



trinity

@7

09.04.2022

## 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.

**NOTE that in the summer, we will meet in person and on Zoom on the first and third Sunday of the month.**

**The remaining service for this summer's Trinity @7: September 18.**

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## welcome

### a moment with nature

### a centering prayer

Let us pray.

Set aside the noise.

Allow quiet prayer to enter my soul.

Silence creates a space for my:

Heartache to be felt

Anger to be heard

Tears to fall

Laughter to comfort

Gratefulness to flow

Joy to hold

Wonder to exist

Faithfulness to grow

Hear my intentions God:

Forgive my failings. See my intention to live in Your light.

To love as you love.

Help me feel the flow of your loving Spirit, I pray.

**amen**

[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.

## interlude

### This is what was bequeathed us

by Gregory Orr

This is what was bequeathed us:  
This earth the beloved left  
And, leaving,  
Left to us.  
No other world  
But this one:  
Willows and the river  
And the factory  
With its black smokestacks.  
No other shore, only this bank  
On which the living gather.  
No meaning but what we find here.  
No purpose but what we make.  
That, and the beloved's clear instructions:  
Turn me into song; sing me awake.

## interlude

### When Giving Is All We Have

by Alberto Rios

One river gives  
Its journey to the next.

We give because someone gave to us.  
We give because nobody gave to us.  
We give because giving has changed us.  
We give because giving could have changed us.  
We have been better for it,  
We have been wounded by it—  
Giving has many faces: It is loud and quiet,  
Big, though small, diamond in wood-nails.  
Its story is old, the plot worn and the pages too,  
But we read this book, anyway, over and again:  
Giving is, first and every time, hand to hand,  
Mine to yours, yours to mine.  
You gave me blue and I gave you yellow.  
Together we are simple green. You gave me  
What you did not have, and I gave you  
What I had to give—together, we made  
Something greater from the difference.

Gregory Orr is the author of two books about poetry, a memoir, and twelve collections of poetry. He taught at the University of Virginia from 1975 to 2019, where he founded the university's Master of Fine Arts program in creative writing.

Alberto Ríos (b. 1952) was born and raised in Nogales, Arizona. The Poetry Foundation says that he “has won acclaim as a writer who uses language in lyrical and unexpected ways in both his poems and short stories, which reflect his Chicano heritage and contain elements of magical realism.”

## interlude

### Improvement

by Danusha Laméris

The optometrist says my eyes  
are getting better each year.  
Soon he'll have to lower my prescription.  
What's next? The light step I had at six?  
All the gray hairs back to brown?  
Skin taut as a drum?

My improved eyes and I  
walked around town and celebrated.  
We took in the letters  
of the marquee, the individual leaves  
filling out the branches of the sycamore,  
an early moon.

So much goes downhill: our joints  
wearing out with every mile,  
the delicate folds of the eardrum  
exhausted from years of listening.  
I'm grateful for small victories.

The way the heart still beats time  
in the cathedral of the ribs.  
And the mind, watching its parade of thoughts  
enter and leave, begins to see them  
for what they are: jugglers, fire swallowers, acrobats  
tossing their batons in the air.

## interlude

Danusha  
Laméris lives  
in Santa Cruz,  
California. Her  
poetry has been  
published in books,  
anthologies, and  
periodicals.

# Daily Communion at the MiniMart on Rte 31

by Brooke James

You can find us here  
most every day at dawn,  
some in finery,  
some in flannel,  
bowed and shuffling forward  
in a single silent line,  
waiting our turn  
for Gladys to call us Hon,  
to pour fresh hot brew  
into our empty cups,  
to place a cruller dusted with sugar  
in our outstretched hands.  
We drop coins into a basket,  
murmur thanks, lift our heads,  
walk out into the sunlight,  
then pause to spend some time  
leaning into one another—  
*How about Afghanistan,  
that hurricane down south,  
those fires out west,  
the damn Delta variant  
and, tell me, how's your wife,  
your husband mother father  
sister brother daughter son,  
your job, your health  
and that chicken of yours,  
the one with the broken leg?*  
We climb into our cars,  
wave to one another, drive off,  
one hand on the wheel,  
the other holding steady  
our cup of Joe.

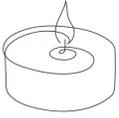
interlude

reflection

interlude

brief silent meditation

Brooke James won her first creative writing award in eighth grade. Then she did a bunch of other things like going to college, public health nursing, and raising three kids. Now she writes. She lives in a very old house in Vermont with her husband, one donkey, four chickens and a dog. (Actually, the donkey and the chickens live in the barn.)



Written by  
John Philip  
Newell, *Sounds of  
the Eternal*

## the candle lighting

While George 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 aloud:**

That from our depth new life emerges  
thanks be to you, O God.

That through our body  
and the bodies of men and women everywhere  
heaven's creativity is born on earth,  
children of eternity are conceived in time  
and everlasting bonds of tenderness  
are forged amidst the hardness of life's struggles,  
thanks be to you.

That in our soul  
and the soul of every human being  
sacred hopes are hidden,  
longings for what has never been are heard  
and visions for earth's peace and  
prosperity are glimpsed,  
thanks be to you.

For those near to us who are in turmoil this day  
and for every family in its brokenness,  
for the woundedness of our own life  
and for every creature that is suffering,  
O God of all life, we pray.

**amen**

## postlude

# announcements

**TRINITY @7 MEETS NEXT ON SUNDAY, SEPTEMBER 18.**

## Trinity @7 this Summer

Trinity @7 has a bi-monthly schedule for the summer. We meet in person and on Zoom on the first and third Sunday of the month from July through September. Tonight is George Caldwell's final appearance of the summer. Krista returns on September 18.

## The Story of God

On Wednesday evenings @7pm starting September 14, Tim Lane and Jeffrey Tooke are facilitating discussions on the "The Story of God" series with Morgan Freeman. The series explores world religions and the important questions that we all ask – about death, God, evil, how did we get here, and more. The evening will run about an hour and a half to two hours, during which we will watch and discuss an episode of Morgan Freeman's "The Story of God". For some information on the series, check here:

[https://1drv.ms/b/s!Al-L5d\\_Lxgjcil4MBKWRuvv4vtcMgQ?e=FR0eVN](https://1drv.ms/b/s!Al-L5d_Lxgjcil4MBKWRuvv4vtcMgQ?e=FR0eVN)

You are invited to 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 questions about the group, please send an email to Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com).

## Trinity Spaces for Rent

Our church still has the first floor of 393 Delaware Avenue available for rent. We hope to rent to a group or 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>.



## Another Way to Help Journey's End

Do you have a bicycle collecting dust in your garage or basement? We can give it new life! Wheels for Workers 716 is a non-profit, supporting Buffalo's large number of re-settling families. They collect unused bikes and bike parts, provide necessary repairs and servicing to make them functional, and coordinate their distribution to needy families primarily through a partnership with Journey's End. If you would like to donate a bicycle, contact John Alduino at (937) 239-5181 or [john.alduino@gmail.com](mailto:john.alduino@gmail.com), and he will arrange pick up. Thank You!



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

Thank you to our pianist, George Caldwell!

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, you can schedule an appointment with the parish administrator Colleen O'Neill, [coneill@trinitybuffalo.org](mailto:coneill@trinitybuffalo.org).



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](#), 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. Meets 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the month in the summer.

**Wednesday @Noon** Prayer and holy conversation

**Thursday @7pm** 12steps@Trinity, based on 12-step spirituality