



trinity

@7

04.10.2022

## 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.*

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## welcome

### a moment with nature

### a centering prayer

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**

[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

## interlude

### Of Being

by Denise Levertov

I know this happiness

is provisional:

the looming presences --  
great suffering, great fear --

withdraw only  
into peripheral vision:

but ineluctable this shimmering  
of wind in the blue leaves:

this flood of stillness  
widening the lake of sky:

this need to dance,  
this need to kneel:  
this mystery:

## interlude

### Aubade

by Elana Wolff

A woman went for a walk at dawn and came  
to an iron bridge – high, yet in the river  
below the sky appeared  
so close. As if she could have

stooped and touched its hue. By the river  
stood a wood of densely-fretted firs.  
For years she'd longed  
to fall, be caught.

How beckoning, she thought,  
and off she leapt.  
The branches broke  
her fall. Winded,

she returned to earth.  
Not a soul had seen the leap,  
nor the ragged landing.  
She met a man with a camera

Denise Levertov (1923 – 1997) was English born and emigrated to the US in 1947. Here she published more than 20 volumes of poetry and worked at both *The Nation* and *Mother Jones* magazine.

Elana Wolff is a Canadian poet who divides her time between writing, editing, and therapeutic art. She has published six collections of poetry. Ms. Wolff lives in Toronto.

An aubade is a love poem or song welcoming or lamenting the arrival of the dawn. The form originated in medieval France.

on the path back into the city.  
You're wearing fir, he laughed  
and asked if he could take her picture.  
Sun arose, prodigiously,

and rinsed the heavens red -  
he fell to his knees instead:  
How would we stop from bowing  
down, if the sky were always this vermilion.

## interlude

### The Brook Has Worked Out the Prominences of a Bend

by AR Ammons

The brook has worked  
out the prominences of  
a bend so as to find  
curvature's sliding  
speed and now thaw  
or shower can reach it  
to shell the shale out  
from an overhung ledge:  
the ledge bends way  
over as if to contemplate  
its solution in a spill:  
right now I think  
the skinny old arborvitae's  
roots may be holding everything  
together: but when the spill  
comes the brook will have  
another heap  
in its way, another  
shambles to get  
through or around: or  
over: how much time does  
a brook have: how much  
time a brook has!

## interlude

AR (Archie  
Randolph) Ammons  
(1926 – 2001) was  
from North Carolina.

After serving in  
WWII, he had  
several jobs before  
starting his career at  
Cornell University.

Said Ammons, "I  
never dreamed of  
being a Poet poet.

I think I always  
wanted to be an  
amateur poet."

# All That Falls

by Terri Crosby

Do you love things that cascade?  
Do you adore rain falling in sheets  
or over the ledge, splashing clear joy?  
Do you love velvet drapes plunging  
into a royal red pile on the stage of life?  
How about wisteria, how it drenches  
spring in ribbons of lush lavender,  
how the breathless beauty falls  
through cracks, over fences,  
how it softens the edges of anything?  
Then there is the matter of the knees.  
Slowly, willingly they descend  
into the dark depths when all  
is lost, or seems to be.  
What falls calls you  
unfastens you  
opens you.  
With time, lifts you.

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.

Terri Crosby's website, [incareofrelationships.com](http://incareofrelationships.com), identifies her as an author, speaker, consultant, coach, expert on intimate relationships, and one who provides classes and private consulting sessions to help you transform your partnership. She lives in the Blue Ridge Mountains of North Carolina.



## closing prayer

When I want to hold on

Teach me  
to trust  
the hope  
that blooms  
inside  
the loss,  
the love  
that's at  
the heart  
of fear—

teach me  
to molt,  
to slough,  
to shed,  
to doff,  
to meet  
the first light  
and then  
let even that  
go.

**amen**

## postlude

## announcements

### **Lenten Program: The Psalmist's Cry**

**Wednesday, April 13 @7pm**, is your last chance to join Tim Lane and Jeffrey Tooke as they explore the Psalms to learn how we can share our story of lament and praise with those we are journeying with and with those who come after us on the journey. We will also explore how we can embrace the danger and goodness of the Gospel by giving up control and allowing God's mystery to unfold in our lives. Here is this Zoom link:

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

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions about the group, email Jeffrey Tooke at [jeffrey@bayharboradvisors.com](mailto:jeffrey@bayharboradvisors.com).

## Free Books, Please Take Some Home

Please browse the bookshelf in the red carpet area and take home any books of interest. A new batch of books has replaced the old, so be sure to check out the bookshelves again.

## Holy Week Services

You are welcome to gather at church in person or online! If you are not fully vaccinated or have any other reason to be cautious about being in a crowd, don't worry! Sunday morning services are live streamed on YouTube and Facebook and the other weekly services are live streamed on Zoom. See below for details.

**Wednesday 4/13 noon** This service is conducted on site at Trinity, and you can participate in person or online. (Meeting ID 274-366-3028. Password: trinbuff) At this service, we invite all participants, both in person and online to share in Holy Communion. It includes the readings for the coming Sunday, prayers for each other and the world, and an opportunity to reflect together on the readings.

**Maundy Thursday 4/14 @7pm** This service is conducted on site at Trinity, and you can participate in person or online via [Facebook](#) or [YouTube](#). This service will commemorate Jesus' last supper.

**Thursday 12-Step @7 4/14** This week the service will be conducted in person at Trinity only. This service is based on the spirituality of the 12 Steps, drawing on literature and prayers from the 12 Step movement.

**Good Friday 4/15 noon** This service is conducted on site at Trinity, and you can participate in person or online via [Facebook](#) or [YouTube](#). At noon, the focus is the Gospel's telling of the passion, with communion that coincides with the time that Jesus hung on the cross.

**Easter Sunday 4/17 10:30am** This service is conducted on site at Trinity, and you can participate in person or online via [Facebook](#) or [YouTube](#). Beginning with the lighting of the Paschal Candle, the Easter service will be a full celebration of the hope of new life that overcomes death, with great music and an open invitation to participate in the transformation of Jesus' last supper into the first banquet of life after death. The video of this service remains on [Facebook](#) and [YouTube](#) after the live stream is over.

## Easter Bonnets

While COVID numbers are down, there is still cause for caution, so we won't be holding the Easter Bonnet parade this year. BUT, all are welcome to wear their Easter bonnets; we encourage creativity!

**Sunday 4/17 Trinity @7: NO SERVICE**



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](http://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.

Additional thanks to **Maria Geba** and **Jeff Wang** for allowing us to meet together on Zoom.

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).



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 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