



trinity

@7

01.16.2022

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.

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

Quiltmaker

by Luci Shaw

"I make them warm to keep my family from freezing; I make them beautiful to keep my heart from breaking."

—From the journal of a prairie woman, 1870

To keep a husband and five children warm,
she quilts them covers thick as drifts against
the door. Through every fleshy square white threads
needle their almost invisible tracks; her hours
count each small suture that holds together
the raw-cut, uncolored edges of her life.
She pieces each one beautiful, and summer bright
to thaw her frozen soul. Under her fingers
the scraps grow to green birds and purple
improbable leaves; deeper than calico, her mid-winter
mind bursts into flowers. She watches them unfold
between the double stars, the wedding rings.

interlude

From her novel, "The Cracked Spine"

by Paige Shelton

Tom lived by the sea.
In a small blue house that was from another time.
It was squeaky and drafty
and held one of my favorite places in the entire world:
a big old chair by a front window
and a fireplace, from which could be seen
a view of the North Sea while one lounged,
under a quilt preferably,
and read book after book.

interlude

Luci Shaw (b 1928) is a published poet, editor, and lecturer on topics such as art and spirituality, the Christian imagination, poetry-writing, and journal-writing as an aid to artistic and spiritual growth.

Paige Shelton is an American author of best-selling mysteries.

Keith Ferrazzi is an American author, entrepreneur and the founder and CEO of Ferrazzi Greenlight, a research and consulting firm.

Life is less a quest than a quilt. We find meaning, love, and prosperity through the process of stitching together our bold attempts to help others find their own way in their lives. The relationships we weave become an exquisite and endless pattern.

Keith Ferrazzi

interlude

Rohinton Mistry CM (b 1952) is an Indian-born Canadian writer. CM is the Order of Canada, a national order and the second highest honor for merit in the system of orders, decorations, and medals of Canada.

She works with her hands in delight.

Proverbs 31:13

interlude

The whole quilt is much more important than any single square.

Rohinton Mistry

interlude

Laini Taylor is an American author who writes in the genre of young adult fantasy.

It's all a quilt of fairy tales with a patch here and there of truth.

Laini Taylor

interlude

Beautiful things come together one stitch at a time.

Unknown

interlude

Our lives are like quilts – bits and pieces, joy and sorrow, stitched with love.

Unknown

interlude

Anna M. Aquino identifies herself as an author, comedian and guest minister.

In your life, the people become like a patchwork quilt. Some leave with you a piece that is bigger than you wanted and others smaller than you thought you needed. Some are that annoying itchy square in the corner, and others that piece of worn flannel. You leave pieces with some and they leave their pieces with you. All the while each and every square makes up a part of what is you. Be okay with the squares people leave you. For life is too short to expect from people what they do not have to give, or were not called to give you.

Anna M. Aquino

interlude

Blessed are the piecemakers.

Unknown

interlude

Psalm for the January Thaw

by Luci Shaw

Blessed be God for thaw, for the clear drops that fall, one by one, like clocks ticking, from the icicles along the eaves. For shift and shrinkage, including the soggy gray mess on the deck like an abandoned mattress that has lost its inner spring. For the gurgle of gutters, for snow melting underfoot when I step off the porch. For slush. For the glisten on the sidewalk that only wets the foot sole and doesn't send me slithering. Everything is alert to this melting, the slow flow of it, the declaration of intent, the liquidation.

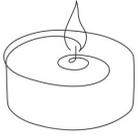
Glory be to God for changes. For bulbs breaking the darkness with their green beaks. For moles and moths and velvet green moss waiting to fill the driveway cracks. For the way the sun pierces the window minutes earlier each day. For earthquakes and tectonic plates--earth's bump and grind--and new mountains pushing up like teeth in a one-year-old. For melodrama—lightning on the sky stage, and the burst of applause that follows. Praise him for day and night, and light switches by the door. For seasons, for cycles and bicycles, for whales and waterspouts, for watersheds and waterfalls and waking and the letter W, for the waxing and waning of weather so that we never get complacent. For all the world, and for the way it twirls on its axis like an exotic dancer. For the north pole and the south pole and the equator and everything between.

interlude

reflection

interlude

brief silent meditation



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

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

Sanctuary: Mental Health and Spirituality

On **Wednesday evenings @7pm** starting **January 19**, Tim Lane and Jeffrey Tooke are facilitating Sanctuary: Mental Health and Spirituality.

The COVID-19 pandemic has significantly changed our lives. These changes don't just affect us physically; they affect us mentally, emotionally, and spiritually. Using *The Sanctuary Course* by Sanctuary Mental Health Ministries, we will discuss topics addressing the challenge of the pandemic, our recovery, and other mental health topics connected to our spirituality. The evening will run about an hour to an hour and a half, during which we will watch and discuss a short video.

You are invited to join Tim and Jeff on Wednesdays (Note new day) @7pm using the zoom link below:

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

ID: 816-6863-4672 Passcode: trintalk

For more information, please send an email to Jeffrey Tooke at jeffrey@bayharboradvisors.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: [@trinity.church.Buffalo](https://www.instagram.com/trinity.church.Buffalo)

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

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

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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 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