



trinity @7

06.04.2023

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.

For Trinity @7, we've begun the summer season. Therefore, in June, July and August, we will meet on the first and third Sunday nights. See the back page for exact dates.

welcome

a moment with nature

a centering prayer

Let us pray.

Summer
and our hearts
are seeking grace.

All around us
nature bids us
change.

Accept and give thanks
for a season of growth,
a season to trust
that we will be held
and our brokenness
made whole.

amen

interlude

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

In Early Summer You Start to Understand

by Andrea Potos

what Keats might have meant when
he wrote of the weight in his heart
like a load of immortality,
a mingling of longing, distance
and the nearness of joy, as close
as Adam's fingers to God's in that immense
ceiling Keats never got to see, but surely he suspected it
in the deep hours of June with green lathering over
everything, and the tall stalks of daisies swaying so close
you can almost hear inside their yellow cores;
when the red-edged peonies
can't help but bow under
their weight of impossible beauty.

interlude

Quotes from May Sarton

Help us to be ever faithful gardeners of the spirit, who know that without darkness
nothing comes to birth, and without light nothing flowers.

interlude

Learning is such a very painful business. It requires humility from people at an age
where the natural habitat is arrogance.

interlude

The most valuable thing we can do for the psyche, occasionally, is to let it rest,
wander, live in the changing light of room, not try to be or do anything whatever.

interlude

Does anything in nature despair except man? An animal with a foot caught in a
trap does not seem to despair. It is too busy trying to survive. It is all closed in, to
a kind of still, intense waiting. Is this a key? Keep busy with survival. Imitate the
trees. Learn to lose in order to recover, and remember that nothing stays the same
for long, not even pain, psychic pain. Sit it out. Let it all pass. Let it go.

interlude

. . . when the petals fall, Say it is beautiful and good, say it is well.

interlude

Andrea Potos is
an award-winning,
published poet who
lives in Madison,
WI.

May Sarton (1912—
1995) was born in
Belgium and raised
in Massachusetts.
Self-identified as a
lesbian and regarded
as a feminist, she
preferred that
her work found a
place in a broad
humanitarian
connection rather
than within the
identities she
embodied.

Patrick Ramsay is a queer Utah-based, published poet who was raised in and along the wetlands of the Great Salt Lake. He owns Happy Magpie Book & Quill, an independent pay-what-you-can bookshop in Ogden, Utah.

If the world is ending

by Patrick Ramsay

I'll be in the backyard
collecting the eggs from the coop.
Smelling and then showering the rage-red
strawberries almost ripe enough
to eat. I'll be dipping my knees into the soil
while I tug up weeds. This is purer
than prayer. If the world is ending,
come 'round back. The gate is open.
The lavender is shaking its small fragrant fists
by the thousands. The honey locust tree
is pulsing electric with a riot of bees. The air
is thick with early summer and bloom. It's quiet
enough. And hey, the copper-black hen just laid
her first egg—the color of Mars and tiger's eye.
It's yours if you want it.

interlude

The Work of Happiness

by May Sarton

I thought of happiness, how it is woven
Out of the silence in the empty house each day
And how it is not sudden and it is not given
But is creation itself like the growth of a tree.
No one has seen it happen, but inside the bark
Another circle is growing in the expanding ring.
No one has heard the root go deeper in the dark,
But the tree is lifted by this inward work
And its plumes shine, and its leaves are glittering.

So happiness is woven out of the peace of hours
And strikes its roots deep in the house alone:
The old chest in the corner, cool waxed floors,
White curtains softly and continually blown
As the free air moves quietly about the room;
A shelf of books, a table, and the white-washed wall—
These are the dear familiar gods of home,
And here the work of faith can best be done,
The growing tree is green and musical.

For what is happiness but growth in peace,
The timeless sense of time when furniture
Has stood a life's span in a single place,
And as the air moves, so the old dreams stir
The shining leaves of present happiness?
No one has heard thought or listened to a mind,
But where people have lived in inwardness
The air is charged with blessing and does bless;
Windows look out on mountains and the walls are kind.

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.



interlude

closing prayer

Let us pray

Bless what there is, for being. Whatever it be, bless it because it exists; you need no other reason.

Source of All Blessings, you bless us with breath.

In and out, in and out, ever one with all who breathe the same air,

**may this blessing overflow into a shared gratefulness,
so that with one breath I may praise and
celebrate life.**

Blessing by Brother
David Steindl-Rast

Source of All Blessings, you bless us with humility—

That down-to-earth quality that has nothing in common with humiliation but makes us stand tall and acknowledge both the humus that feeds us and the stars to which we aspire.

**May I learn to practice, and to honor in others,
this sparkling humility which is the dignity that we,
as human beings cannot afford to lose.**

Source of All Blessings, you bless us with imprecision—

With all that is vague, close but not quite; all that leaves room for the more specific, the more precise, and room for the imagination.

**May I know when to be exact and when to move freely and blessed in the
space so generously provided by all that is not perfectly defined,
giving full scope to my dreams and creativity.**

Amen

postlude

announcements

Discussion Group: Eyewitness Bible - Acts

On **Wednesday evenings @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on the book of Acts using *Eyewitness Bible*. Each week we watch short videos that help us explore the people and events during the first three decades of the early church.

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.

Volunteers Needed for Allentown

Join us in welcoming the return of Allentown Art Festival visitors to Trinity's beautiful historic and sacred space. We will greet and share conversation with visitors on June 10 and June 11. Sign up in one hour shifts. If you are able to volunteer for multiple shifts, that will also be very welcome! Volunteers needed Saturday, 10am to 5pm and Sunday, noon to 5pm. Sign up at <https://www.signupgenius.com/go/70A0C4FAFA629A3F58-allentown2> or scan the QR code.



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 without paying. The parking fees will not be enforced during Trinity events. But you can use the lot any other time you are in the neighborhood, too! Park in your church's lot any time you would have to pay for parking in the neighborhood so that 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 (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.

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

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

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

Vickie Kearns, kearns.vr@gmail.com

Trinity @7 commences its summer schedule today. During June, July and August, we will meet on the **first and third Sundays** of the month.

Mark your calendar for

June 18

July 2 and 16

August 6 and 20



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/Trinity Church Buffalo)

 Instagram: [@trinity.church.Buffalo](https://www.instagram.com/trinity.church.Buffalo)

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

371 Delaware Ave Buffalo, NY 14202

Much gratitude to our pianist, Krista Seddon. Have a wonderful summer. We will miss you!

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