



trinity

@7

01.30.2022

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.

welcome

a moment with nature

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

[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 by John
Philip Newell

The Moment

by Margaret Atwood

The moment when, after many years
of hard work and a long voyage
you stand in the centre of your room,
house, half-acre, square mile, island, country,
knowing at last how you got there,
and say, I own this,

is the same moment when the trees unloose
their soft arms from around you,
the birds take back their language,
the cliffs fissure and collapse,
the air moves back from you like a wave
and you can't breathe.

No, they whisper. You own nothing.
You were a visitor, time after time
climbing the hill, planting the flag, proclaiming.
We never belonged to you.
You never found us.
It was always the other way round.

interlude

Faith

by David Whyte

I want to write about faith,
about the way the moon rises
over cold snow, night after night,
faithful even as it fades from fullness,
slowly becoming that last curving and impossible
sliver of light before the final darkness.
But I have no faith myself
I refuse it even the smallest entry.
Let this then, my small poem,
like a new moon, slender and barely open,
be the first prayer that opens me to faith.

interlude

Margaret Atwood (b. 1939) in Ottawa, Ontario, is the award-winning author of more than forty books of fiction, poetry, and critical essays. She is perhaps best known for her 1985 novel, *The Handmaid's Tale*. Ms. Atwood lives in Toronto.

David Whyte (b. 1955) is quoted as saying that all of his poetry and philosophy is based on "the conversational nature of reality." He is a lecturer and business consultant as well as a poet, and lives in the Pacific Northwest.

Albert Huffstickler
(1927-2002) was
a renowned poet
within Austin,
Texas and in the
international small
press scene.

The Edge of Doubt

by Albert Huffstickler

There is always that edge of doubt.
Trust it, that's where the new things come from.
If you can't live with it, get out,
Because when it's gone, you're on Automatic,
Repeating something you've learned.
Let your prayer be:
Save me from that tempting certainty that
Leads me back from the Edge,
That dark edge where the first light breaks.

interlude

Under Ideal Conditions

by Al Zolynas

say in the flattest part of North Dakota
on a starless moonless night
no breath of wind

a man could light a candle
then walk away
every now and then
he could turn and see
the candle burning

seventeen miles later
provided conditions remained ideal
he could still see the flame

somewhere between the seventeenth and eighteenth mile
he would lose the light

if he were walking backwards
he would know the exact moment
when he lost the flame

he could step forward and find it again
back and forth
dark to light light to dark

what's the place where the light disappears?
where the light reappears?
don't tell me about photons
and eyeballs
reflection and refraction

Al Zolynas
(b. 1945) in Austria;
raised in Australia
and Chicago. Al is
a retired academic
who practices
and teaches Zen
meditation in
Escondido, CA
where he lives with
his wife and
two cats.

don't tell me about one hundred and eighty-six thousand
miles per second and the theory of relativity

all I know is that place
where the light appears and disappears
that's the place where we live

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

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

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

Sanctuary: Mental Health and Spirituality

On **Wednesday, February 2 @7pm**, 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 be discussing topics to address 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 course video.

This week we will examine the effects of stigma on those struggling with mental health problems and explore the response contained in the gospel.

Join Tim and Jeff on Wednesdays @7pm using this Zoom link:

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

ID: 816-6863-4672 Passcode: trintalk

For more information, email Jeffrey Tooke at jeffrey@bayharboradvisors.com.

Vestry 2022 Elections and Annual Meeting

It's time to vote for our new Vestry members. You can do so now through **Sunday, Feb 13 @1:00pm**. If you consider yourself to be a member of Trinity, you are welcome to vote. This year we are electing one warden and three vestry members. Be sure to attend the annual (Zoom) meeting on February 13 @1:00pm to learn what's been going on at Trinity.

You may notice that there are the same number of candidates as there are vestry openings. It is still important that you take the time to vote. Your vote indicates that you do support these people representing you on the vestry.

John Gillespie - Jr. Warden Candidate 2022

Timothy Lane - Trinity Vestry Candidate 2022

Megan McElfresh - Trinity Vestry Candidate 2022

Jeffrey Tooke - Trinity Vestry Candidate 2022

See the QR code to the left for voting link. or here is the long form:

<https://www.kindridgiving.com/App/Form/fdce1b0f-e971-4575-82bd-32415a8f21c3>





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/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

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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](#), (This is a new link.) 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