



trinity @7

07.17.2022

## 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.*

***NOTE that in the summer, we will meet in person and on Zoom on the first and third Sunday of the month.***

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## welcome

### a moment with nature

### a centering prayer

Let us pray.

Beloved,  
open our minds and hearts.  
Lift the barriers, unbind the strong grasp of our demands  
when we want everything to go our way.

God of spaciousness,  
reach into our inward space,  
sweep out all the old clutter,  
enlarge our capacities to receive.

God of wisdom,  
empty us of whatever impedes the growth of our relationship.  
Help us to recognize and accept you as a source of our growth.

God of light,  
be among us and within us this night.

**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.

# How To ~~Belong~~ Be Alone

by Pádraig Ó Tuama

It all begins with knowing  
nothing lasts forever,  
so you might as well start packing now.  
In the meantime,  
practice being alive.

There will be a party  
where you'll feel like  
nobody's paying you attention.  
And there will be a party  
where attention's all you'll get.  
What you need to do  
is to remember  
to talk to yourself  
between these parties.

And,  
again,  
there will be a day,  
— a decade —  
where you won't  
fit in with your body  
even though you're in  
the only body you're in.

You need to control  
your habit of forgetting  
to breathe.

Remember when you were younger  
and you practiced kissing on your arm?  
You were on to something then.  
Sometimes harm knows its own healing  
Comfort knows its own intelligence.  
Kindness too.  
It needs no reason.

interlude

There is a you  
telling you another story of you.  
Listen to her.

Where do you feel  
anxiety in your body?  
The chest? The fist? The dream before  
waking?  
The head that feels like it's at the top of  
the swing  
or the clutch of gut like falling  
& falling & falling and falling  
It knows something: you're dying.  
Try to stay alive.

For now, touch yourself.  
I'm serious.

Touch your  
self.  
Take your hand  
and place your hand  
some place  
upon your body.  
And listen  
to the community of madness  
that  
you are.  
You are  
such an  
interesting conversation.

You belong  
here.

Pádraig Ó Tuama is a poet, theologian, conflict mediator, and the host of the podcast, *Poetry Unbound with On Being Studios*. From 2014-2019, Pádraig led the Corrymeela Community, Northern Ireland's oldest peace and reconciliation organization.

## Quotes from Pádraig Ó Tuama

It has taken years to continue to live into the truth that if I believe we are from God and for God, then we are from Goodness and for Goodness. To greet sorrow today does not mean that sorrow will be there tomorrow. Happiness comes too, and grief, and tiredness, disappointment, surprise and energy. Chaos and fulfilment will be named as well as delight and despair. This is the truth of being here, wherever here is today. It may not be permanent but it is here. I will probably leave here, and I will probably return. To deny here is to harrow the heart. Hello to here.

interlude

It occurs to me that courage comes from the same place as fear, and where there is fear, there is the possibility of courage.

interlude

The only place to begin is where I am, and whether by desire or disaster, I am here. My being here is not dependent on my recognition of the fact. I am here anyway. But it might help if I could learn to look around.

interlude

To be human is to be in the image of something good, and image comes from imagination. To be human is to be in the imagination of God, and the imagination is the source of integrity as well as cracks. To be born is to be born into a story of possibility, a story of failure, a story of imagination and the failure of imagination. To be born is to be born with the possibility of courage. Hello to courage.

interlude

May we find our foundation in the work of Love; demanding, tiring, true and human and holy.

interlude

# The Facts of Life

by Pádraig Ó Tuama

That you were born  
and you will die.

That you will sometimes love enough  
and sometimes not.

That you will lie  
if only to yourself.

That you will get tired.

That you will learn most from the  
situations  
you did not choose.

That there will be some things that  
move you  
more than you can say.  
That you will live  
that you must be loved.

That you will avoid questions most  
urgently in need of  
your attention.

That you began as the fusion of a  
sperm and an egg of two people  
who once were strangers  
and may well still be.

That life isn't fair.

That life is sometimes good  
and sometimes better than good.

That life is often not so good.  
That life is real  
and if you can survive it, well,  
survive it well  
with love  
and art  
and meaning given  
where meaning's scarce.

That you will learn to live with regret.  
That you will learn to live with  
respect.

That the structures that constrict you  
may not be permanently  
constricting.

That you will probably be okay.

That you must accept change  
before you die  
but you will die anyway.

So you might as well live  
and you might as well love.  
You might as well love.  
You might as well love.

interlude

## In-between the sun and moon

by Pádraig Ó Tuama

In-between the sun and moon,  
I sit and watch  
and make some room  
for letting light and twilight mingle,  
shaping hope  
and making single glances last eternity,  
a little more,  
extending love beyond the doors of welcoming,  
while wedding all the parted people,  
even sons to violent mothers,  
and searching all the others finding light  
where twilight lingers,  
in-between the sun and moon.

interlude

reflection

interlude

brief silent meditation

the candle lighting

While George 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

Beloved God,  
our Mother,  
our Guide,  
our Father,  
our Seed,  
open the doors we need to pass through,  
light the path we need to walk.



Gracious One,  
dwell in our breath,  
shine as our light,  
look through our eyes  
that we may see truth.  
**amen**

postlude

## announcements

**TRINITY @7 MEETS NEXT ON SUNDAY, AUGUST 7.**

### **Trinity @7 this Summer**

Trinity @7 has a bi-monthly schedule for the summer. We meet in person and on Zoom on the first and third Sunday of the month from now through September. Our dear friend George Caldwell plays piano for us while Krista takes a summer hiatus.

### **Trinity Spaces for Rent**

Our church has work spaces—large and small—available for rent at Trinity Center. We hope to rent to groups and individuals that share our vision of community betterment. If you know someone that would be a good fit, please share this QR code which links to <https://www.trinitybuffalo.org/trinity-center-rentals>.



### **Justice For Migrant Families (JFMF) Dignity Bags**

JFMF is in immediate need of small travel bags with the following supplies:

- 1 folder for important documents
- 1 notebook and pen
- shoelaces
- 1 empty small refillable water bottle
- snacks appropriate for travel (power bars, nuts, crackers, cookies, etc.)
- hygiene supplies - toothbrush, toothpaste
- PPE supplies - mask and hand sanitizer
- other supplies: a pack of tissues, Dramamine for travel sickness, a comb
- Men's socks and underwear
- a \$20 bill to buy snacks for their journey

Baseball type hats and hoodies are also needed. Place the supplies in the designated container through **July 24**.

If you prefer to donate cash, please send directly to JFMF here at Trinity.

### **Another Way to Help Journey's End**

Do you have a bicycle collecting dust in your garage or basement? We can give it new life! Wheels for Workers 716 is a non-profit, supporting Buffalo's large number of re-settling families. They collect unused bikes and bike parts, provide necessary repairs and servicing to make them functional, and coordinate their distribution to needy families primarily through a partnership with Journey's End. If you would like to donate a bicycle, call or email John Alduino at (937) 239-5181, [john.alduino@gmail.com](mailto:john.alduino@gmail.com), and he will arrange pick up. Thank You!



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

**Welcome George Caldwell! You and your music always make Trinity @7 special.**

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, 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. Meets 1<sup>st</sup> and 3<sup>rd</sup> Sunday of the month, now through Sept.

**Wednesday @Noon** Prayer and holy conversation

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

 Facebook: [@Trinitybuffalo](#)

 YouTube: [Trinity Church Buffalo](#)

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

 Twitter: [@trinitybuffalo1](#)

[www.trinitybuffalo.org](http://www.trinitybuffalo.org) • (716) 852-8314

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