



# Contemplative Communion

Maundy Thursday

7 pm

4/14/2022

## piano song

*as you enter, you will hear the piano being played. Find a place to sit comfortably and allow yourself to take in the music and the quiet atmosphere.*

Cover image:  
Two versions of  
this mosaic are  
found on either  
side of the high  
altar. They were  
created by the  
studio of John  
LaFarge.

## welcome

*This Maundy Thursday, you are welcome here, invited to come as you are, and bring whatever spiritual tradition (or lack thereof) into this community of spiritual inquiry.*

*Here are a few helpful points:*

- *turn off your cell phone*
- *get as comfortable as possible*
- *hold conversation and applause until after the service*

*The nearest restrooms are through the double doors near the baptismal font and through the chapel.*

## this service is based on trinity@7

*which is a series of readings interspersed with music. The spoken word draws us toward contemplation and perhaps a new perspective. Silence allows us to soak in the moment.*

*Relax.*

*Open yourself to the unexpected.*

*Breathe.*

## tonight is a little different.

*On this occasion, because it's Maundy Thursday, the service focuses on Holy Communion. As with all services of Holy Communion at Trinity, communion is shared among the whole community, including the people who are participating online. Nobody must receive communion but all may. To join together in the Eucharistic prayer both online and in person, all participants hold their communion elements in their own hands and receive communion where they are, rather than coming to the table to be given communion by a minister.*

## a centering prayer

With mindfulness that lets go of things we have done and left undone, let us be centered in the presence of God. And so we open our hearts and minds in prayer.

Loving God,

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 the source of our growth.

God of light,

be among us and within us this night.

**Amen.**

*A musical interlude follows in which you are invited to center yourself in prayer, meditation or contemplation.*

## interlude

### John 15: 12-16

Jesus said, "This is my commandment: love one another as I have loved you. There is no greater love than to lay down one's life for one's friends. And you are my friends, if you do what I command you. I no longer speak of you as subordinates, because subordinates don't know their superior's business. Instead I call you friends, because I have made known to you everything I have learned from Abba. It was not you who chose me; it was I who chose you to go forth and bear fruit."

## interlude

*This Bible reading is taken from The Inclusive Bible: The First Egalitarian Translation by Priests for Equality.*

Wendell Berry (b. 1934), author of poetry, fiction and nonfiction, was born and raised in rural Kentucky. His writing reveals a steadily growing concern with the abuse of the land and with the need to restore the balance of nature.

## From Wendell Berry

We cannot live harmlessly or strictly at our own expense; we depend upon other creatures and survive by their deaths. To live, we must daily break the body and shed the blood of creation. The point is, when we do this knowingly, lovingly, skillfully, reverently, it is a sacrament; when we do it ignorantly, greedily, clumsily, destructively, it is a desecration. ...In such desecration, we condemn ourselves to spiritual and moral loneliness, and others to want.

## interlude

## From Michel Schutt

Daily we participate in the mystery of other beings becoming part of our very tissue. And daily we have the opportunity to experience food as sacrament – where the metaphor for food is not fuel but rather communion.

## interlude

## Potato

by Jane Kenyon

In haste one evening while making dinner  
I threw away a potato that was spoiled  
on one end. The rest was redeemable.

In the yellow garbage pail  
it became the consort of coffee grounds,  
banana skins, carrot peelings.  
I pitched it onto the compost,  
where steaming scraps and leaves  
return, like bodies over time, to earth.

When I flipped the fetid layers with a hay  
fork to air the pile, the potato turned up  
unfailingly, as if to revile me—

looking plumper, firmer, resurrected  
instead of disassembling. It seemed to grow  
until it might have made shepherd's pie  
for a whole hamlet, people who pass the day  
dropping trees, pumping gas, pinning  
hand-me-down baby clothes on the line.

Jane Kenyon (1947-1995) was an American poet. The Poetry Foundation tells us, "Kenyon was noted for verse that probed the inner psyche, particularly with regard to her own battle against the depression that lasted throughout much of her adult life."

## interlude

### On the Eucharist

by Thich Nhat Hahn

The practice of the Eucharist is a practice of awareness. When Jesus broke the bread and shared it with his disciples, he said, "Eat this. This is my flesh." He knew that if his disciples would eat one piece of bread in mindfulness, they would have real life. In their daily lives, they may have eaten their bread in forgetful-ness, so the bread was not bread at all; it was a ghost. In our daily lives, we may see the people around us, but if we lack mindful-ness, they are just phantoms, not real people, and we ourselves are also ghosts. Practicing mindfulness enables us to become a real person. When we are a real person, we see real people around us, and life is present in all its richness. The practice of eating bread, a tangerine, or a cookie is the same.

When we breathe, when we are mindful, when we look deeply at our food, life becomes real at that very moment. To me, the rite of the Eucharist is a wonderful practice of mindfulness. In a drastic way, Jesus tried to wake up his disciples.

## interlude

### Perhaps the World Ends Here

by Joy Harjo

The world begins at a kitchen table. No matter what, we must eat to live.

The gifts of earth are brought and prepared, set on the table. So it has been since creation, and it will go on.

We chase chickens or dogs away from it. Babies teethe at the corners. They scrape their knees under it.

It is here that children are given instructions on what it means to be human. We make men at it, we make women.

At this table we gossip, recall enemies and the ghosts of lovers.

*Zen Master Thich Nhat Hanh was a global spiritual leader, poet and peace activist, revered throughout the world for his powerful teachings and bestselling writings on mindfulness and peace. He died at age 95 earlier this year.*

*Joy Harjo was born in Tulsa, Oklahoma in 1951, and is a member of the Mvskoke/Creek Nation. She received a BA degree from the University of New Mexico before earning an MFA from the Iowa Writers Workshop in 1978. Also a performer, Harjo has appeared on HBO's Def Poetry Jam and plays saxophone with her band Poetic Justice. In 2015, she received the Wallace Stevens Award from the Academy of American Poets.*

Our dreams drink coffee with us as they put their arms around our children.  
They laugh with us at our poor falling-down selves and as we put ourselves back together once again at the table.

This table has been a house in the rain, an umbrella in the sun.

Wars have begun and ended at this table. It is a place to hide in the shadow of terror. A place to celebrate the terrible victory.

We have given birth on this table, and have prepared our parents for burial here.

At this table we sing with joy, with sorrow. We pray of suffering and remorse.  
We give thanks.

Perhaps the world will end at the kitchen table, while we are laughing and crying, eating of the last sweet bite.

## interlude

## the eucharistic prayer

*On Sunday evenings, the readings are usually followed by an improvised spoken reflection. On this occasion, the improvised reflection is the Eucharistic prayer.*

## the meditation

*Here we are invited to enter into a more personal meditation. The pianist will play softly for a few moments and then cease. During the following silence you are invited to use the mantra listed here (a phrase repeated over and over in the mind until the mind loses it) or another preferred meditation focus. After several minutes the pianist will begin to play again and lead us back into our shared service.*

Suggested mantra:

Breathe in: **Bread of heaven**

Breathe out: **Full life**

(repeat over and over and over...)

## receiving communion

*Before sharing Communion, the priest and people say together*

**God, who cares for us,**

**The wonder of whose presence fills us with awe.**

**Let kindness, justice and love shine in our world.**

**Let your secrets be known here as they are in heaven.**

*This interpretation  
of the Lord's  
Prayer was  
written by  
Monica Furlong  
(1930 – 2003)  
British author,  
journalist, and  
activist.*

**Give us the food and the hope we need for today.  
Forgive us our wrongdoing  
as we forgive the wrongs done to us.  
Protect us from pride and from despair  
and from the fear and hate which can swallow us up.  
In you is truth, meaning, glory and power,  
while worlds come and go. Amen.**

The disciples knew the Lord Jesus in the breaking of the bread.

**Were not our hearts burning within us as we walked along the road?**

*Remaining in place, all receive communion. A tray will be provided to collect the empty communion vessels.*

## prayer for the road

Lord Jesus, our true host, who gave us this holy sacrament so that we might always be open to your gifts, let your peace, as it fills our hearts now, overflow through our lives and throughout your world, to which you gave your whole life, to the glory of God and in the grace of the Holy Spirit.

**Amen.**

## postlude

Thank you for being here, and as always, peace.

Priest: Matt Lincoln  
Pianist: Krista Seddon  
Readers: Lisa Kruger, Teresa Maciocha  
Cybersacristan: Jeffrey Tooke

## **Holy Week and Easter Services still to come**

Both services listed here will be conducted in the church. You can attend either in person or online, via [Facebook](#) or [YouTube](#).

Good Friday, April 15:

12 noon: Solemn Collects & Passion

Easter Sunday, April 17:

10:30 am: Festive Jazz Ensemble & Choral Eucharist

11:45 am: Children's Easter Egg Hunt

No Trinity@7 on April 17. This service will resume April 24.

 Facebook: [@Trinitybuffalo](https://www.facebook.com/Trinitybuffalo)  
 YouTube: [Trinity Church Buffalo](https://www.youtube.com/TrinityChurchBuffalo)  
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371 Delaware Ave Buffalo, NY 14202



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

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 support makes a real contribution to those efforts. At a deeper level, your donation can be an expression of your gratitude for Trinity and all the blessings in your life and your hope for health and peace in the world. You can initiate an online donation by texting TRINITYBUFFALO to 73256 or scanning the QR code. Or, as you exit, you can place cash or a check in one of the big blue urns at the heads of the aisles.



Thank you for your participation and contribution. Peace.

**Sunday @10:30am** Includes communion at an open table  
**Sunday @7pm** An encounter with God through poetry, jazz & meditation  
**Wednesday@Noon** Holy Communion and Holy Conversation  
**Thursday @7pm** 12steps@Trinity, based on 12-step spirituality