



trinity @7

08.06.2023

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.

Trinity @7 next meets on August 20 and then, beginning September 3, we are back to our weekly schedule.

welcome

a moment with nature

a centering prayer

Let us pray.

Here, in this space made sacred by our shared lives and our shared yearnings,

may we find new courage,

new generosity of spirit,

forgiveness given and received,

and rededication to the higher purposes of our lives.

Let us not add to the hopelessness that is in the world.

But may wonder and adventure,

curiosity and humour, live in us always.

May there be aroused in us a determination

that by the fuller living of our lives

we might find the meaning that life is trying to teach us.

(Silence)

Though we seek always for our lives to be full of goodness,

we sometimes lack courage

to right the injustices that confront us.

Though we seek always to be generous,

sometimes our selfishness has killed the soil with excessive chemicals

turning fertile paddocks into lifeless salt plains.

Nature365.tv

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

Prayer written by
Rex A E Hunt, a
religious naturalist
and progressive
liturgist from
Australia.

Though we seek always to understand the larger mysteries,
sometimes we become insensitive to the groans
of the spirit of creation.

All this we lament.

May we now be filled with
new passion,
new resolve,

to take the next step in our own lives
and in the life of the Earth.

(Silence)

The moments of gathering quickly pass...

May the little that we know become enough to guide us,
while we seek for new wisdom.

What our reflections and meditations begin, may our lives continue.

May it be so

amen

interlude

Diagnosis

by Sharon Olds

By the time I was six months old, she knew something
was wrong with me. I got looks on my face
she had not seen on any child
in the family, or the extended family,
or the neighborhood. My mother took me in
to the pediatrician with the kind hands,
a doctor with a name like a suit size for a wheel:
Hub Long. My mom did not tell him
what she thought in truth, that I was Possessed.
It was just these strange looks on my face—
he held me, and conversed with me
chatting as one does with a baby, and my mother
said, She's doing it now! Look!
She's doing it now! and the doctor said,
What your daughter has
is called a sense
of humor. Ohhh, she said, and took me
back to the house where that sense would be tested
and found to be incurable.

interlude

Sharon Olds
(b. 1942) was born
in San Francisco
and raised in
Berkeley as she
says, "as a hellfire
Calvinist." Her
father was alcoholic
and abusive of his
family. In 2013,
Olds received the
Pulitzer Prize for
Poetry.

Even if you're on the right track, you will get run over if you just sit there.

interlude

I work with Spirit. So if you see me talking to myself, I'm just having a staff meeting.

interlude

Friendship is like peeing on yourself. Everyone can see it, but only you get the warm feeling that it brings.

interlude

Whatever you do, always give 100%. Unless you're donating blood.

interlude

Tuesday means we're a day closer to the weekend spent dreading Monday.

interlude

There are hundreds of paths up the mountain, all leading to the same place, so it doesn't matter which path you take. The only person wasting time is the one who runs around the mountain, telling everyone that his or her path is wrong.

Hindu Proverb

interlude

The Universe is under no obligation to make sense to you.

Neil deGrasse Tyson

interlude

God Says Yes to Me

by Kaylin Haught

I asked God if it was okay to be melodramatic
and she said yes

I asked her if it was okay to be short
and she said it sure is

I asked her if I could wear nail polish
or not wear nail polish

and she said honey

she calls me that sometimes

Kaylin Haught (1947 – 2018) was an Oklahoma poet and the daughter of a preacher. A believer since she was knee-high, later in life she found God in nature.

she said you can do just exactly
what you want to
Thanks God I said
And is it even okay if I don't paragraph
my letters
Sweetcakes, God said
who knows where she picked that up
what I'm telling you is
Yes Yes Yes

interlude

More on saying yes

by Alison McGhee

Young woman across the street, waving and calling to me as I trudge through the snowdrifts on the way home from my astonishingly wonderful church for the non-churchy, where I go seeking solidarity amongst my equally post-election troubled neighbors and friends: "Mama! Mama!"

Me, calling back: "I'm not your mama!"

YW: "Thank you, mama, come here!"

Me, crossing the street in an Oh, what the hell sort of way: ". . . Yes?"

YW, gesturing to a small car with two enormous rolled rugs sticking out of the trunk and windows): "Please mama, please help."

Me: "Honey, are you nuts? You're half my age and twice as solid."

YW: "Thank you mama, God bless you mama."

Me, after deciding that the universe has brought me this interesting experience and I might as well roll with it, heaving the first rug out of the trunk/window and dragging it with difficulty and no help across the entryway to her apartment building, then repeating the process with Rug #2, at which point she gestures happily for me to follow her down a hallway with Rug #1: "No way, sister. You're on your own now."

YW: "Thank you mama! God bless you mama!"

Whatever the above anecdote –which ended with me heaving both rugs down the hallway, angling them into her apartment, propping them against the wall of her living room and then leaving without unwrapping and arranging them for her, much to her chagrin– has to do with today's poem of the week, I'm not sure, other than it falls into the categories of *Life is interesting and mystifying* and *Some people have no qualms asking for exactly what they want* and *My back hurts now* and *Sometimes I just feel like saying yes*.

Alison McGhee (b 1960) is an American author who has published several picture books, books for children, and adult novels. She is a New York Times bestselling author. This poem/story was taken from her blog dated Dec 11, 2016. She followed up her poem with "God Says Yes to Me."

interlude

reflection

interlude

meditation

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.

interlude

closing prayer

Let us pray

This day and this night,
may I know O God
The deep peace
of the running wave
The deep peace
of the flowing air
The deep peace
of the quiet earth
The deep peace
of the shining stars
The deep peace
of you.

amen

postlude

announcements

More Than Matched! Wardens' Update

More than 45 households have participated in the matching funds challenge that has been running the last few weeks. The \$15,000 goal of the challenge was met and exceeded with gifts of under \$1,000. This is really gratifying. Your support, no matter how large or small, is essential to the ongoing presence of Trinity Church making a difference in the greater Buffalo community. Thanks for being part of it!

In addition, a few of you made larger gifts, bringing the total of the campaign, including the \$15,000 matching funds, to a total of \$85,000! That is the amount that our annual income lost when the parking lot rental agreement ended in January! Together, we have recovered from that loss for this year! What an amazing accomplishment!

Please keep in mind that while this campaign is crucial at this time, it has to be part of a larger strategy if Trinity is going to have long term sustainability. Options for that larger strategy are being explored. If you would like to be involved in those explorations, please speak to either of us or anyone on the vestry!

John Gillespie, Senior Warden and John Alduino, Junior Warden

Parking at Trinity's Franklin Street Lot

When you come to a church service or other Trinity event, you can park in Trinity's Franklin Street lot for free. The parking fees will not be enforced during Trinity events. But you can park in the lot any other time you are in the neighborhood, and Trinity gets the parking fee! Use your smartphone to pay.



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 leads tours of Trinity's windows as part of its Sacred Spaces series. Check the website listed below or scan the QR code for the schedule. You can 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/>



Comfort and Care Team

Please let the Comfort and Care Team members (listed below) know how we can be of help and support to you or someone you know who may be experiencing health or other life challenges. You may email anyone of us as we share with each other the information concerning the needs of those that reach out. Support may be offered in many ways such as a caring phone call, notes, information on resources, and a friendly visit. We can also assist with arranging needed meals. Our prayers are always offered. Sincerely, the Comfort and Care Team.

Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com;

Susie Green, susie432@gmail.com; Patti Nisbet, tudorspace@aol.com;

Marie Keane, MNMcKeane@gmail.com; Sara Merritt, smerrit172@gmail.com;

Vickie Kearns, kearns.vr@gmail.com

Donations to welcome asylum seekers to Buffalo

Justice for Migrant Families is collecting supplies to welcome asylum seekers to Buffalo. We are currently in need of:

socks (adult, all sizes), underwear (adult, all sizes), shorts (adult, all sizes), children's toiletries, children's summer clothing and fun supplies, grocery cards (Wegmans, Tops, Walmart, etc.)

If you would like to donate supplies, please contact Jennifer@jfmfwny.org or EmilyRose@Jfmfwny.org to coordinate. You can also drop off supplies at Burning Books, 420 Connecticut St, Buffalo 14213, Monday-Sunday 11am-7pm. Thank you for your ongoing support!

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 @7 will meet next on **August 20**.
After that, starting on September 3,
we'll resume meeting weekly.



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

Thank you, George Caldwell, our pianist. It's good to have you with us!

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