



trinity

@7

03.13.2022

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!

Cover Image: *Still Life with Lemons* by Vicky Tesmer

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

[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 moment with nature

a centering prayer

O Love,
Unfold me anew;
For my spirit easily tightens
Around yesterday's too much
Sadness and loss and worry.

Stretch me open
With an energy not my own
But given as the gift of Life
Revealing beauty within
Already formed by You
Before I even knew to notice.

Yes, Love, ground me
In Your forming grace
Always at work
In ways unnameable
Yet daring to name me
And everyone, Beloved

O Love,
Unfold me to this
Noticing You in others
Trusting Your desire

This prayer is called
"Unfolding" and is
written by David
Long-Higgins,
a minister in the
United Church of
Christ.

To meet every resistance
I hold as temporary truth
Until at last again and again
I am born anew
Into a beauty I cannot yet see
A birthright unbelievable
Brought to life by You
The One who is Life.

Yes, Love,
Unfold me anew to this
And let it be more
Than enough for today.

amen

interlude

Instructions for the Journey

by Pat Schneider

The self you leave behind
is only a skin you have outgrown.
Don't grieve for it.
Look to the wet, raw, unfinished
self, the one you are becoming.
The world, too, sheds its skin:
politicians, cataclysms, ordinary days.
It's easy to lose this tenderly
unfolding moment. Look for it
as if it were the first green blade
after a long winter. Listen for it
as if it were the first clear tone
in a place where dawn is heralded by bells.

And if all that fails,
wash your own dishes.
Rinse them.
Stand in your kitchen at your sink.
Let cold water run between your fingers.
Feel it.

interlude

Pat Schneider (b. 1934) is a poet, playwright, librettist, and author of ten books of poetry and nonfiction. She was born in the Ozark Mountains of Missouri, but from age ten until college, Pat lived in city tenements and an orphanage until she was given a college scholarship. Her website, patschneider.com, tells us that her early experiences have deeply influenced her writing, and fueled her passion for those who have been denied voice through poverty and other misfortunes

The heart that breaks open can contain the whole universe.

Joanna Macy

interlude

The eyes of The Future are looking back at us and they are praying for us to see beyond our own time.

Terry Tempest Williams

interlude

We think we need more time.
But we're wrong
What we really need is
more connection to the timeless

Michael Meade

interlude

Ode to Lemons

by Michelle Courtney Berry

Today,
the sun-glazed
bag of lemons
adorning the white counter
became
in my imagination,
not a bag
grabbed hastily
from supermarket bins
overflowing
with fruit, pepper, and melon
but
rather
that each lemon
was
plucked
tenderly
from
a limestone grove
on the Coast of Amalfi,
where the salt-tinged air
is ripe with birdsong
and each
syrupy-sweet
lemony-goodness
is a fist-sized

delight
in my hands,
that
drops
into
a cradle of wicker and twine.
I pull
the mesh bag's
netting loose,
as though everything
now requires reverence,
as though
I could honor the journey
of hands –not my own—
hands
that brought
such
luscious
fruit to market
without
the slightest recognition.
My own hands twist
the golden orbs,
over
and
over

Michelle Courtney Berry is an author, speaker, coach, performer, actor, humorist, and facilitator who centers her work in the field of health and wellness, workplace wellness, and mindful self-care. She lives in the Finger Lakes region.

marveling
at their scented beauty.
My hands
were honored
in this way
by

these
heavenly
lemons,
as I sighed
in front of the kitchen window.

interlude

Twilight

by Louise Glück

All day he works at his cousin's mill,
so when he gets home at night, he always sits at this one window,
sees one time of day, twilight.

There should be more time like this, to sit and dream.

It's as his cousin says:

Living—living takes you away from sitting.

In the window, not the world but a squared-off landscape
representing the world. The seasons change,
each visible only a few hours a day.

Green things followed by golden things followed by whiteness—
abstractions from which come intense pleasures,
like the figs on the table.

At dusk, the sun goes down in a haze of red fire between two poplars.
It goes down late in summer—sometimes it's hard to stay awake.

Then everything falls away.

The world for a little longer
is something to see, then only something to hear,
crickets, cicadas.

Or to smell sometimes, aroma of lemon trees, of orange trees.
Then sleep takes this away also.

But it's easy to give things up like this, experimentally,
for a matter of hours.

I open my fingers—
I let everything go.

Visual world, language,
rustling of leaves in the night,
smell of high grass, of woodsmoke.

I let it go, then I light the candle.

Louise Glück
(b. 1943) in New
York City, is the
author of numerous
books of poetry.
She has won many
awards, including
the the 1992 Pulitzer
Prize for Poetry, the
2014 National Book
Award in Poetry and
most recently the
2020 Nobel Prize for
Literature. Ms. Glück
is a writer-in-residence
at Yale University.

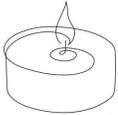
interlude

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.

closing prayer

Now, as we come the setting of the sun,
and our eyes behold the vesper light:

Take us by the hand.

In the stillness of our hearts
and the silence between each beat:

Whisper in our ear.

As we peek into tomorrow
and wonder what it will bring:

Be present with us.

When we prepare ourselves for rest
and seek the blessings of slumber:

Surround us with your love.

Into the darkness of the night
and across the canopy of sleep:

Awake us to your best dream for us.

amen

postlude

Lenten Program: The Psalmist's Cry

Tim Lane and Jeffrey Tooke are taking the week off so that everyone may attend "Pulling the Race Card" on March 16. The next meeting will be

Wednesday, March 23 @7pm.

If you have questions about the group, email Jeffrey Tooke at jeffrey@bayharboradvisors.com.

Pulling the Race Card Speakers

Wednesday, March 16 @7pm

Sarah Pearson Collins and her sister Kezia Pearson will speak at Trinity to share some of their own stories and reflect on what moved them to develop the "Pulling the Race Card" deck. It is an interactive deck of cards designed to initiate conversation between friends, family and colleagues. It explores biases in a self-reflective manner. This discussion helps to debunk myths and stereotypes about certain groups of people.

Their talk promises to be engaging, challenging and inspiring. The event will be held in person at Trinity and will be live streamed on Facebook and YouTube. No reservations or tickets are needed to attend in person. We continue to urge people to wear masks and spread out in the church's seating area.



Bobby Militello Concert

Trinity's dear friend Bobby Militello is scheduled to play at PAUSA Art House on **Friday, March 18 @7PM**. Bobby wants to celebrate his birthday with music for his friends by holding a BIRTHDAY BASH! at this marvelous music club. Why don't we go? Ticket reservations are now available for purchase. Here's a fun and loving way to honor Bobby by showing up on March 18 to wish him a Happy Birthday. For details about this event and to secure reservations (only), please go to the club's link <https://www.showclix.com/event/bobby-militello-quartet-jan-281BYFYdL>.

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.



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

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.

Special thanks tonight to our always welcome guest, the **Rev. Sare Anuszkiewicz** for her thoughtful reflection.
Additional thanks to **Maria Geba** and **Jeff Wang** whose volunteer efforts keep us together with our friends 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.



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

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📷 Instagram: [@trinity.church.Buffalo](#)
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