



trinity @7

01.29.2023

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

May the angels of light
glisten for us this night.
May the sparks of God's beauty
dance in the eyes of those we love.
May the universe
be on fire with Presence for us this night.
May the sun's setting
grace us with gratitude.
Let earth's greenness shine
and its waters breathe with Spirit.
Let heaven's winds stir the soil of our soul
and fresh awakenings rise within us.
May the mighty angels of light
glisten in all things this night.
May they summon us to reverence,
may they call us to life.

amen

interlude

[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.

Prayer written by
John Philip Newell.
For our service
tonight, we took the
liberty of replacing
the word "day" for
"night," and the
"sun's rising" was
changed to "sun's
setting."

A Reading from *Conjectures of a Guilty Bystander*

by Thomas Merton

In Louisville, at the corner of Fourth and Walnut, in the center of the shopping district, I was suddenly overwhelmed with the realization that I loved all these people, that they were mine and I theirs, that we could not be alien to one another even though we were total strangers. It was like waking from a dream of separateness, of spurious self-isolation in a special world. . . .

This sense of liberation from an illusory difference was such a relief and such a joy to me that I almost laughed out loud. . . .

Then it was as if I suddenly saw the secret beauty of their hearts, the depths of their hearts where neither sin nor desire nor self-knowledge can reach, the core of their reality, the person that each one is in God's eyes. If only they could all see themselves as they really are.

interlude

Little Owl Who Lives in the Orchard

by Mary Oliver

His beak could open a bottle,
and his eyes - when he lifts their soft lids -
go on reading something
just beyond your shoulder -
Blake, maybe,
or the Book of Revelation.

Never mind that he eats only
the black-smocked crickets,
and the dragonflies if they happen
to be out late over the ponds, and of course
the occasional festal mouse.
Never mind that he is only a memo
from the offices of fear -

it's not size but surge that tells us
when we're in touch with something real,
and when I hear him in the orchard
fluttering
down the little aluminum
ladder of his scream -
when I see his wings open, like two black ferns,

Thomas Merton (1915 – 1968) was born in France but lived in the UK, the US, and France. Merton was a teacher, poet, Trappist monk, theologian, student of comparative religion, mystic, and prolific writer of books, poems, essays, lectures, and reviews.

Local connection: He taught at St. Bonaventure University from 1939 to 1941.

Conjectures of a Guilty Bystander, published in 1965, is a series of Merton's notes, opinions, experiences, and reflections.

Mary Oliver (1935-2019) wrote verse that focused on the quiet occurrences of nature. In addition to such major awards as the Pulitzer and National Book Award, Oliver received fellowships from the Guggenheim Foundation and the National Endowment for the Arts. Much of Ms. Oliver's writing is based on her beloved Cape Cod where she lived for 40 years with her life partner, the photographer Molly Malone Cook.

a flurry of palpitations
as cold as sleet
rackets across the marshlands
of my heart
like a wild spring day.

Somewhere in the universe,
in the gallery of important things,
the babyish owl, ruffled and rakish,
sits on its pedestal.
Dear, dark dapple of plush!
A message, reads the label,
from that mysterious conglomerate:
Oblivion and Co.
The hooked head stares
from its house of dark, feathery lace.
It could be a valentine.

interlude

Primary Wonder

by Denise Levertov

Days pass when I forget the mystery.
Problems insoluble and problems offering
their own ignored solutions
jostle for my attention, they crowd its antechamber
along with a host of diversions, my courtiers, wearing
their colored clothes; cap and bells.
And then
once more the quiet mystery
is present to me, the throng's clamor
recedes: the mystery
that there is anything, anything at all,
let alone cosmos, joy, memory, everything,
rather than void: and that, O Lord,
Creator, Hallowed One, You still,
hour by hour sustain it.

interlude

Denise Levertov
(1923 – 1997) was
English born and
emigrated to the US
in 1947. Here she
published more
than 20 volumes
of poetry.

Another Reading from *Conjectures of a Guilty Bystander*

by Thomas Merton

At the center of our being is a point of nothingness which is untouched by sin and by illusion, a point of pure truth, a point or spark which belongs entirely to God, which is never at our disposal, from which God disposes of our lives, which is inaccessible to the fantasies of our own mind or the brutalities of our own will. This little point of nothingness and of absolute poverty is the pure glory of God in us. It is so to speak His name written in us, as our poverty, as our indigence, as our dependence, as our sonship. It is like a pure diamond, blazing with the invisible light of heaven. It is in everybody, and if we could see it we would see these billions of points of light coming together in the face and blaze of a sun that would make all the darkness and cruelty of life vanish completely ... I have no program for this seeing. It is only given. But the gate of heaven is everywhere.

interlude

But Outer Space

by Robert Frost

But outerspace,
At least thus far,

For all the fuss
Of the populace
Stays more popular
Than populous

interlude

guided 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.

Robert Frost (1874 – 1963) is one of the most widely read and beloved of American poets. He taught at a number of New England colleges, doing what he called “barding around.”



closing prayer

Let us pray

We remember we are called to be in relationship,
living and working with one another,
supporting and healing one another...

We remember we are called into a community,
working for the common good of all,
making choices that bring hope, justice
and freedom to our world...

May we welcome the stranger, offering
support to those who have recently arrived, and
giving comfort to the homesick.

May we promote justice, tolerance, openness and respect, that
ensures lasting peace and racial harmony.

May we change our way of thinking, to stop
protecting our standard of living
at the cost of developing nations and their people's quality of life.

May we be enabled to reverence each person,
to reach out to those in need,
to value and appreciate those who differ from us,
to share the resources of our nation,
to receive the gifts offered to us by people from other cultures.

Silence

May we respond boldly.

amen

postlude

announcements

See insert for vestry candidates.

Discussion Group: Church – A Community Called for the Future

On **Wednesdays @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on this program from *The Work of the People*. Each week we watch a short video and discuss issues about how congregations and the church can be a life-giving and life-sustaining body responding to the Spirit amongst us.

Join Tim and Jeff this **Wednesday, February 1 @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.

Shoe Fundraiser

We continue to collect gently used footwear until we have a pickup date from funds2orgs.com. So please take another look and bring in those shoes! They can be placed in the labeled collection bin in the Red-Carpet area on Sunday mornings. Please contact Erickson at ehc@buffalo.edu with questions. Thanks to all who've donated shoes!

Friendraising & Fundraising Meeting on February 2

Our next meeting is on **Thursday, February 2 @7pm** on Zoom. Please consider joining us to plan events to raise funds and bring our congregation together. Are all welcome. Please contact Erickson at ehc@buffalo.edu with questions or for the Zoom meeting link.

Mutual Aid and Emergency Preparedness - Initial Response Training

Join our friends at Clean Air Coalition of WNY on **Thursday, February 9** from 12-5 here at Trinity Church for a training to strengthen our community's mutual aid responses to emergencies and to learn life-saving medical skills with trainers from Erie County Department of Health. The training will cover the basics of mutual aid during disaster response as well as emergency medical response, like how and when to use Narcan, how to do hands-only CPR, and how to "Stop the Bleed." Childcare and lunch will be provided. If you need additional accommodation, such as translator services, please contact us. Registration is required and is capped at 15 people. Visit <https://bit.ly/3Collu> to register today or reach out to Bridge Rauch at bridge@cacwny.org.

Love Letters Performance by the Fantinis, Friday, February 10

Elaine & John Fantini are performing A. R. Gurney's play, *Love Letters*, at Trinity. The play is a funny and emotional portrait about the powerful connection of love. Two friends, rebellious Melissa Gardner and straight arrow Andrew Makepeace Ladd III, have exchanged notes, cards, and letters with each other for over 50 years. Beginning in second grade and well into adulthood, they have spent a lifetime discussing their hopes and ambitions, dreams and disappointments, and victories and defeats. Long after the letters are done, the real question remains: Have they made the right choices, or is the love of their life only a letter away? **Friday, February 10 @7pm** in the chapel. (doors will open at 6:30.) Tickets are \$25, available by clicking [here](#) or use the QR code. All proceeds benefit Trinity.



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
 YouTube: Trinity Church Buffalo
 Instagram: @trinity.church.Buffalo
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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 readers.

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.



Trinity works hard to keep people's spiritual lives refreshed and engaged, while also being steward of a historically significant building with even more significant windows. Since the pandemic, all Trinity services continue to be 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 healing in the world.

You can [donate online here](#), or initiate an online donation by texting 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