule.

The News

by Rosemerry Wahtola Trommer

Just as I had settled into doom,
I heard the wild call of the first geese of spring
come screeching through the window.
I leapt up like a woman desperate
for good news—leapt up and ran to the window
in time to see a pair land on the pond,
splashing against the water. They quieted
immediately after alighting. And then,
there was only the sound of me watching them.
How graceful they were in the pond,
the water wrinkled behind them, as if their arrival
were the only news, the only news worth telling.

interlude

What Issa Heard

by David Budbill

Two hundred years ago Issa heard the morning birds
singing sutras to this suffering world.
I heard them too, this morning, which must mean,
since we will always have a suffering world,
we must also always have a song.

interlude

A haiku by Issa

This dewdrop world --
Is a dewdrop world,
And yet, and yet . . .

interlude

Because We Hunkered Down

by Malcolm Guite

These bleak and freezing seasons may mean grace
When they are memory. In time to come
When we speak truth, then they will have their place,
Telling the story of our journey home,
Through dark December and stark January
With all its disappointments, through the murk
And dreariness of frozen February,
When even breathing seemed unwelcome work.

Because through all of these we held together,
Because we shunned the impulse to let go,
Because we hunkered down through our dark weather,
And trusted to the soil beneath the snow,
Slowly, slowly, turning a cold key,
Spring will unlock our hearts and set us free.

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.



Malcolm Guite (b 1957) refers to himself as “a poet-priest” in the Anglican Church who travels around Great Britain and North America to give lectures, concerts and poetry readings. He has published a number of books of poetry as well as books on the interface between theology and literature.

closing prayer

Now, as we come the setting of the sun,
and our eyes behold the vesper light:

Take us by the hand.

In the stillness of our hearts
and the silence between each beat:

Whisper in our ear.

As we peek into tomorrow
and wonder what it will bring:

Be present with us.

When we prepare ourselves for rest
and seek the blessings of slumber:

Surround us with your love.

Into the darkness of the night
and across the canopy of sleep:

Awake us to your best dream for us.

amen

postlude

announcements

Lenten Program: The Psalmist's Cry

On Wednesday evenings @7pm during Lent, Tim Lane and Jeffrey Tooke are facilitating The Psalmist's Cry. We are exploring the Psalms as scripts for lament that can help guide us toward expressing our feelings and lives honestly. We will also explore how we can embrace the danger and goodness of the Gospel, by giving up control and allowing God's mystery to unfold in our lives.

On **Wednesday, March 23 @7pm**, we will explore how we come to know our own pain and brokenness, and how we can get beyond the denial of the status quo to find the artistry of God's presence and mystery within the margins. Join Tim and Jeff on Wednesdays @7pm using this Zoom link:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

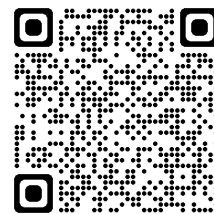
If you have questions about the group, email Jeffrey Tooke at jeffrey@bayharboradvisors.com.

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.

Spring is here! Time for Easter flowers!

It may seem like a well-kept secret at this point, but Spring is here and so Easter is near. Let's welcome this beautiful and much longed-for season and holiday with colorful potted flowers. You'll be contributing to the church, too! Trinity will once again hold an Easter flower sale. Place your order by Friday, 3/25 at 5pm and pick up at Trinity on Saturday, 4/16 between noon and 2pm. Use this link <https://www.kindridgiving.com/App/Form/6f1b78a8-bb9d-4ae2-a9d1-199c4df03ba7> or scan the QR code to go to the order page.



Easter Flower Donations

Many parishioners wish to donate to the decorating of the church at Easter. This is gratefully accepted. To facilitate this, you can use the flower envelope found in the church pews or donate electronically here. Thank you for helping make Trinity the beautiful inviting place that it is with both the gifts of your presence and the gifts you donate. Donations made prior to Sunday, 4/3 will be included in the Easter service worship guide. <https://onrealm.org/TrinityEpiscopa93948/give/flowers>

Easter Bonnets

While COVID numbers are down, there is still cause for caution, so we won't be holding the Easter Bonnet parade this year. BUT, all are welcome to wear their Easter bonnets; we encourage creativity!

Holy Week Services

Palm Sunday 4/10 10:30am Includes the passion story reading

Sunday 4/10 Trinity @7 The regularly scheduled service

Wednesday 4/13 noon The regularly scheduled conversational Eucharist

Maundy Thursday 4/14 @7pm This service will commemorate Jesus' last supper.

Thursday 12-Step @7 4/14 The regularly scheduled service

Good Friday 4/15 noon The focus is the Gospel's telling of the passion, with communion that coincides with the time that Jesus hung on the cross.

Easter Sunday 4/17 10:30am Beginning with the lighting of the Paschal Candle, the Easter service will be a full celebration of the hope of new life that overcomes death, with great music and an open invitation to participate in the transformation of Jesus' last supper into the first banquet of life after death.

Sunday 4/17 Trinity @7: NO SERVICE



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

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