



trinity @7

02.16.2025

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.

welcome

You can sign up to receive a daily video from nature365. And it's free! Go to <https://www.nature365.tv>

a moment with nature

a centering prayer

Let us pray.

We pray for another way of being:
another way of knowing.

Across the difficult terrain of our existence
we have attempted to build a highway
and in so doing have lost our footpath.

God lead us to our footpath:

Lead us there where in simplicity
we may move at the speed of natural creatures
and feel the earth's love beneath our feet.

Lead us there where step-by-step we may feel
the movement of creation in our hearts.

And lead us there where side-by-side
we may feel the embrace of the common soul.

Nothing can be loved at speed.

God lead us to the slow path; to the joyous insights
of the pilgrim; another way of knowing: another way of being.

amen

interlude

Centering prayer
written by
Michael Leunig,
Australian
cartoonist and
author.

Sweet Darkness

by David Whyte

When your eyes are tired
the world is tired also.
When your vision has gone
no part of the world can find you.
Time to go into the dark
where the night has eyes
to recognize its own.
There you can be sure
you are not beyond love.
The dark will be your womb tonight.
The night will give you a horizon
further than you can see.
You must learn one thing.
The world was made to be free in.
Give up all the other worlds
except the one to which you belong.
Sometimes it takes darkness and the sweet
confinement of your aloneness to learn
anything or anyone that does not bring you alive
is too small for you.

interlude

Before Winter Solstice, I Remember

by Rosemerry Wahtola Trommer

This, too, is what we are born for,
this waking in darkness, unable
to see, but still able to hear the shush
of wind in bare branches, able to feel
the charge of our heartbeat, the swell
of our belly as it fills with borrowed air.
I have spent my life learning to love
these shapeless hours before the light
finds us, these shadowy nights when
my whole being seems to stretch beyond
the bed, beyond the room, beyond the home,
beyond the valley, beyond even the globe,
as if I rhyme with the dark all around us,
the dark that holds us, the dark that surrounds
this whole swirling spiral of galaxy.
Sometimes, I feel how that infinite darkness
calls to the darkness inside me as if to say,
remember, remember where you come from,
remember what you are. And the darkness
inside me sings back.

David Whyte (b. 1955) is a poet, author and lecturer. He grew up with a strong, imaginative influence from his Irish mother among the hills and valleys of his father's Yorkshire and now makes his home in the Pacific Northwest of the US.

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 resumed her practice of a poem a day. Visit her at www.wordwoman.com

interlude

The Pond at Sunset

by James Crews

I forget I have already arrived
in the life I want, and that I am
still arriving at the same time.
Last night before sunset, I paced
the edge of the dock back and forth,
afraid to take the leap. But as the sun
broke through a rip in the clouds,
strobing across the rippled pond,
the word *Trust* flashed in my mind
and I jumped in. Past the worn-out
desire for a better this or that, past
the fear that if I let my guard down
and just feel joy, something might go
awry, things will fall apart. I cried out
with shock as I rose through colder
layers of water, gasping for air,
spluttering—happier than I’ve been
in weeks. The pond was my life,
and I knew I had to keep diving
deeper and deeper beneath the surface
to immerse myself in what’s already
here, and all that is to come.

James Crews
is a Vermont
poet who also
leads workshops
and retreats on
mindfulness and
writing.

interlude

Lines written in the days of growing darkness

by Mary Oliver

Every year we have been
witness to it: how the
world descends

into a rich mash, in order that
it may resume.

And therefore
who would cry out

to the petals on the ground
to stay,
knowing as we must,
how the vivacity of what was is married

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.

to the vitality of what will be?
I don't say
it's easy, but
what else will do

if the love one claims to have for the world
be true?

So let us go on, cheerfully enough,
this and every crisping day,

though the sun be swinging east,
and the ponds be cold and black,
and the sweets of the year be doomed.

interlude

reflection with meditation

interlude with 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 for the road

O gracious Light
source of all light
source of all life
source of all love imbued in all things:

Now that we have come to the end of the day, and our eyes behold the
vesper light, we sing our gratitude,
our thanksgiving to you.

**In peace we come,
in peace we listen,
in peace we hope, for peace we pray.
amen**

postlude



announcements

Krista Seddon's Trinity Jazz Series

"Four Crown Jewels of Buffalo's Musical Heyday: The Artists, Their Stories, Their Music"

March 14 @7pm "The Statler Downtown Room"

April 11 @7pm "Kleinhans Music Hall"

May 9 @7pm "Shea's Performing Arts Center"

All concerts are held in the Trinity Chapel, 371 Delaware Ave

[Purchase tickets here](#) or scan the QR code. Tickets also available at the door.

If you'd like to help make this evening a success, please [sign up here](#) to volunteer or scan the QR code.

There are various roles needed including tickets sales and reception setup and cleanup.

Coldest Night of the Year

It's Year 4 of the Coldest Night of the Year Walk in Buffalo, supporting Compass House. This year's walk will take place on **Saturday, February 22**, kicking off at the Parkside Lodge. This all-ages walk raises funds and awareness for the mission of Compass House which is to support homeless and runaway youth and young adults in the Buffalo area. Visit cnoy.com/buffalo and search Team Trinity to join us at Delaware Park or to support with a donation to Compass House! Email Missy Stolfi at missy.stolfi@gmail.com with any questions.

Hamlin Park School Monthly Community Event

Each event has a theme and is open to all. They are always looking for volunteers. The times and dates are:

Saturday Academy 10am-1pm: March 8, April 5, May 3

Thursday Evening 4:30-6pm: April 3

Trinity members would be welcome to any of these. You can contact the Say Yes To Education coordinator Nikki Cocerez at ncocerez@sayyesbuffalo.org or (716)388-1572 for more information,

Volunteer Opportunities With One of our Partners

Creative Restorations is seeking dedicated volunteers to assist with the operation of their food pantry which serves those in need in our community. They are looking for help on **Mondays** from **9am-Noon**, **Wednesdays** from **12-3pm**, and **Fridays** from **3-6pm**. If you are interested in lending a hand and making a difference, please reach out to Chris Harzynski at 716-553-4886. Your support would be greatly appreciated!

Comfort and Care Team

The Comfort and Care Team is here to help and support you or someone you know experiencing health or other life challenges. Email any one of us to request prayers, a caring phone call, notes, information on resources, a friendly visit, or arranging meals.

Phoebe McKay, phoebemckay@gmail.com

Marie Keane, MNMKeane@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@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 leads tours of Trinity's windows as part of its Sacred Spaces series. Check the website or scan the QR code for the schedule.

<https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>

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. You can use the lot any other time you are in the neighborhood, too, so that Trinity gets the parking fee! Use your smartphone to pay.

PURCHASE TICKETS



HELPER SIGNUP





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

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

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

371 Delaware Ave, Buffalo, NY 14202

Many thanks to Krista Seddon, our gifted pianist.

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, Christian, 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