

trinity @7

01.23.2022

## 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.*

*Given the increase in rates of COVID, we ask that those attending in the chapel wear a mask. Thank you.*

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## a centering prayer

That truth has been inscribed into our hearts  
and into the heart of every human being,  
there to be read and revered,  
thanks be to you, O God.

That there are ways of seeing  
and sensitivities of knowing  
hidden deep in the palace of the soul,  
waiting to be discovered,  
ready to be set free,  
thanks be to you.

Open our senses to wisdom's inner promptings  
that we may give voice to what we hear in our soul  
and be changed for the healing of the world,  
that we may listen for truth in every living soul  
and be changed for the well-being of the world.

**amen**

## interlude

Prayer by John  
Philip Newell

# Lines for Winter

by Mark Strand

Tell yourself  
as it gets cold and gray falls from the air  
that you will go on  
walking, hearing  
the same tune no matter where  
you find yourself—  
inside the dome of dark  
or under the cracking white  
of the moon's gaze in a valley of snow.  
Tonight as it gets cold  
tell yourself  
what you know which is nothing  
but the tune your bones play  
as you keep going. And you will be able  
for once to lie down under the small fire  
of winter stars.  
And if it happens that you cannot  
go on or turn back  
and you find yourself  
where you will be at the end,  
tell yourself  
in that final flowing of cold through your limbs  
that you love what you are.

## interlude

# Winter Trees

by William Carlos Williams

All the complicated details  
of the attiring and  
the disattiring are completed!  
A liquid moon  
moves gently among  
the long branches.  
Thus having prepared their buds  
against a sure winter  
the wise trees  
stand sleeping in the cold.

## interlude

Mark Strand (1934 – 2014) was an accomplished editor, translator, and prose writer. The Poetry Foundation remarks that the hallmarks of his style are precise language, surreal imagery, and the recurring theme of absence and negation.

William Carlos Williams (1883—1963) was a practicing medical doctor and a writer his entire career. In 1963, he was posthumously awarded a Pulitzer Prize for his last book of poems, *Pictures from Brueghel*.

# White-Eyes

by Mary Oliver

In winter  
all the singing is in  
the tops of the trees  
where the wind-bird

with its white eyes  
shoves and pushes  
among the branches.  
Like any of us

he wants to go to sleep,  
but he's restless—  
he has an idea,  
and slowly it unfolds

from under his beating wings  
as long as he stays awake.  
But his big, round music, after all,  
is too breathy to last.

So, it's over.  
In the pine-crown  
he makes his nest,  
he's done all he can.

I don't know the name of this bird,  
I only imagine his glittering beak  
tucked in a white wing  
while the clouds—

which he has summoned  
from the north—  
which he has taught  
to be mild, and silent—

thicken, and begin to fall  
into the world below  
like stars, or the feathers  
of some unimaginable bird

that loves us,  
that is asleep now, and silent—  
that has turned itself  
into snow.

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.

## interlude

### A Winter Daybreak above Vence

by James Wright

The night's drifts  
Pile up below me and behind my back,  
Slide down the hill, rise again, and build  
Eerie little dunes on the roof of the house.  
In the valley below me,  
Miles between me and the town of St.-Jeannet,  
The road lamps glow.  
They are so cold, they might as well be dark.  
Trucks and cars  
Cough and drone down there between the golden  
Coffins of greenhouses, the startled squawk  
Of a rooster claws heavily across  
A grove, and drowns.  
The gumming snarl of some grouchy dog sounds,  
And a man bitterly shifts his broken gears.  
True night still hangs on,  
Mist cluttered with a racket of its own.

Now on the mountainside,  
A little way downhill among turning rucks,  
A square takes form in the side of a dim wall.  
I hear a bucket rattle or something, tinny,  
No other stirring behind the dim face  
Of the goatherd's house.  
I imagine  
His goats are still sleeping, dreaming  
Of the fresh roses  
Beyond the walls of the greenhouse below them.  
And of lettuce leaves opening in Tunisia.

I turn, and somehow  
Impossibly hovering in the air over everything,  
The Mediterranean, nearer to the moon  
Than this mountain is, Shines.  
A voice clearly  
Tells me to snap out of it.  
Galway  
Mutters out of the house and up the stone stairs  
To start the motor.  
The moon and the stars  
Suddenly flicker out, and the whole mountain  
Appears, pale as a shell.

Vence is a small town in France in the region of the French Riviera, but it is not on the sea. It sits by itself in the mountains known as the Provence Alps.

In the third stanza, "Galway" is a reference to Galway Kinnell, also an American poet who was living in France, and whom Wright visited.

Richard Wright (1927 – 1980) was an American poet who won the Pulitzer Prize in 1972 for his "Collected Poems." Britannica.com says that he "wrote about sorrow, salvation, and self-revelation."

*Continued on next page*

Look, the sea has not fallen and broken  
Our heads.  
How can I feel so warm  
Here in the dead center of January? I can  
Scarcely believe it, and yet I have to, this is  
The only life I have.  
I get up from the stone.  
My body mumbles something unseemly  
And follows me.  
Now we are all sitting here strangely  
On top of sunlight.

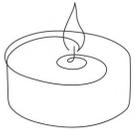
interlude

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

May we find hope in the lights we have kindled on this quiet night,  
hope in one another and in all who form the web-work of peace and  
justice that spans the world.

In the heart of every person on this Earth  
burns the spark of luminous goodness;  
in no heart is there total darkness.

May we who have gathered this winter evening,  
by our lives and service, by our prayers and love,  
call forth from one another the light and the love  
that is hidden in every heart.

**amen**

postlude

This is an excerpt of  
a prayer by Edward  
Hays from his  
book, *Prayers for a  
Planetary Pilgrim*.

## **Sanctuary: Mental Health and Spirituality**

On **Wednesday, January 26, @7pm**, Tim Lane and Jeffrey Tooke are facilitating Sanctuary: Mental Health and Spirituality. The COVID-19 pandemic has significantly changed our lives. These changes don't just affect us physically; they affect us mentally, emotionally, and spiritually. Using *The Sanctuary Course* by Sanctuary Mental Health Ministries, we will be discussing topics to address the challenge of the pandemic, our recovery and other mental health topics connected to our spirituality. The evening will run about an hour to an hour and a half, during which we will watch and discuss a short course video.

This week, we will explore the mental health continuum and how we can welcome awareness of mental health, mental illness, and spirituality in the Church.

Join Tim and Jeff on Wednesdays @7pm using this Zoom link:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

ID: 816-6863-4672 Passcode: trintalk

For more information, email Jeffrey Tooke at [jeffrey@bayharboradvisors.com](mailto:jeffrey@bayharboradvisors.com).



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

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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](#), (This is a new link.) 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