



trinity @7

09.10.2023

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 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

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

interlude

Don't Hesitate

by Mary Oliver

If you suddenly and unexpectedly feel joy, don't hesitate.
Give in to it.
There are plenty of lives and
whole towns destroyed or about to be.
We are not wise, and not very often kind.
And much can never be redeemed.
Still life has some possibility left.
Perhaps this is its way of fighting back,
that sometimes something happened better
than all the riches or power in the world.
It could be anything, but very likely you notice
it in the instant when love begins.
Anyway, that's often the case.
Anyway, whatever it is, don't be afraid
of its plenty. Joy is not made to be a crumb.

interlude

Meditation on a Grapefruit

by Craig Arnold

To wake when all is possible

before the agitations of the day
have gripped you
 To come to the kitchen
and peel a little basketball
for breakfast
 To tear the husk
like cotton padding a cloud of oil
misting out of its pinprick pores
clean and sharp as pepper
 To ease
each pale pink section out of its case
so carefully without breaking
a single pearly cell
 To slide each piece
into a cold blue china bowl
the juice pooling until the whole
fruit is divided from its skin
and only then to eat

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.

Craig Arnold (1967 – 2009) was an American poet and professor. In April 2009, Arnold went missing on the small volcanic island of Kuchinoerabujima, Japan. He went for a solo hike to explore an active volcano on the island and never returned to the inn where he was staying. Arnold was not found, but his trail was found near a high cliff, and he was presumed to have died from a fall. (source: Wikipedia)

so sweet
a discipline
precisely pointless a devout
involvement of the hands and senses
a pause a little emptiness

each year harder to live within
each year harder to live without

interlude

How It Might Continue

by Rosemerry Wahtola Trommer

Wherever we go, the chance for joy,
whole orchards of amazement—
one more reason to always travel
with our pockets full of exclamation marks,
so we might scatter them for others
like apple seeds.
Some will dry out, some will blow away,
but some will take root
and grow exuberant groves
filled with long thin fruits
that resemble one hand clapping—
so much enthusiasm as they flutter back and forth
that although nothing's heard
and though nothing's really changed,
people everywhere for years to come
will swear that the world
is ripe with applause, will fill
their own pockets with new seeds to scatter.

interlude

From Blossoms

by Li-Young Lee

From blossoms comes
this brown paper bag of peaches
we bought from the boy
at the bend in the road where we turned toward
signs painted Peaches.

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 www.wordwoman.com

Li-Young Lee (b. 1957) is the son of Chinese political exiles who brought him to the US in 1964. The Poetry Foundation says of Lee, "Though sometimes described as a supremely lyric poet, Lee's poems often use narrative and personal experience or memories to launch their investigations of the universal."

From laden boughs, from hands,
from sweet fellowship in the bins,
comes nectar at the roadside, succulent
peaches we devour, dusty skin and all,
comes the familiar dust of summer, dust we eat.

O, to take what we love inside,
to carry within us an orchard, to eat
not only the skin, but the shade,
not only the sugar, but the days, to hold
the fruit in our hands, adore it, then bite into
the round jubilation of peach.

There are days we live
as if death were nowhere
in the background; from joy
to joy to joy, from wing to wing,
from blossom to blossom to
impossible blossom, to sweet impossible blossom.

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.

interlude



This blessing was
written by John
O'Donohue.

closing prayer for the road

May you have the grace and wisdom
To act kindly, learning to distinguish between what is
Personal and what is not.

May you be hospitable to criticism.

May you never put yourself at the center of things.

May you act not from arrogance but out of service.

May you work on yourself

Building up and refining the ways of your mind.

May you learn to cultivate the art of presence
In order to engage with those who meet you.

When someone fails or disappoints you

May the graciousness with which you engage

Be their stairway to renewal and refinement.

May you treasure the gifts of the mind

Through reading and creative thinking

So that you continue to be a servant of the frontier

Where the new will draw its enrichment from the old,

And you never become a functionary.

May you know the wisdom of deep listening,

The healing of wholesome words,

The encouragement of the appreciative gaze,

The decorum of held dignity,

The springtime of the bleak question.

May you have a mind that loves frontiers

So that you can evoke the bright fields

That lie beyond the view of the regular eye.

May you have good friends

To mirror your blind spots.

May leadership be for you

A true adventure of growth.

As we move our bodies to offer our prayers, move our hearts to have the
serenity, courage, and wisdom to embody your love in the world.

amen

postlude

announcements

Annual Meeting Update with Lunch!

You are invited to come to the annual meeting after the 10:30AM church service on **September 17** for a delicious lunch and fascinating update on our journey toward a sustainable future. Since January, members of the vestry and other Trinity leaders have been grappling with the very challenging reality of financial hardship for the church at a time in American history when doing church better will not turn our fortunes around. This challenge calls for us to transform how we use our building and how we relate to the community in ways we have never before

imagined. Opening ourselves to such transformation requires grounding in a thorough analysis of the particulars of our present situation while at the same time discerning what particulars can change. The leadership has been working thoughtfully, prayerfully and diligently to discover a path forward. Come hear from them about what they have found and share your thoughts and questions!

While enjoying lunch provided by Connie Ervin and Nina's Kitchen Committee, you will hear:

- a report on the survey we did in June, in which 89 people participated
- a report on the costs of maintaining and occupying the different buildings on our campus and how we can keep going until our plan can be realized and begin to sustain us
- what we have been able to learn from other churches tackling similar challenges
- several scenarios that are being explored, including some thrilling photos and artist's renderings.

Finally, you will be invited to think about how you can help us move along the path.

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 for free. The parking fees will not be enforced during Trinity events. But you can park in the lot any other time you are in the neighborhood, and 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 listed below or scan the QR code for the schedule. You can help the wider community appreciate the resources Trinity has to share. Post this link on your social media or email it to friends. Better yet, invite someone to come on the tour with you. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>



Comfort and Care Team

Please let the Comfort and Care Team members (listed below) know how we can be of help and support to you or someone you know who may be experiencing health or other life challenges. You may email anyone of us as we share with each other the information concerning the needs of those that reach out. Support may be offered in many ways such as a caring phone call, notes, information on resources, and a friendly visit. We can also assist with arranging needed meals. Our prayers are always offered. Sincerely, the Comfort and Care Team.

Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com;

Susie Green, susie432@gmail.com; Patti Nisbet, tudospace@aol.com;

Marie Keane, MNKeane@gmail.com; Sara Merritt, smerrit172@gmail.com;

Vickie Kearns, kearns.vr@gmail.com

Trinity Spaces for Rent

Our church has work spaces available for rent at 371 Delaware Ave. We hope to rent to groups or individuals that share our vision of community betterment. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group. If you know someone that would be a good fit, please share this QR code which links to a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>.



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



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/Trinity Church Buffalo)

 Instagram: [@trinity.church.Buffalo](https://www.instagram.com/trinity.church.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 reader.

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