



trinity @7

03.30.2025

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.

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

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

Wisdom from Barbara Kingsolver

Truth and love have been smacked down, so many more times in history before today. Truth, because it's often inconvenient, and love because it is vulnerable.

But truth is like gravity, and carbon, and the sun behind an eclipse: it's still there. And love stays alive if you tend it like a flame. If you feel crushed by unkindness today, it's a time for grieving, reaching out to loved ones, noticing one bright color somewhere in the day. Remembering what there is to love. Starting with the immediate, the place and people we can tend ourselves, and make safe. We can't save everything all at once, but it's still worth saving something. Because there are so many of us to do it.

And we are all still here today, exactly as we were yesterday. Like gravity, and carbon, and the sun behind an eclipse.

interlude

Two Small Gestures of Gratitude to Counteract Fear

by Brother David Steindl-Rast

1. Say one word today that will give a fearful person courage

All gratitude expresses trust. Suspicion will not even recognize a gift as gift: who can prove that it isn't a lure, a bribe, a trap? Gratefulness has the courage to trust and so overcomes fear. The very air has been electrified by fearfulness these days, a fearfulness fostered and manipulated by politicians and the media. There lies our greatest danger: fear perpetuates violence. Mobilize the courage of your heart. Say one word today that will give a fearful person courage.

2. Make a firm resolution never to repeat stories and rumors that spread fear. Because gratitude expresses courage, it spreads calm. Calm of this kind is quite compatible with deep emotions. In fact, mass hysteria fostered by the media betrays a morbid curiosity rather than deep feeling—superficial agitation rather than a deep current of compassion. The truly compassionate ones are calm and strong. Make a firm resolution never to repeat stories and rumors that spread fear. From the stillness of your heart's core reach out. Be calm and spread calm.

interlude

Barbara Kingsolver (b 1955) is a Pulitzer Prize-winning American novelist, essayist, and poet. Her widely known works include *The Poisonwood Bible*, the tale of a missionary family in the Congo, and *Animal, Vegetable, Miracle*, a nonfiction account of her family's attempts to eat locally. In 2023, she was awarded the Pulitzer Prize for Fiction for the novel *Demon Copperhead*. Kingsolver lives with her family on a farm in Meadowview, Virginia, a small town in southern Appalachia.

David Steindl-Rast (b. 1926) in Vienna, Austria, and in 1952 followed his family who had emigrated to the United States. He is a Benedictine monk who has extensively studied Eastern religions. For decades, Brother David divided his time between periods of hermit's life and extensive lecture tours on five continents.

Two More Small Gestures of Gratitude to Counteract Fear

by Brother David Stienl-Rast

3. Make contact with people whom you normally ignore

When you are grateful, your heart is open—open towards others, open for surprise. When disasters hit we often see remarkable examples of this openness: strangers helping strangers sometimes in heroic ways. Others turn away, isolate themselves, dare even less than at other times to look at each other. Violence begins with isolation. Break this pattern. Make contact with people whom you normally ignore—eye-contact at least—with the cashier at the supermarket, someone on the elevator, a beggar. Look a stranger in the eyes today and realize that there are no strangers.

4. Give someone an unexpected smile today

You can feel either grateful or alienated, but never both at the same time. Gratefulness drives out alienation; there is not room for both in the same heart. When you are grateful you know that you belong to a network of give-and-take and you say “yes” to that belonging. This “yes” is the essence of love. You need no words to express it; a smile will do to put your “yes” into action. Don’t let it matter to you whether or not the other one smiles back. Give someone an unexpected smile today and so contribute your share to peace on earth.

interlude

A Fifth Small Gesture of Gratitude to Counteract Fear

by Brother David Stienl-Rast

5. Listen to the news today and put at least one item to the test of Common Sense

What your gratefulness does for yourself is as important as what it does for others. Gratefulness boosts your sense of belonging; your sense of belonging in turn boosts your Common Sense—not the conventional mind set which we often confuse with it. The common sense that springs from gratefulness is incompatible with a set mind. It is just another name for thinking wedded to cosmic intelligence. Your “yes” to belonging attunes you to the common concerns shared by all human beings—all beings for that matter. In a world we hold in common, nothing else makes sense but Common Sense. We have only one enemy: Our common enemy is violence. Common Sense tells us: we can stop violence only by stopping to act violently; war is no way to peace. Listen to the news today and put at least one item to the test of Common Sense.

The five steps I am suggesting here are small, but they work. It helps that they are small: anyone can take them. Imagine a country whose citizens—maybe even its leaders—are brave, calm, and open towards each other; a country whose people realize that all human beings belong together as one family and must act accordingly; a country guided by Common Sense. To the extent to which we show ourselves not hateful but grateful this becomes reality.

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.



HELPER SIGNUP



announcements

Krista Seddon's Trinity Jazz Series

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

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.

Partnership with Hamlin School Academy through Say Yes Buffalo

Trinity has a partnership with Hamlin School Academy, grades Pre-K through Grade 8.

A Wellness Fair organized by Say Yes Buffalo will be held for families at Hamlin School Academy on Saturday, May 3. Trinity will be collecting items for this fair. Taking into consideration the ages of the students, the following is a list of suggested items:

Body wash

Hand wash

Dental hygiene products

Socks and underwear

Deodorant

Household cleaning products

Baby care products

First aid supplies such as Band-aids

Neosporin, hand sanitizer, cleansing wipes

Say Yes Buffalo's mission is to support a more equitable and thriving environment in which all Buffalo students have the opportunity to reach their full potential. A Say Yes representative is located in each school to support the school's mission and to provide special family programs.

If you are shopping, consider purchasing some of these items and bring them to the bin in the red carpet area of the main church or the bin in the chapel by **Sunday, April 27**.

Questions? Email Patti Nisbet, tudorspace@aol.com or

Sue Doherty susandoherty50@hotmail.com.

Volunteer at the Food Pantry 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!

Thank you

Chris Harzynski of Creative Restorations and Food Pantry would like to thank everyone who stopped by last Sunday to say hello and ask how they could help. We are most appreciative! Our immediate need is for: canned soups, pasta sauce, and personal hygiene items. We are unable to accept clothing at this time, however, new socks and underwear for both men and women would be greatly appreciated. We have a box outside our door for items, as well as in red carpet area in back of church. Thank you everyone!

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 - April 25 is the next scheduled date.

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

Trinity has a parking lot behind the church on Franklin Street. Parking is available for no fee on Sundays from 9am - noon. You can use the lot any other time you are in the neighborhood, too! Park at Trinity any time you would have to pay for parking in the neighborhood. Park in your church's lot instead so that Trinity gets the parking fee! Use your smartphone to pay. You may wish to download the Premium Parking app ahead of time to make it easier to park and go.



Soup & Discussion Lenten Program Wednesdays @6pm

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:

- **April 2: Trinity Buffalo: Wisdom!**
- April 9: St. Philips: Love!

To join by Zoom:

<https://us02web.zoom.us/j/89387046182?pwd=pRYCjRlUa1VWbiaklZMoJe9poW2Abs.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.

4th Sunday of Lent

SUNDAY, MARCH 30, 2025

HARDEST PART





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

Facebook: [@Trinitybuffalo](#)
YouTube: [Trinity Church Buffalo](#)
Instagram: [@trinity.church.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