



trinity @7

02.20.2022

## 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 photo  
by Matt Lincoln

*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.*

*We will continue to follow the advice of the CDC for now and continue to wear masks while in church. Thank you.*

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## 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

Enter that still place within,  
where we find not only our inmost selves,  
but also our connection to that  
creative and transforming mystery we call God.

*(Silence)*

This is an excerpt  
of a prayer by  
Rex A. E. Hunt,  
a retired Uniting  
Church in Australia  
minister and  
founding director  
and life member  
of The Centre  
for Progressive  
Religious Thought.

We come into one another's presence seeking some part of ourselves,  
knowing that we do not live alone,  
knowing that we cannot live fully  
if we are for ourselves alone.

We come as ordinary people,  
each with strengths and each with weaknesses,  
aware of our shortcomings.

Our lives set before us many tasks.

We are not always equal to them.

Too often we fall short of our best expectations of ourselves.

And yet, here we are,

not always perfect,

not always wise,

but always wondrously and mysteriously human.

May our time together renew our hope.

**amen**

## interlude

### The Door

by Miroslav Holub

Go and open the door.  
Maybe outside there's  
a tree, or a wood,  
a garden,  
or a magic city.

Go and open the door.  
Maybe a dog's rummaging.  
Maybe you'll see a face,  
or an eye,  
or the picture  
of a picture.

Go and open the door.  
If there's a fog  
it will clear.

Go and open the door.  
Even if there's only  
the darkness ticking,  
even if there's only  
the hollow wind,  
even if  
nothing  
is there,

go and open the door.  
At least  
there'll be  
a draught.

## interlude

### Health

by Rafael Campo

While jogging on the treadmill at the gym,  
that exercise in getting nowhere fast,  
I realized we need a health pandemic.  
Obesity writ large no more, Alzheimer's  
forgotten, we could live carefree again.  
We'd chant the painted shaman's sweaty oaths,

Miroslav Holub (1923-1998) was, according to our friends at [britannica.com](http://britannica.com), a Czech poet noted for his detached, lyrical reflections on humanist and scientific subjects. Holub was a clinical pathologist and immunologist by profession. Despite being a published and prolific poet, Holub considered science his primary concern, and by 1991 he had written more than 120 scientific papers and monographs.

Rafael Campo (b. 1964) is a published American poet who also teaches medicine at Harvard and is a practicing physician at Beth Israel Deaconess Medical Center in Boston.

We'd kiss the awful relics of the saints,  
we'd sip the bitter tea from twisted roots,  
we'd listen to our grandmothers' advice.  
We'd understand the moonlight's whispering.  
We'd exercise by making love outside,  
and afterwards, while thinking only of  
how much we'd lived in just one moment's time,  
forgive ourselves for wanting something more:  
to praise the memory of long-lost need,  
or not to live forever in a world  
made painless by our incurable joy.

## interlude

### For Calling the Spirit Back from Wandering the Earth in Its Human Feet

by Joy Harjo

Put down that bag of potato chips, that white bread, that bottle of pop.

Turn off that cellphone, computer, and remote control.

Open the door, then close it behind you.

Take a breath offered by friendly winds. They travel the earth gathering  
essences of plants to clean.

Give it back with gratitude.

If you sing it will give your spirit lift to fly to the stars' ears and back.

Acknowledge this earth who has cared for you since you were a dream  
planting itself precisely within your parents' desire.

Let your moccasin feet take you to the encampment of the guardians who  
have known you before time, who will be there after time. They sit before  
the fire that has been there without time.

Let the earth stabilize your postcolonial insecure jitters.

Be respectful of the small insects, birds and animal people who accompany  
you.

Ask their forgiveness for the harm we humans have brought down upon  
them.

Don't worry.

The heart knows the way though there may be high-rises, interstates,  
checkpoints, armed soldiers, massacres, wars, and those who will despise  
you because they despise themselves.

The journey might take you a few hours, a day, a year, a few years, a  
hundred, a thousand or even more.

Joy Harjo (b. 1951)  
is an internationally  
renowned performer  
and writer of the  
Muscogee (Creek)  
Nation. She is  
serving her second  
term as the 23<sup>rd</sup>  
Poet Laureate of the  
United States.

Watch your mind. Without training it might run away and leave your heart for the immense human feast set by the thieves of time.

Do not hold regrets.

When you find your way to the circle, to the fire kept burning by the keepers of your soul, you will be welcomed.

You must clean yourself with cedar, sage, or other healing plant.

Cut the ties you have to failure and shame.

Let go the pain you are holding in your mind, your shoulders, your heart, all the way to your feet. Let go the pain of your ancestors to make way for those who are heading in our direction.

Ask for forgiveness.

Call upon the help of those who love you. These helpers take many forms: animal, element, bird, angel, saint, stone, or ancestor.

Call your spirit back. It may be caught in corners and creases of shame, judgment, and human abuse.

You must call in a way that your spirit will want to return.

Speak to it as you would to a beloved child.

Welcome your spirit back from its wandering. It may return in pieces, in tatters. Gather them together. They will be happy to be found after being lost for so long.

Your spirit will need to sleep awhile after it is bathed and given clean clothes.

Now you can have a party. Invite everyone you know who loves and supports you. Keep room for those who have no place else to go.

Make a giveaway, and remember, keep the speeches short.

Then, you must do this: help the next person find their way through the dark.

## interlude

### The Cure for It All

by Julia Fehrenbacher

Go gently today, don't hurry  
or think about the next thing. Walk  
with the quiet trees, can you believe  
how brave they are—how kind? Model your life  
after theirs. Blow kisses  
at yourself in the mirror  
especially when  
you think you've messed up. Forgive

Julia Fehrenbacher is a poet, an author, a life coach, a teacher, a regular practitioner of yoga, and a sometimes-painter who lives in Oregon.

*Continued on next page*

yourself for not meeting your unreasonable expectations. You are human, not God—don't be so arrogant. Praise fresh air clean water, good dogs. Spin something from joy. Open a window, even if it's cold outside. Sit. Close your eyes. Breathe. Allow the river of it all to pulse through eyelashes fingertips, bare toes. Breathe in breathe out. Breathe until you feel your bigness, until the sun rises in your veins. Breathe until you stop needing anything to be different.

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

As we reflect on the issues of this day in our wider world  
may we honour the many ways in which  
our sisters and brothers in many places  
weave healing and hope into the world.  
Together, may our common desires for peace  
create within us the courage and opportunity  
to work together toward such peace.

*(Silence)*

**This is our prayer.  
May it be so.**

## postlude

### **Window Restoration**

Trinity has been awarded a \$500,000 grant to fund a Phase 1 restoration and accompanying protection measures for our beautiful historic stained-glass windows. A requirement of the grant is that Trinity participate financially in the Phase 1 restoration. Bruce Nisbet is inviting any interested person to join an initial brainstorming session to devise creative ways to find sources outside the church (foundations, etc.) to fund this requirement. This meeting will be virtual and is **@7PM on Monday, March 7**. Please let him know of your interest to participate in this very important effort at [Nisbetb@shswny.org](mailto:Nisbetb@shswny.org), and he will send you a link for the Zoom meeting. Thank you.

### **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.

This is an excerpt  
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Rex A. E. Hunt.



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

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 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.

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](mailto: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](#), 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