



trinity

@7

03.05.2023

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
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.

Wake Up

by Alice Wolf Gilborn

On the radio this morning
they played something truly
remarkable—the sound of unknown

birds around the world awakening
to first light, starting in the east at dawn,
going west—hoots, howls, warbles,

then riffs and trills as another
continent, another continent woke
up, until I could feel earth itself

turning with its brocade and bristle
of trees and music, that strange
and lovely communion of birds.

I wished and failed to name them.
Miffed, I let other thoughts jump in—
What were they doing? Why were they

singing? For mates, for space, for joy?
I heard only myself, my mind a darting
squirrel making a din, while the dawning

music slowly died. Maybe it's time to listen.
To think sunrise, birds, trees, earthturn.
To sing a little song at daybreak.

interlude

Afternoon in the House

by Jane Kenyon

It's quiet here. The cats
sprawl, each
in a favored place.
The geranium leans this way
to see if I'm writing about her:
head all petals, brown
stalks, and those green fans.
So you see, I am writing about you.

Alice Wolf Gilborn is a published poet and essayist whose work has appeared in magazines, journals and anthologies. She spent many years working and writing in the Adirondacks. She currently lives in Vermont.

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."

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I turn on the radio. Wrong.
Let's not have any noise in this room, except
the sound of a voice reading a poem.
The cats request
The Meadow Mouse, by Theodore Roethke.

The house settles down on its haunches
for a doze.
I know you are with me, plants,
and cats—and even so, I'm frightened,
sitting in the middle of perfect
possibility.

interlude

Sonnet 73

by William Shakespeare

That time of year thou mayst in me behold
When yellow leaves, or none, or few, do hang
Upon those boughs which shake against the cold,
Bare ruin'd choirs, where late the sweet birds sang.
In me thou see'st the twilight of such day
As after sunset fadeth in the west,
Which by and by black night doth take away,
Death's second self, that seals up all in rest.
In me thou see'st the glowing of such fire
That on the ashes of his youth doth lie,
As the death-bed whereon it must expire,
Consum'd with that which it was nourish'd by.
This thou perceiv'st, which makes thy love more strong,
To love that well which thou must leave ere long.

Night Talks

by Terri Kirby Erickson

When one would wake in the night, the other
followed. Then, in their bed, next to their window
that was always open, my mother and father
would talk to the sound of cars going by,
the hum of streetlights, the occasional bark
of a neighbor's dog. They spoke of high school
dances, family vacations, raising children,
being grandparents. And their faces, soft
with age and sleep, were hidden in the dark,
so they could speak at last of their lost son,

William Shakespeare
(1564–1616) was a
British writer known
best for his plays,
but he was also a
poet and an actor. He
wrote 154 sonnets.

Terri Kirby
Erickson lives in
North Carolina.
She is the award-
winning author of
six collections of
poetry. Her work
has appeared in
numerous literary
journals, magazines,
newspapers, and
anthologies.

without any need to shield each other from that pain. It must have been a relief to unpack the shared sadness they courageously carried, to put it down, if only for an hour. It was like I could hear them from my own bed across town, as I slipped into a deeper sleep, reassured and comforted by their beloved familiar voices echoing among the stars.

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

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 beginning March 1 with Tim Lane and Jeffrey Tooke. We will discuss various aspects of our Christian creeds and how to develop a practice of prayer using our creeds and the *Book of Common Prayer*. You are invited to 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.

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 **Saturday, March 11 @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>.



Friends of Night People

We are looking for volunteers to help out at Friends of Night People, which provides food, clothing, medical care, counseling, and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45-7. For more information, please speak to Emily Carlin or email: emily.g.carlin@gmail.com



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

 Facebook: [@Trinitybuffalo](https://www.facebook.com/Trinitybuffalo)

 YouTube: [Trinity Church Buffalo](https://www.youtube.com/TrinityChurchBuffalo)

 Instagram: [@trinitychurch.buffalo](https://www.instagram.com/trinitychurch.buffalo)

www.trinitybuffalo.org • (716) 852-8314

371 Delaware Ave Buffalo, NY 14202

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.

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