



trinity @7

11.13.2022

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.

welcome

a moment with nature

a centering prayer

As we enter in to this quiet time of reflection,
be with us, beloved.

**and all shall be well,
and all manner of thing shall
be well.**

As we are mindful of this precious moment,
and grateful for the words and music,
be with us, beloved,

**and all shall be well,
and all manner of thing shall
be well.**

Let the stillness of this holy place
flow into us, calming us, restoring us.
Be with us, beloved,

**and all shall be well,
and all manner of thing shall
be well.
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.

A Great Wild Goodness

by Annie Lighthart

One morning I was looking out the window
when a great wild goodness came over me:
I wanted to be kind to everything. I promised
not to kill the big spider on the wall; in the cold
I took the dog for the long walk she'd been wanting;
I fetched a trash can lid for an ornery neighbor
and did not, just then, add a single adjective to his name.
I went back inside to the laundry and dishes
with a clean heart such as I have never had.

Before dinner the wild goodness shouted, "Too tame!
Too tame!" so I went outside without my coat
and shouted poems up to the stars
until my children came home with their small
warm hands. Then we ate bread
in the kitchen, unafraid to be happy.
The stars in wild darkness were right over our heads.

interlude

Kindness

by Rosemerry Wahtola Trommer

Consider the tulip,
how it rises every spring
out of the same soil,
which is, of course,
not at all the same soil,
but new. How long ago
someone's hands planted a bulb
and gave to this place
a living scrap of beauty.

Consider the six red petals,
the yellow at the center,
the soft green rubber of the stem,
how it bows to the world. How,
the longer we sit beside it,
the more we bow to it.

It is something like kindness,
is it not? The way someone plants
in you a bit of beauty—a kind word,
perhaps, or a touch, the gift
of their time or their smile.

Annie Lighthart
is a writer and
teacher who lives
in Portland, Oregon
"with her family and
many good books."

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

continued on next page

And years later, in the soil that is you,
it emerges again, pushing aside
the dead leaves, insisting on beauty,
a celebration of the one who planted it,
the one who perceives it, and
the fertile place where it has grown.

interlude

Small Kindnesses

by Danusha Laméris

I've been thinking about the way, when you walk
down a crowded aisle, people pull in their legs
to let you by. Or how strangers still say "bless you"
when someone sneezes, a leftover
from the Bubonic plague. "Don't die," we are saying.
And sometimes, when you spill lemons
from your grocery bag, someone else will help you
pick them up. Mostly, we don't want to harm each other.
We want to be handed our cup of coffee hot,
and to say thank you to the person handing it. To smile
at them and for them to smile back. For the waitress
to call us honey when she sets down the bowl of clam chowder,
and for the driver in the red pick-up truck to let us pass.
We have so little of each other, now. So far
from tribe and fire. Only these brief moments of exchange
What if they are the true dwelling of the holy, these
fleeting temples we make together when we say, "Here,
have my seat," "Go ahead — you first," "I like your hat."

interlude

Kindness

by Naomi Shihab Nye

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.

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

How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender gravity of kindness
you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.
Then it is only kindness that makes sense anymore,
only kindness that ties your shoes
and sends you out into the day to gaze at bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.

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.

Naomi Shihab Nye (b. 1952) is an American poet. The Poetry Foundation says she is, "known for poetry that lends a fresh perspective to ordinary events, people, and objects. Nye has said that, for her, 'the primary source of poetry has always been local life, random characters met on the streets, our own ancestry sifting down to us through small essential daily tasks.'" Naomi lives in San Antonio, Texas and often writes about Mexican Americans.



closing prayer

Let us pray

Beloved, send us
into the autumn months renewed and at peace;

Center our hearts in your presence
even as we are surrounded by others;
that we may be patient with friends,
enemies, and ourselves.

Assist us in our mindfulness
toward the wholeness of life;
that we may return to our source.

And when it is time to stop at an unexpected moment,
or let go when we cannot see the consequences,
may we entrust ourselves to your love;

**Listening more than asking,
Hearing more than needing,
Opening our minds for knowing,
And healing our hearts for loving.
amen**

postlude

announcements

Clean Air Coalition Open House

Come see the new offices of the Clean Air Coalition of WNY here at Trinity Church on **Wednesday, November 16, from 5:30 - 7:30pm** and celebrate their recent wins and ongoing work! Their open house will feature:

- A self-guided tour of their new office space and Trinity Campus
- Collaborative movement art making
- Tabling by our campaign teams
- Snacks and refreshments
- Much more!

RSVP today by visiting <https://bit.ly/cacopenhouse22> or <https://www.cacwny.org/2022/10/clean-air-open-house-2022/>.

Trinity Spaces for Rent

Our church still has the first floor of 393 Delaware available for rent. See <https://www.trinitybuffalo.org/copy-of-trinity-center-rentals>. 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 have them call Colleen O'Neill at 716-852-8314 ext 1 or send an email to: coneill@trinitybuffalo.org.



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

Shoe Fundraiser Running Until January 1, 2023

Trinity is having a shoe fundraiser running until January 1, 2023. We are collecting gently used (no holes) or new footwear. This includes both adult and children's shoes, sneakers, sandals, boots, and athletic footwear. Our goal is to exceed 2,500 pairs! Shoes can be placed in the labeled collection bin in the Red Carpet area on Sunday mornings. The shoes we collect will be sent overseas to micro-enterprises which are small businesses, generally owned and operated by families. Because of systemic poverty in many developing countries, individuals have to create their own economic opportunities. Our efforts will provide shoe inventory for people worldwide and fundraising dollars for Trinity! In addition to your contribution, we are asking you to reach out to your families, friends, co-workers, and neighbors, and ask them to donate their unwanted shoes. Please contact Erickson at ehc@buffalo.edu with questions or to get involved in this fundraiser. Thanks in advance for your support!



See We are Doing A New Thing

These past two years, we have seen tremendous changes--in where and how we work and play, and in our relationships. And although change is difficult, it isn't always bad.

The Pandemic has shown us how much we need community. And Trinity is in the process of building a campus-based community that can share ideas and bring people together in our beautiful space in the vibrant city of Buffalo. In fact, we are envisioning speakers' series, concerts, and social opportunities involving our tenants, the congregants, and the wider community.

We're opening our doors again, and have now begun to make our sanctuary a destination for architectural and stained-glass enthusiasts.

Together, we have an opportunity to make this transformation reflect our values and our faith in God's plan to make us an instrument of peace. So at this time, please consider your investment in this opportunity to make a lasting, positive mark on Trinity's mission—a mission that is and will be a value to us and those that come after us.

Sincerely,
Joanne Sundell
Joanne Sundell, Annual Campaign Committee



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

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

 Instagram: [@trinity.church.Buffalo](https://www.instagram.com/trinity.church.Buffalo)

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

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

371 Delaware Ave Buffalo, NY 14202



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

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 John.

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.



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.

Wednesday @Noon Prayer and holy conversation

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