



trinity

@7

03.26.2023

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.

At this time, we leave the decision up to you whether or not to wear a mask in the Chapel. Thank you.

welcome

a moment with nature

a centering prayer

Let us pray.

In this moment of life, may we be sustained
in the silence of our own thoughts and reflections...

Let us quiet the throbbings of the past week.

May we become the people we are meant to be.

(Pause)

May we in our gathering and this sacred space be blessed.

May we open ourselves ever more fully
to that mystery which lures us onward
toward life and creativity.

May we hold one another
in the deep and tender places with compassion,
and may we grace one another
by sharing our own vulnerabilities,
being ever mindful of the divinity within that makes soul mates of us all...

amen

interlude

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

The centering prayer
and the closing
prayer are one long
prayer written by
Rex A E Hunt and
divided to begin and
end our program
tonight.

Two Days Before Spring

by Rosemerry Wahtola Trommer

Without knowing it this morning,
I woke to the day
the bluebirds returned.

Every morning it is like this—
the chance to rise into a day
of unexpected blessings.

All afternoon the bluebirds weave
through the field, perch on the roof,
bob in the grass.

I marvel at how easily
beauty slips in to help me
fall in love with not knowing.

All day I feel lucky,
like a woman given
a truth so precious

not because she deserved it
but because she woke up
and met the day.

interlude

Nothing Less

by Mark Burrows

—a late-afternoon reverie in Taizé on a gentle hill looking westward

The world of things is what it is, no more or less,
yet we imagine we're more important than the rest—
like trees rooted where a seed once fell, aspiring to no
other place or nobler form, or winds that blow wherever
they will without a trace of fear; like well-worn stones
that lie here and there in the field where I idly sit, warmed
all day by the late-spring sun, or the flow of the creek that
I can see but not hear, swollen by weeks of steady rain.

Across the gleaming field a herd of cows stands grazing
contentedly, giving themselves to the day's needs without
a single thought, while on and on a swoop of swallows darts
through clouds of gnats that come from no place I could see.

Rosemerry Wahtola Trommer is a published Colorado poet and acappella singer. She wrote a poem a day from 2006 until the death of her son in August 2021. After taking a break from writing, she has resumed her practice of a poem a day. Visit her at www.wordwoman.com

Mark S. Burrows is a speaker and a retreat leader in Europe, Australia, and the United States. A poet by nature and disposition, he has taught historical theology at the graduate and undergraduate level, always with a keen interest in religion and literature, mysticism and poetics.

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All these are what they are without a worry in the world—
as we also long to be who are often uneasy with our lives;
each lives within a presence not theirs, each teaching us to
seek nothing less than the ordinary miracle of everything.

interlude

The world is a place where the extraordinary can sit just beside the ordinary
with the thinnest of boundaries.

Jodi Picoult, author

interlude

Heartbreak and hope are not mutually exclusive. We can be angry and sad
and filled with longing for something we cannot have, and simultaneously
we can be grateful for what we've got — aware, for reasons we'd never
choose, of what really matters and what doesn't.

Lennon Flowers, changemaker

interlude

The ability to wake up to another new day—one with which we will surely
need to wrestle and reckon, but one that will also teach and transform us—
this is the unpromised gift for which to be grateful.

Kristi Nelson, author

interlude

Sometimes I need only to stand wherever I am to be blessed.

Mary Oliver, poet

interlude

What actually sustains us, what is fundamentally beautiful, is compassion—
for yourself and for those around you. That kind of beauty inflames the
heart and enchants the soul.

Lupita Nyong'o, Oscar-winning actress

The Occasion

by Mark Burrows

—for Mark Jordan, with abiding gratitude

What if beauty is a substance
in this world of accident and remorse,
finite and particular and dispersed
like the sound of larks singing

frivolously into the morning silences,
regardless of audience or absence or
any other need? What if our single
purpose here is to seek what often

falls into the crevices of disregard,
gratefully reaching into the stream
with dry hands and parched lips?

And what if time is but the occasion
for gathering these shards of loveliness
into the heart's hungry vestibule?

interlude

reflection

interlude

brief meditation

the candle lighting with music

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

We pause to reflect once again on our place in our communities and in this world.

As stardust, we are woven with life,
textured with love,

living our lives in a crucible of changes and challenges.

Even in the midst of discouragement and pain, we know our world is beautiful.

But we often miss it or declare it otherwise.

As a community on the way, we are mindful of ways
to both improve the world and enjoy the world.

May we, with holy Presence, subvert the paradigms
of oppression and dominations in the personal and global realities.

May we enjoy the pleasures and ecstasy of being human
on this earthly sphere.

As community, we remember

those we love,

those we miss,

those ill,

those receiving chemotherapy and radiation,

those struggling with mental illness,

those grieving,

those angry and empty...

(Pause)

May it be so.

amen

postlude

announcements

Fundraising & Friend-raising Meeting on March 27

Our next meeting is on **Monday, March 27 @7pm** on zoom. Please join us to plan events to raise funds and have fun together. We have a lot of great ideas for the rest of this year including an auction in the Fall. Please contact Erickson at ehc@buffalo.edu with questions or for the zoom meeting link.

Discussion Group: Lenten Creed Study

Trying to figure out what you believe? Ever wonder about what the Episcopal Church believes? Come and discuss it on **Wednesdays** during Lent with Tim Lane and Jeffrey Tooke. We discuss various aspects of our Christian creeds and how to develop a practice of prayer using our creeds and the *Book of Common Prayer*. Join Tim and Jeff on **Wednesday@7pm** using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>
Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions about the group, email Jeff Tooke at jeffreytooke@outlook.com.

Walk the labyrinth at First Presbyterian Church though Lent and holy week. Thursdays 4-8pm, Sundays 11:30am-12:30pm at [1 Symphony Circle](#) (across from Kleinhans.) The Labyrinth is in the Blue Room accessible from the side office door for First Presbyterian. There will be visible signage as well as volunteers directing people to the elevator and to the Blue Room.

Comfort and Care Team

A new committee has formed with the purpose of offering care and comfort to members of the Trinity family who may be experiencing health or other life challenges. There are currently four of us on the committee and we are inviting and welcoming others who are interested in this ministry and/or have ideas for us. We are excited about this new initiative and have already begun to implement some of our activities. Please contact any of the four of us with your interest, ideas, or for more information. We look forward to hearing from you! Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com; Susie Green, susie432@gmail.com; Patti Nisbet, tudorspace@aol.com

Explore Buffalo

Learn more about Trinity's windows and the impact they have had on American art history. Share this Buffalo treasure with your friends! Explore Buffalo is leading a tour of Trinity's windows as part of its Sacred Spaces series. The next date is **Friday, March 31 @10am**. Help the wider community appreciate the resources Trinity has to share. Post this link on your social media or email it to friends. Better yet, invite someone to come on the tour with you. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>



Remember Nina's Kitchen?

Maybe you've forgotten or are new to Trinity, but we have a well-designed and useful kitchen right upstairs off the Marfield Room. Let's pull out the cutting boards and work bowls, and fire up the soup pot! It's time to roll with Sunday lunch/ brunch and whatever ideas we imagine for gathering at the table(s.) If you are curious and want to join a "kitchen crew," please contact Judy Atkinson Miller at jatk1812@gmail.com.

Trinity Spaces for Rent

Our church has work spaces available for rent at both 371 and 393 Delaware Ave. We hope to rent to groups or individuals that share our vision of community betterment. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group. If you know someone that would be a good fit, please share this QR code which links to a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>.



Friends of Night People

We are looking for volunteers to help out at Friends of Night People, which provides food, clothing, medical care, counseling, and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45-7. For more information, please speak to Emily Carlin or email: emily.g.carlin@gmail.com



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

 Facebook: [@Trinitybuffalo](https://www.facebook.com/Trinitybuffalo)

 YouTube: [Trinity Church Buffalo](https://www.youtube.com/TrinityChurchBuffalo)

 Instagram: [@trinitychurch.buffalo](https://www.instagram.com/trinitychurch.buffalo)

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

371 Delaware Ave Buffalo, NY 14202

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 reader.

Gratitude to our tech volunteers, Karen and June.

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.

You can [donate online here](#), scan the QR code, text the word "give" to (716) 221-8580 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