



trinity @7

11.27.2022

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:
Wikimedia
Commons

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

As we enter in to this quiet time of reflection,
be with us, beloved.

**and all shall be well,
and all manner of thing shall
be well.**

As we are mindful of this precious moment,
and grateful for the words and music,
be with us, beloved,

**and all shall be well,
and all manner of thing shall
be well.**

Let the stillness of this holy place
flow into us, calming us, restoring us.
Be with us, beloved,

**and all shall be well,
and all manner of thing shall
be well.
amen**

interlude

Joy

by Dorianne Laux

Even when the gods have driven you
from your home, your friends, the tree
you planted brought down by storm,
drought, chain saw, beetles, even

when you've been scrubbed
hollow by confusion, loss,
accept joy, those unbidden
moments of surcease—

the quiet unfolding
around your shoulders
like a shawl, the warmth
that doesn't turn to burning.

When the itch has stopped, the cough,
the throb, the heart's steady beat
resumed, the barn door

open to the shade, the horse inside
waiting for your touch, apple
in your pocket pocked, riddled

the last to fall, the season
done. As you would accept
air into your lungs, without
thinking, not counting

each breath. As you accepted
the earth the first time you stood
up on it and it held you, how it was

just there, a solid miracle,
gravity something you would
learn about only later
and still be amazed.

interlude

Dorianne Laux is
an award-winning
American poet. She
presents writing
workshops all over
the country.

Pema Chödrön (b 1936) is an American ordained Tibetan Buddhist nun and principal teacher at Gampo Abbey in Nova Scotia. She has written many books on subjects such as heart advice, fearlessness and compassionate living.

Excerpt from "When Things Fall Apart"

by Pema Chödrön

We think that if we just meditated enough or jogged enough or ate perfect food, everything would be perfect. But from the point of view of someone who is awake, that's death. Seeking security or perfection, rejoicing in feeling confirmed and whole, self-contained and comfortable, is some kind of death. It doesn't have any fresh air. There's no room for something to come in and interrupt all that. We are killing the moment by controlling our experience. Doing this is setting ourselves up for failure, because sooner or later, we're going to have an experience we can't control: our house is going to burn down, someone we love is going to die, we're going to find out we have cancer, a brick is going to fall out of the sky and hit us on the head, somebody's going to spill tomato juice all over our white suit . . .

interlude

The essence of life is that it's challenging. Sometimes it is sweet, and sometimes it is bitter. Sometimes your body tenses, and sometimes it relaxes or opens. Sometimes you have a headache, and sometimes you feel 100 percent healthy. From an awakened perspective, trying to tie up all the loose ends and finally get it together is death, because it involves rejecting a lot of your basic experience. There is something aggressive about that approach to life, trying to flatten out all the rough spots and imperfections into a nice smooth ride.

interlude

To be fully alive, fully human, and completely awake is to be continually thrown out of the nest. To live fully is to be always in no-man's-land, to experience each moment as completely new and fresh. To live is to be willing to die over and over again. From the awakened point of view, that's life. . . .

interlude

Still Life in Motion

by Martha Helen Nelson

Beyond the bedroom
window,
a winter-white
morning.
Nothing stirring.
Snow slides
from a hemlock
branch,
the branch rises.

We found this poem in the Christian Science Monitor, January 20, 2012, but could find no information about the author.

interlude

Be still

by Thomas Merton

Be still.

Listen to the stones of the wall.

Be silent, they try
to speak your

name.

Listen

to the living walls.

Who are you?

Who

are you? Whose
silence are you?

Who (be quiet)

are you (as these stones
are quiet). Do not

think of what you are
still less of

what you may one day be.

Rather

be what you are (but who?)

be the unthinkable one

you do not know.

O be still, while

you are still alive,

and all things live around you

speaking (I do not hear)

to your own being,

speaking by the unknown

that is in you and in themselves.

"I will try, like them

to be my own silence:

and this is difficult. The whole

world is secretly on fire. The stones

burn, even the stones they burn me.

How can a man be still or

listen to all things burning?

How can he dare to sit with them

when all their silence is on fire?"

interlude

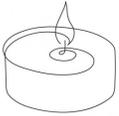
Thomas Merton (1915 – 1968) was born in France, but when an infant his family moved to New York. Merton was a teacher, poet, Trappist monk, and priest who wrote and published more than 70 books, 2,000 poems, and numerous essays, lectures and reviews.

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

Let us pray

Beloved, send us
into the autumn months renewed and at peace;

Center our hearts in your presence
even as we are surrounded by others;
that we may be patient with friends,
enemies, and ourselves.

Assist us in our mindfulness
toward the wholeness of life;
that we may return to our source.

And when it is time to stop at an unexpected moment,
or let go when we cannot see the consequences,
may we entrust ourselves to your love;

**Listening more than asking,
Hearing more than needing,
Opening our minds for knowing,
And healing our hearts for loving.
amen**

postlude

announcements - see insert

There are so many things happening at Trinity, that we've decided to create one insert for all of the services. This way, you'll be in the know for anything which might interest you, and you can ignore anything that doesn't.

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

Much gratitude to our pianist, Krista Seddon.

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.

Gratitude to our tech volunteers, Karen and John.

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.



Sign up [here](#) to get Trinity's eNews to stay in touch!

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.



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](#), 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