



trinity @7

06.19.2022

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!

On the cover:
"Sunset at Niagara
River" painting by
Ylli Haruni

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.

Ylli Haruni is an
artist born and
trained in Albania.
He currently resides
in Niagara Falls, NY.

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

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

Unfinished Poem

by John O'Donohue

I would love to live like a river flows,
carried by the surprise of its own unfolding.

interlude

At the River Clarion

by Mary Oliver

1.
I don't know who God is exactly.
But I'll tell you this.
I was sitting in the river named Clarion, on a water splashed stone
and all afternoon I listened to the voices of the river talking.
Whenever the water struck a stone it had something to say,
and the water itself, and even the mosses trailing under the water.
And slowly, very slowly, it became clear to me what they were saying.
Said the river I am part of holiness.
And I too, said the stone. And I too, whispered the moss beneath the water.
I'd been to the river before, a few times.
Don't blame the river that nothing happened quickly.
You don't hear such voices in an hour or a day.
You don't hear them at all if selfhood has stuffed your ears.
And it's difficult to hear anything anyway, through all the traffic, the ambition.

interlude

2.
If God exists he isn't just butter and good luck.
He's also the tick that killed my wonderful dog Luke.
Said the river: imagine everything you can imagine, then keep on going.
Imagine how the lily (who may also be a part of God) would sing to you if it
could sing,
if you would pause to hear it.
And how are you so certain anyway that it doesn't sing?
If God exists he isn't just churches and mathematics.
He's the forest, He's the desert.
He's the ice caps, that are dying.
He's the ghetto and the Museum of Fine Arts.
He's van Gogh and Allen Ginsberg and Robert Motherwell.
He's the many desperate hands, cleaning and preparing their weapons.
He's every one of us, potentially.

John O'Donohue (1956-2007), born in the Burren Region of County Clare, Ireland, began writing poems during his college years. Ordained in 1982, John retired from public priestly ministry in 2000, living in a remote cottage in Connemara. He devoted himself full-time to writing and a life of public speaking.

Mary Oliver (1935-2019) wrote verse that focused on the quiet occurrences of nature. In addition to such major awards as the Pulitzer and National Book Award, Oliver received fellowships from the Guggenheim Foundation and the National Endowment for the Arts. Much of Ms. Oliver's writing is based on her beloved Cape Cod where she lived for 40 years with her life partner, the photographer Molly Malone Cook.

The leaf of grass, the genius, the politician, the poet.
And if this is true, isn't it something very important?
Yes, it could be that I am a tiny piece of God, and each of you too, or at least
of his intention and his hope.
Which is a delight beyond measure.
I don't know how you get to suspect such an idea.
I only know that the river kept singing.
It wasn't a persuasion, it was all the river's own constant joy
which was better by far than a lecture, which was comfortable, exciting,
unforgettable.

interlude

3.
Of course for each of us, there is the daily life.
Let us live it, gesture by gesture.
When we cut the ripe melon, should we not give it thanks?
And should we not thank the knife also?
We do not live in a simple world.

interlude

4.
There was someone I loved who grew old and ill
One by one I watched the fires go out.
There was nothing I could do
except to remember
that we receive
then we give back.

interlude

5.
My dog Luke lies in a grave in the forest, she is given back.
But the river Clarion still flows from wherever it comes from
to where it has been told to go.
I pray for the desperate earth.
I pray for the desperate world.
I do the little each person can do, it isn't much.
Sometimes the river murmurs, sometimes it raves.

interlude

6.
Along its shores were, may I say, very intense cardinal flowers.
And trees, and birds that have wings to uphold them, for heaven's sakes—
the lucky ones: they have such deep natures,
they are so happily obedient.
While I sit here in a house filled with books,
ideas, doubts, hesitations.

interlude

7.
And still, pressed deep into my mind, the river
keeps coming, touching me, passing by on its
long journey, its pale, infallible voice
singing.

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.

Continued on next page

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, JULY 3.

Summer Solstice

Join us in a celebration of the Longest Day on **Tuesday, June 21, 7pm** in the Chapel. We'll welcome the summer with poems, music and prayers.

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. He has a completely different and great style so come check out his music. We think you'll like it!

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>.





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

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www.trinitybuffalo.org • (716) 852-8314

371 Delaware Ave Buffalo, NY 14202

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.

Additional thanks to **Maria Geba** and **Jeff Wang** for allowing us to meet together on Zoom.

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.



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