



trinity @7

12.04.2022

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
Tim Hauf for the
National Park
Service

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.

[Nature365.tv](#)
posts a daily video,
usually 30 to 60
seconds long, with
beautiful sound as
well as images.
Check it out.

welcome

a moment with nature

a centering prayer

O Love,
Unfold me anew;
For my spirit easily tightens
Around yesterday's too much
Sadness and loss and worry.

Stretch me open
With an energy not my own
But given as the gift of Life
Revealing beauty within
Already formed by You
Before I even knew to notice.

Yes, Love, ground me
In Your forming grace
Always at work
In ways unnameable
Yet daring to name me
And everyone, Beloved
O Love,
Unfold me to this
Noticing You in others
Trusting Your desire
To meet every resistance

This prayer is called
Unfolding and is
written by David
Long-Higgins,
a minister in the
United Church
of Christ.

I hold as temporary truth
Until at last again and again
I am born anew
Into a beauty I cannot yet see
A birthright unbelievable
Brought to life by You
The One who is Life.

**Yes, Love,
Unfold me anew to this
And let it be more
Than enough for today.
amen.**

interlude

Gravity's Law

by Rainer Maria Rilke

How surely gravity's law,
strong as an ocean current,
takes hold of even the strongest thing
and pulls it toward the heart of the world.

Each thing-
each stone, blossom, child –
is held in place.
Only we, in our arrogance,
push out beyond what we belong to
for some empty freedom.

If we surrendered
to earth's intelligence
we could rise up rooted, like trees.

Instead we entangle ourselves
in knots of our own making
and struggle, lonely and confused.

So, like children, we begin again
to learn from the things,
because they are in God's heart;
they have never left him.

Rainer Maria Rilke (1875 – 1926) is widely recognized as one of the most lyrically intense German-language poets. Poemhunter.com says, “His haunting images focus on the difficulty of communion with the ineffable in an age of disbelief, solitude, and profound anxiety: themes that tend to position him as a transitional figure between the traditional and the modernist poets.”

This is what the things teach us:
to fall,
patiently trusting our heaviness.
Even a bird has to do that
before he can fly.

interlude

Let This Darkness Be a Bell Tower

by Rainer Maria Rilke

Quiet friend who has come so far,
feel how your breathing makes more space around you.
Let this darkness be a bell tower
and you the bell. As you ring,

what batters you becomes your strength.
Move back and forth into the change.
What is it like, such intensity of pain?
If the drink is bitter, turn yourself to wine.
In this uncontrollable night,
be the mystery at the crossroads of your senses,
the meaning discovered there.

And if the world has ceased to hear you,
say to the silent earth: I flow.
To the rushing water, speak: I am.

interlude

More from Rilke . . .

"It is our task," Rilke wrote in a letter to his Polish translator in 1925, "to imprint this temporary, perishable earth into ourselves so deeply, so painfully and passionately, that its essence can rise again "invisibly," inside us. We are the bees of the invisible. We wildly collect the honey of the visible, to store it in the great golden hive of the invisible."

interlude

Be patient toward all that is unsolved in your heart and
try to love the questions themselves, like locked rooms
and like books that are now written in a very foreign tongue.
Do not now seek the answers, which cannot be given you
because you would not be able to live them.
And the point is, to live everything. Live the questions now.
Perhaps you will then gradually, without noticing it,
live along some distant day into the answer.

interlude

Your doubt may become a good quality if you train it. It must become knowing, it must become critical. Ask it, whenever it wants to spoil something for you, why something is ugly, demand proofs from it, test it, and you will find it perplexed and embarrassed perhaps, or perhaps rebellious. But don't give in, insist on arguments and act this way, watchful and consistent, every single time, and the day will arrive when from a destroyer it will become one of your best workers — perhaps the cleverest of all that are building at your life.

interlude

I live my life in widening circles
that reach out across the world.
I may not complete this last one
but I give myself to it.
I circle around God, around the primordial tower.
I've been circling for thousands of years
and I still don't know: am I a falcon,
a storm, or a great song?

interlude

The second and third quotes are from *Letters to a Young Poet*. Drawn by some sympathetic note in his poems, young people often wrote to Rilke with their problems and hopes. He responded to a young, would-be poet, Franz Xaver Kappus, on poetry and on surviving as a sensitive observer in a harsh world. Kappus compiled and published those ten letters in 1929.

Go to the Limits of Your Longing

by Rainer Maria Rilke

God speaks to each of us as he makes us,
then walks with us silently out of the night.

These are the words we dimly hear:

You, sent out beyond your recall,
go to the limits of your longing.
Embody me.

Flare up like a flame
and make big shadows I can move in.

Let everything happen to you: beauty and terror.
Just keep going. No feeling is final.
Don't let yourself lose me.

Nearby is the country they call life.
You will know it by its seriousness.

Give me your hand.

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

Let us pray

From the hundreds of wants
That tug at us.
From the thousand voices
That hound us.
From every fear
That haunts us.
From each confusion
That inhabits us.

From what comes
To divide, to destroy
From what disturbs
And does not let us rest.

Deliver us, o God,
And draw us into your relentless peace.

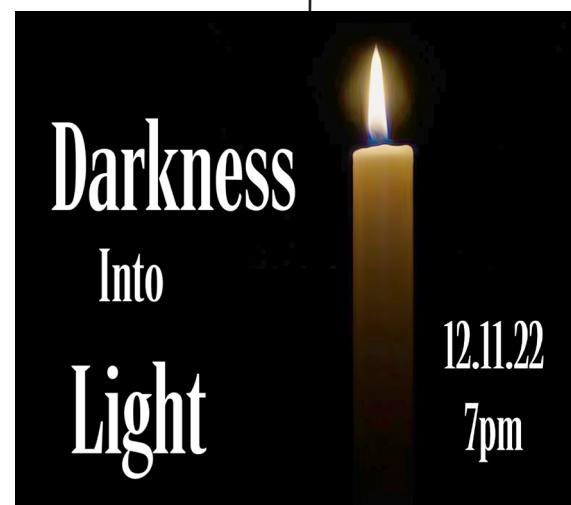
amen

postlude

NOTE: On December 11, @7pm in the Chapel and on Zoom, you are welcome to attend "Darkness into Light: When the Christmas Spirit Eludes You." This will be a quiet service of readings, music, meditation, and an open communion.

Trinity @7 will return on December 18.

Closing prayer written
by Jan Richardson



When the Christmas Spirit Eludes You



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.



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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