



trinity @7

04.07.2024

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.

Light and Darkness, night and day.

We marvel at the mystery of the stars.

Moon and sky, sand and sea.

We marvel at the mystery of the sun.

Twilight, high noon, dusk and dawn.

We celebrate Your creation.

Flesh and bone, steel and stone.

We dwell in all You have made.

Grant steadfast love, compassion, grace.

We must share Your resources among all.

Splendor, mercy, majesty, love endure.

We are called to find justice for those least among us.

Resplendent skies, sunset, sunrise.

The grandeur of Creation lifts our lives.

Evening darkness, morning dawn.

We are renewed in Your majestic creation.

amen

interlude

We watch a video on
<https://www.nature365.tv>.

Check it out. There
is a new video daily,
and it's free!

Prayer retrieved
from the website of
the Catholic Health
Association of the
United States, which
in turn adapted
it from a prayer
of the Rabbinical
Assembly of the
United Synagogue
of America.

Light and Dark

by James Crews

Half-awake, I lose myself in a pool
of late morning sun and leaf-shadows
flashing on the floor outside my bedroom,
what the Japanese call *komorebi*—light
and dark held in the same container
of a single moment, as we hold them in us,
learning to love equally a burst of joy
welling up like wind in the crowns of trees
and a sorrow that still weighs us down
like stones in the shoes, like swallowed clay.
Today, I stand here at the edge of both,
knowing that if I want to walk in the light
I'll have to dance with the shadows too.

interlude

Cosmology

by Billy Collins

I never put much stock in that image of the earth
resting on the backs of four elephants
who are standing on the back of a sea turtle,
who is in turn supported by an infinite regression
of turtles disappearing into a bottomless forever.
I mean how could you get them all to stay still?
Now that we are on the subject,
my substitute picture would have the earth
with its entire population of people and things
resting on the head of Keith Richards,
who is holding a Marlboro in one hand
and a bottle of Jack Daniel's in the other.
As long as Keith keeps talking about
the influence of the blues on the Rolling Stones,
the earth will continue to spin merrily
and revolve in a timely manner around the sun.
But if he changes the subject or even pauses
too long, it's pretty much curtains for us all.
Unless, of course, one person somehow survives
being hurtled into the frigidity of outer space;
then we would have a movie on our hands—
but wait, there wouldn't be any hands
to write the script or make the movie,
and no theatres, either, no buttered popcorn, no giant Pepsi.
Putting that aside, let's imagine Keith
standing on the other Rolling Stones,

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

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.

who are standing on the shoulders of Muddy Waters,
and, were it not for that endless stack of turtles,
one on top of the other all the way down,
Muddy Waters would be standing on nothing at all.

interlude

Above the Treeline

by Rosemerry Wahtola Trommer

Everywhere I turn,
the measureless sky,
wild open sky,
deep bluing,
unencumbered sky,
and how is it
it enters me
and fills my lungs
with vastness,
steeps my mind
in spaciousness,
slips immensity
into my cells,
and I, who
have been stone,
who thought I knew
something of
what a life is,
I feel myself dissolve
into blue
as if it's the only
thing I could do.
When I leave,
the blue comes
with me.

interlude

As If to Demonstrate an Eclipse

by Billy Collins

I pick an orange from a wicker basket
and place it on the table
to represent the sun.
Then down at the other end
a blue and white marble

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

becomes the earth
and nearby I lay the little moon of an aspirin.
I get a glass from a cabinet,
open a bottle of wine,
then I sit in a ladder-back chair,
a benevolent god presiding
over a miniature creation myth,
and I begin to sing
a homemade canticle of thanks
for this perfect little arrangement,
for not making the earth too hot or cold
not making it spin too fast or slow
so that the grove of orange trees
and the owl become possible,
not to mention the rolling wave,
the play of clouds, geese in flight,
and the Z of lightning on a dark lake.
Then I fill my glass again
and give thanks for the trout,
the oak, and the yellow feather,
singing the room full of shadows,
as sun and earth and moon
circle one another in their impeccable orbits
and I get more and more cockeyed with gratitude.

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

Let us pray:

We join with the earth and with each other.

To bring new life to the land

To restore the waters

To refresh the air

We join with the earth and with each other.

To renew the forests

To care for the plants

To protect the creatures

We join with the earth and with each other.

To celebrate the seas

To rejoice the sunlight

To sing the song of the stars

We join with the earth and with each other.

To recall our destiny

To renew our spirits

To reinvigorate our bodies

We join with the earth and with each other.

To create the human community

To promote justice and peace

To remember our children

We join together as many and diverse expressions of one loving mystery: for the healing of the earth and the renewal of all life.

amen

postlude

announcements

Diocesan Leaders Honored in “Say Their Names: Honor Their Legacies” Exhibit

The Rev. Lillian Davis-Wilson and Justice Rose Sconiers are both featured in a new exhibit at the Buffalo History Museum titled, “Say Their Names: Honor Their Legacies,” which shares the stories, wisdom, and insights of Buffalo’s black community elders. The exhibit will be displayed **through April 14.**

Facet & Forge 2024 Coming Saturday, April 27, 5-9pm

Join us to celebrate the architectural details from an entirely new perspective. Our community of artisans transform space — you’ll never look at the structures around you the same way again! Embark on an exploration of stained glass creation at Facet & Forge 2024. This event is the perfect way to spend an evening immersed in the artistry and craftsmanship inherent in architectural glass art, mosaics, and other heritage building trades. With live demonstrations, explore Trinity campus as it can rarely be seen: from the perspective of the skilled artisans and tradespeople who built and continue to maintain our city’s fantastic buildings. [Learn more.](#)

Hamlin Park School Fundraiser

Hamlin Park School has reached out to Trinity for some help. They need gift baskets for their Saturday Academy on May 5. We hope to donate four or five baskets for a child or an adult. The baskets need not be elaborate and must be at Trinity by April 28. If you would like to help but are unable to make a basket, we would gladly take a cash donation and make a gift basket for you. There is a collection bin in the red carpet area. For more information, contact Sue Doherty: susandoherty50@hotmail.com or Catherine Lincoln: ccarrlincoln@gmail.com.

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

Marie Keane, MNMKKeane@gmail.com
Sara Merritt, smerrit172@gmail.com

Friends of Night People

We are looking for volunteers to help out at Friends of Night People which provides food, clothing, medical care, counseling, and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45-7. For more information, please speak to Emily Carlin or email: emily.g.carlin@gmail.com

Slow Down Yoga

Tuesdays @noon we learn and practice slowing down, tuning in, and taking care with a gentle, mindful yoga class for any level of skill. Facilitated by Heather Henry Rawlins, LMHC, RYT200, one of several therapists occupying Trinity spaces, this Hatha yoga-based practice moves with care to cultivate calm awareness, stability, and flexibility as well as practices for calming the nervous system and feeling grounded in the body—a good practice for interrupting the accumulations of stress in mind and body and feeling vividly present and full of ease. To sign up, click [here](#) or email Heather at hhenryrawlins@gmail.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.





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 our gifted pianist, Krista Seddon.

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, Christian, 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