



trinity @7

03.02.2025

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

a moment with nature

a centering prayer

Let us pray.

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
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

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

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

light spills

by Joy Lenton

sun moves
it circles from east to west
morning dawn
seeks out the grey hollows
bathes them in a warm glow
light spills
makes soft hills and valleys
hollow dips
briefly shades these objects
where shadows fall and eclipse

shade calls
draws attention to shapes
to space
marks interest within
places sun is inhabiting

my eyes
become attracted to light
shine threads
serve to draw us together
to savour brightness, colour

I'm made
for zest and vibrancy
for light
for reaching beyond this earth
for dreams and hope and love

interlude

A nested meditation

by Kevin Anderson

Prayer is casting awareness into silence.

Prayer is casting awareness into silence,
fishing for the Big One, waiting for the tug.

Prayer is casting awareness into silence,
fishing for the Big One, waiting for the tug
of the sacred—setting the hook, reeling.

Prayer is casting awareness into silence,
Fishing for the Big One, waiting for the tug
of the sacred—setting the hook, reeling
with laughter when the line snaps again.

Joy Lenton is a blogger with the site [poetry joy](http://poetryjoy.com) in which she says that she is a wife, mother, grandma, and chronic illness sufferer who spends many days in PJs penning poetry and prose. She has myalgic encephalomyelitis or chronic fatigue syndrome. She also says that she is a work in progress by God's grace.

Kevin Anderson is a psychologist who does couples and individual counseling in Toledo, Ohio. He is a former Jesuit novitiate and studied mathematics and engineering before coming to psychology. He is the creator of nested meditations and author of books of meditations and spiritual reflections.

interlude

Comments from Kevin Anderson

I am not a fisherman, but our 5-year-old son Jim was insistent: "Let's go see if we can catch some bass with this purple, scented worm, Dad! Can we!? Can we!?" I was pretty sure we couldn't, given a life of futility in the realm of fishing, but his boyish wonder was too vibrant to quash. We walked out onto the dock and I tied on the artificial rubbery worm, all the while thinking, we're not going to catch anything with this fake lure. In the dusky light, a fish stirred near the surface about thirty feet from the dock. To my great surprise, the cast landed right on the spot where the fish had stirred, and a moment later a fish struck that artificial, rubbery, purple, scented worm! While Jim fought the fish in, however, the line snapped. We hooked into two more fish within minutes, but each time I tried to set the hook, the line snapped. Almost everything was perfect – a beautiful evening, quality time with my son, the bass biting – but the line kept snapping! A voice in my brain that I call the "heckler" said: "See, it really is futile." Taking my fishing frustration to reflection time later, I wrote "nested meditation."

In the 30 minutes it took to create this piece, I'd stumbled on a new image for prayer – "casting awareness into silence" – and a certain peacefulness with realizing that God is very much like the Big One that we can never quite land, hold in our hands, and put on a stringer. We live for those brief moments of being hooked into the sacred, but the line always snaps. We always return to a more mundane consciousness. The Gracious Mystery remains forever too big, too deep for us to reel in.

interlude

A nested meditation on metamorphosis

by Kevin Anderson

A pious caterpillar believes.

A pious caterpillar believes,
an enlightened caterpillar knows.

A pious caterpillar believes.
An enlightened caterpillar knows
the winged life.

A pious caterpillar believes.
An enlightened caterpillar knows
the winged life
requires metamorphosis.

These comments are excerpted from an article that Kevin Anderson wrote for *The Florida Catholic* in 2003.

interlude

reflection

interlude

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

May today there be peace within.

May we trust God that we are exactly where we are meant to be.

May we not forget the infinite possibilities that are born of faith.

**May we use those gifts that we have received,
and pass on the love that has been given to us.**

May we be content knowing we are each a child of God.

**Let this presence settle into our bones,
and allow our soul
the freedom to sing, dance,
praise and love.**

It is there for each and every one of us.

amen

postlude

We have seen this prayer attributed to St. Teresa of Avila, St. Therese of Lisieux, and St. Teresa of Calcutta. It is typically written in the 3rd person, "May you . . ." We changed it to 1st person for our service tonight.

PURCHASE TICKETS



HELPER SIGNUP



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.

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



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.

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/>





Soup & Discussion Lenten Program 2025

Lent is messy, but still worth sharing. All are welcome to travel through Lent together in a program that will be offered by five churches in the Buffalo deanery. Using Kate Bowler's Lenten program *The Hardest Part: Hurt We Carry, Hope We Find*, we will enjoy a light soup dinner before breaking into discussion on the program theme for the week. The location will rotate among the churches on Wednesdays during Lent starting @6pm. A hybrid online connection is available for those who are unable to join us in person.

The soup & in person discussion will rotate among the following churches:

- March 12: St. John's Grace: Terrible & Beautiful!
- March 19: St. Paul's Cathedral: Lament!
- March 26: St. Mark's & All Saints: Imagination!
- April 2: Trinity Buffalo: Wisdom!
- April 9: St. Philips: Love!

To join by Zoom:

<https://us02web.zoom.us/j/89387046182?pwd=pRYCjR1Ua1VWbiaklZMoJe9poW2Abs.1>

Meeting ID: 8938 7046 182;

Pw: Lent

Need a location address? Click here: <https://episcopalpartnership.org/our-congregations/>

For more information contact one of the host parishes.



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

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, 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