



trinity @7

09.29.2024

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.

welcome

a moment with nature

a centering prayer

Let us pray.

This moment of prayer and silent reflection is an invitation to be calm in the midst of the noise of the world and our over-busy lives...

To bring together thought and feeling, mind and spirit, and to find some centre, some still point of perspective and peace.

Silence

We rejoice in the Spirit of Life around us and in us:
like wind in our faces and breath in our lungs,
like life in dormant daffodils bursting forth in spring.
We remember we are called to appreciate and protect
the whole of creation, always
cherishing,
nurturing and
renewing the earth.

Silence

We remember we are called to be in relationship,
living and working with one another,
supporting and healing one another..
We remember we are called into a community,
working for the common good of all,
making choices that bring hope, justice
and freedom to our world...

amen

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

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

interlude

Ode to Blueberries

by Alfred K LaMotte

Now that it's September, I want to thank blueberries.
I want to thank peaches, cantaloupes, cherry tomatoes
and corn on the cob. All summer long while we griped
about [fill in the blank], you were lying there in baskets,
blue eyes silently watching, blinking back tears.
Some of you were whole crimson sunsets in my hand.
I'm not sure what antioxidants are, but thank you:
I know that you were full of them.
I loved your fuzz, buxom peach, your sass, blackberry.
I loved your smile, honeydew, halved and split
as we slobbered together. Local strawberry,
just one of you gushing on my tongue was almost
too much to bear. Next summer you could do a better job
of staying under three dollars a pint; otherwise, no complaint.
How erotic you are, plum, lounging in a sunbeam,
your crimson still-life, your sweated drops of fever!
You should be ashamed the way your waves imploded
on the beaches of my mouth: well, it was a scene!
But thank you. I also want to thank some of you flowers:
begonia, peony, chrysanthemum and lucifer crocosmia.
I do not forget the morning glory, that soft trumpet
made of sky, calling us inward toward granaries
of moonlight. And now, just as the rest of you languish,
the apples arrive! Round crimson shouts
from green caverns of Autumn afternoon.
O humans, we too might burst, an orchard of longings,
wild but rooted, globe-laden, corridored with fruit.
We might drop at the edge of the meadow,
silvered in flurries of milkweed and thistle-down.
Why not bend to our ripening, the pungent smolder
of our inward sugars, the grace and gravity of Fall?
Why not bow to the blessed sag of our limbs
in the gentle bruise of surrender on our knees?
We could lie on the bee-festered earth, hollowed, wormed
out with inner paths, free from every striving to rise. Why not let
this turning planet have her way with us, and do what she loves?

Alfred K. LaMotte is an adjunct professor of world religions and an interfaith chaplain in Olympia WA. He is also a published poet who loves to gather circles for "Poetryoga and Meditation."

interlude

Vespers

by Alfred K LaMotte

"Our great mother does not take sides; she protects the balance of life."
Neytiri, 'Avatar'

Because I am neither
"for" nor "against,"
I have outraged everyone
but the Goddess...
She and I quietly
recline by a stream
eating whatever berries
are in season.
It's the flow of stillness
we all know,
some of us carried
along by the current,
some of us just watching.
Please don't call me
"irresponsible."
I respond to mothwing,
breath of raindrop,
thistle touch of purple
evening, mourning cry
of mother raven
just as she dissolves
into a Winter mist.
If you want the "answer,"
friend, just rest
more passionately
in the darkening meadow
of this moment,
this silence
where the question
never arises.

interlude

Tribe

by Alfred K LaMotte

In the human race
there are two tribes:
the people who
when they look at trees
see lots and lumber to sell,

and the people who
when they look at trees
see beauty to walk through
very slowly,
a great cathedral
of green and golden fire.
The future of the earth
depends on raising our children
to be the People Who See Beauty,
the People Who See Beauty.
Don't worry,
they are the most ancient tribe.

interlude

Election

by Alfred K LaMotte

I voted.
I voted for the rainbow.
I voted for the cry of a loon.
I voted for my grandfather's bones
that feed beetles now.
I voted for a singing brook that sparkles
under a North Dakota bean field.
I voted for salty air through which the whimbrel flies
South along the shores of two continents.
I voted for melting snow that returns to the wellspring
of darkness, where the sky is born from the earth.
I voted for daemonic mushrooms in the loam,
and the old democracy of worms.
I voted for the wordless treaty that cannot be broken
by white men or brown, because it is made of star semen,
thistle sap, hieroglyphs of the weevil in prairie oak.
I voted for the local, the small, the brim
that does not spill over, the abolition of waste,
the luxury of enough.
I voted for the commonwealth of the ancient forest,
a larva for every beak, a wing-tinted flower
for every moth's disguise, a well-fed mammal's corpse
for every colony of maggots.
I voted for open borders between death and birth.

Continued on next page

I voted on the ballot of a fallen leaf of sycamore
that cannot be erased, for it becomes the dust and rain,
and then a tree again.

I voted for more fallow time to cultivate wild flowers,
more recess in schools to cultivate play,
more leisure, tax free, more space between days.

I voted to increase the profit of evening silence
and the price of a thrush song.

I voted for ten million stars in your next inhalation.

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

All read aloud:

**Enveloped in Your Light, may I be a beacon to those in search of Light.
Sheltered in Your Peace, may I offer shelter to those in need of peace.
Embraced by Your Presence, so may I be present to others.**

**Enveloped in Your Light, may we be a beacon to those in search of Light.
Sheltered in Your Peace, may we offer shelter to those in need of peace.
Embraced by Your Presence, so may we be present to others.**

postlude

Closing prayer
written by Rabbi
Rami Shapiro.

announcements

Trinity Discussion Group: Love God, Love God's World

On **Wednesdays**, we explore creation care and environmental ministry using the Episcopal Church's *Love God, Love God's World* curriculum. Sessions include compelling readings and videos, faith-based reflections, and discussion questions. Participants discover ways to learn, pray, advocate, and conserve. Please sign up with Jeffrey Tooke at jeffreytooke@outlook.com to receive weekly course materials. Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** using the zoom link below:

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

Trinity Jazz Series



Krista Seddon Presents Lecture-Performances Connecting Classical and Jazz Music **@7pm**

October 18, "War & Peace," An American Story of Music & Hope

November 22, "Why The Beatles Still Speak To Us"

Purchase tickets [here](#) or scan the QR code to the left.

If you'd like to help make these evenings a success, please sign up [here](#) to volunteer or scan the QR code to the right. There are various roles needed, including food and wine donations.



Did you know?

Jung Center Buffalo began hosting Allentown's "First Friday Gallery Walk" this year. Highlighting a different artist each month, many visitors have had the opportunity to not only see an amazing art show, but to enjoy our beautiful landmark church! Everyone is encouraged to attend the first Friday of every month from **6:00 - 8:30pm**. Also, if you are an artist, please consider reaching out to Anna Marie Sinatra to discuss possibilities to highlight you in 2025. Send her an email: AnnaMarie@SinatraSolutions.com today.

Basket Raffle is Saturday

This is the final stretch for basket raffle preparations. Set up for the event will take place **Friday, October 4 @8:30am**. Please get all baskets, gift cards, and wine/liquor donations to Jess Poleon. The final program is being printed, so please email Jesspoleon@gmail.com with any business or vendors from whom you secured donations. Include the company's name, address, phone number, and website to ensure they are in the program. Thank you to all who have helped so far with donations and basket making. One last thing to make the event a success is to invite all your friends and family to join us on **Saturday @2:00pm** for a fun-filled event.

Volunteer Opportunities With One of our Partners

Creative Restorations INC is seeking dedicated volunteers to assist with the operation of our food pantry which serves those in need in our community. We 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

Slow Down Yoga

Tuesdays @noon slow down, tune in, and take care with a gentle, mindful yoga class for any level of skill. Led by Heather Henry Rawlins, LMHC, RYT200, this Hatha yoga-based practice cultivates calm awareness, stability, and flexibility. Calm your nervous system and feel grounded in order to feel vividly present and full of ease. To sign up, click [here](#) or email Heather at hhenryrawlins@gmail.com





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

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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