



trinity @7

11.17.2024

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.

Set aside the noise.

Allow quiet prayer to enter my soul.

Silence creates a space for my:

Heartache to be felt

Anger to be heard

Tears to fall

Laughter to comfort

Gratefulness to flow

Joy to hold

Wonder to exist

Faithfulness to grow

Hear my intentions God:

Forgive my failings. See my intention to live in Your light.

To love as you love.

Help me feel the flow of your loving Spirit, I pray.

amen

interlude

God Woke Up

by Cynthia Rylant

And He was groggy
so He got a nice cup of coffee
and went to sit
under an apple tree.

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

Prayer is from the Corymeela Community of Northern Ireland.

He sat there
drinking His coffee,
listening to the birds,
when all of a sudden
it hit Him.
God was *happy!*
And He wished there
was just someone to see it.
He'd gotten such a bad rap
all these years for being pissed off
all the time.
And He really wasn't.
Maybe a little *cranky*.
But here He was,
happy.
Mellow yellow.
The birds were singing
and He was at peace.
Buddha told Him it
could be this way,
but He'd never really
believed it until now.
Life really was easier,
sitting under a tree.

interlude

Cheerios

by Billy Collins

One bright morning in a restaurant in Chicago
as I waited for my eggs and toast,
I opened the *Tribune* only to discover
that I was the same age as Cheerios.

Indeed, I was a few months older than Cheerios
for today, the newspaper announced,
was the seventieth birthday of Cheerios
whereas mine had occurred earlier in the year.

Already I could hear them whispering
behind my stooped and threadbare back,
Why that dude's older than Cheerios
the way they used to say

Why that's as old as the hills,
only the hills are much older than Cheerios
or any American breakfast cereal,
and more noble and enduring are the hills,

I surmised as a bar of sunlight illuminated my orange juice.

Cynthia Rylant (b 1954) grew up in a large coal-mining family in West Virginia; she now lives in Portland, OR. She has written more than 100 children's books and has won a Newbery Award (kinda like the Oscar for children's lit). "God Woke Up" is a poem from her collection, *God Got a Dog*, written for children of all ages.

Billy Collins (b. 1941) is an American poet who has published numerous volumes of poetry, was appointed as Poet Laureate of the United States from 2001 to 2003, and has taught at Columbia University and City University of New York.

interlude

First Light

by Susan Moorhead

I know this sound, first birds of morning.
As a child, I waited for hours for the drape
of night to roll up again. Leaning into the first
hint of the fresh day, the fragile lace of hesitant
light, the receding darkness dappled with bird song,
able at last to close my eyes.
I know this sound, some kind of redemption,
waking me from scattered sleep, a healing fragment
even as the work of the previous day marks my bones
in notches. Night leaves its small fur as the dawn
pushes, as the birds persist, and morning unfurls
like a promise you hoped someone would keep.

Susan Moorhead is a poet, writer, and children's librarian, which she finds to be a good combination. She lives in Westchester County, NY.

interlude

Morning Poem

by Mary Oliver

Every morning
the world
is created.
Under the orange
sticks of the sun
the heaped
ashes of the night
turn into leaves again
and fasten themselves to the high branches—
and the ponds appear
like black cloth
on which are painted islands
of summer lilies.
If it is your nature
to be happy
you will swim away along the soft trails
for hours, your imagination
alighting everywhere.
And if your spirit
carries within it
the thorn
that is heavier than lead—
if it's all you can do
to keep on trudging—

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.

there is still
somewhere deep within you
a beast shouting that the earth
is exactly what it wanted—
each pond with its blazing lilies
is a prayer heard and answered
lavishly,
every morning,
whether or not
you have ever dared to be happy,
whether or not
you have ever dared to pray.

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

Beloved, send us
into the November night renewed and at peace;

Center our hearts in your presence
even as we are surrounded by others;
that we may be patient with friends,
enemies, and ourselves.

Assist us in our mindfulness
toward the wholeness of life;
that we may return to our source.

And when it is time to stop at an unexpected moment,
or let go when we cannot see the consequences,
may we entrust ourselves to your love;

Continued on next page

**Listening more than asking,
Hearing more than needing,
Opening our minds for knowing,
And healing our hearts for loving.
amen**

postlude

announcements

Trinity Jazz Series

Krista Seddon Presents Lecture-Performance Connecting Classical and Jazz Music

November 22 @7pm, "Krista Meets the Beatles"

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

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



Creative Restorations invites Trinity to join their 2nd annual Thanksgiving dinner drive!

If you would like to donate any food items related to a traditional turkey dinner with all the fixings for those in need in Erie County, drop items off at church after the service OR contact Christopher at (716) 553-4886. They are hoping to help as many families in need as possible, and are accepting donations through November 27.

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

Did you know?

Jung Center Buffalo hosts Allentown's "First Friday Gallery Walk." 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 your work in 2025. Send her an email: AnnaMarie@SinatraSolutions.com today.

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.





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, 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