



trinity @7

11.05.2023

## 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.*

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## welcome

### a moment with nature

### a centering prayer

Let us pray.

Autumn  
and our hearts  
are seeking grace.  
All around us  
nature bids us  
change.

Accept and give thanks  
for falling  
into surrender.

Into trust  
that we will be held  
and our brokenness  
made whole.

**amen**

### interlude

We watch a video on  
[https://www.  
nature365.tv](https://www.nature365.tv).  
Check it out. There  
is a new video daily,  
and it's free!

# Fall

by Edward Hirsch

Fall, falling, fallen. That's the way the season  
Changes its tense in the long-haired maples  
That dot the road; the veiny hand-shaped leaves  
Redden on their branches (in a fiery competition  
With the final remaining cardinals) and then  
Begin to sidle and float through the air, at last  
Settling into colorful layers carpeting the ground.  
At twilight the light, too, is layered in the trees  
In a season of odd, dusky congruences—a scarlet tanager  
And the odor of burning leaves, a golden retriever  
Loping down the center of a wide street and the sun  
Setting behind smoke-filled trees in the distance,  
A gap opening up in the treetops and a bruised cloud  
Blamelessly filling the space with purples. Everything  
Changes and moves in the split second between summer's  
Sprawling past and winter's hard revision, one moment  
Pulling out of the station according to schedule,  
Another moment arriving on the next platform. It  
Happens almost like clockwork: the leaves drift away  
From their branches and gather slowly at our feet,  
Sliding over our ankles, and the season begins moving  
Around us even as its colorful weather moves us,  
Even as it pulls us into its dusty, twilit pockets.  
And every year there is a brief, startling moment  
When we pause in the middle of a long walk home and  
Suddenly feel something invisible and weightless  
Touching our shoulders, sweeping down from the air:  
It is the autumn wind pressing against our bodies;  
It is the changing light of fall falling on us.

## interlude

### Little Gidding V

by T.S. Eliot

We shall not cease from exploration  
And the end of all our exploring  
Will be to arrive where we started  
And know the place for the first time.  
Through the unknown, remembered gate  
When the last of earth left to discover  
Is that which was the beginning;

Edward Hirsch (b 1950) is a published and award-winning poet, including a MacArthur Fellowship. Here's a great quote from him: *Poetry is the social act of a solitary person. When you're reading a poem you're not alone with your own feelings. I have always found that comforting.*

T.S. Eliot (1888 – 1965) was born in St. Louis, Missouri. Educated in the U.S., France and England, he settled in Great Britain. In 1927, Eliot became a British citizen and about the same time entered the Anglican Church. He was awarded the Nobel Prize in Literature in 1948.

The title, Little Gidding, is taken from the name of a village in Huntingdonshire where Nicholas Ferrar established an Anglican community in the 17th century. The poem, set at the Little Gidding chapel in winter and in London during World War II, addresses spiritual renewal.  
Source: Britannica.com

Roses, a traditional symbol of English royalty, represent all of England, but they also are made to stand for divine love, mercy, and the garden where the children in *Burnt Norton* hide (they reappear at the end of this poem).  
Source: sparknotes.com

At the source of the longest river  
The voice of the hidden waterfall  
And the children in the apple-tree  
Not known, because not looked for  
But heard, half heard, in the stillness  
Between the two waves of the sea.  
Quick now, here, now, always--  
A condition of complete simplicity  
(Costing not less than everything)  
And all shall be well and  
All manner of things shall be well  
When the tongues of flame are in-folded  
Into the crowned knot of fire  
And the fire and the rose are one.

## interlude

### Family Dog

author unknown

If you can start the day without caffeine or pep pills,  
If you can be cheerful, ignoring aches and pains,  
If you can resist complaining and boring people with your troubles,  
If you can eat the same food everyday and be grateful for it,  
If you can understand when loved ones are too busy to give you time,  
If you can overlook when people take things out on you when,  
through no fault of yours, something goes wrong,  
If you can take criticism and blame without resentment,  
If you can face the world without lies and deceit,  
If you can conquer tension without medical help,  
If you can relax without liquor,  
If you can sleep without the aid of drugs,  
THEN YOU ARE PROBABLY THE FAMILY DOG!

## interlude

### a quote on compassion

by Miller Williams

Have compassion for everyone you meet,  
even if they don't want it.  
What appears bad manners, an ill temper  
or cynicism is always a sign of things no ears  
have heard, no eyes have seen.  
You do not know what wars are going on  
down there where the spirit meets the bone.

Stanley Miller Williams (1930 – 2015) was an American contemporary poet, as well as a university professor, translator and editor. He produced over 25 books.

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 autumn months 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;

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

amen

postlude

# announcements

## Dziękuję!

### Krista Seddon In Concert

November 17, 7pm

#### Trinity Chapel

Celebrate the season of thanksgiving with Trinity's resident jazz pianist as she shares the fascinating backstories and incredible music of some of the world's most cherished peacemakers, including Dave Brubeck, Duke Ellington, Frederick Chopin, Sting, the Beatles, and more...

Krista and Trinity are offering this event in celebration of Krista's 20 years of musical collaboration and inspiration at Trinity. Tickets: \$50 Patron, \$30 Supporter

Thanks to Krista's generosity, your entire ticket purchase helps Trinity continue to thrive as a spiritual and artistic landmark in the heart of Buffalo.



## 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](mailto:emily.g.carlin@gmail.com)

## Comfort and Care Team

The Comfort and Care Team is here to help and support to 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](mailto:phoebemckay@gmail.com)

Marie Keane, [MNMKeane@gmail.com](mailto:MNMKeane@gmail.com)

Judy Atkinson-Miller, [jatk1812@gmail.com](mailto:jatk1812@gmail.com)

Sara Merritt, [smerrit172@gmail.com](mailto:smerrit172@gmail.com)

Susie Green, [susie432@gmail.com](mailto:susie432@gmail.com)

Vickie Kearns, [kearns.vr@gmail.com](mailto:kearns.vr@gmail.com)

Patti Nisbet, [tudorspace@aol.com](mailto:tudorspace@aol.com)

## Slow Down Yoga

Yoga has returned to Trinity! **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](mailto:hhenryrawlins@gmail.com)



## 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. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>



## Trinity Spaces for Rent

Our church has work space available for rent at 371 Delaware Ave. We hope to rent to an organization that shares our vision of community betterment. 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>.



### **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.

### **Remember Nina's Kitchen?**

Maybe you've forgotten or are new to Trinity, but we have a well-designed and useful kitchen right upstairs off the Marfield Room. Let's pull out the cutting boards and work bowls, and fire up the soup pot! It's time to roll with Sunday lunch/ brunch and whatever ideas we imagine for gathering at the table(s.) If you are curious and want to join a "kitchen crew," please contact Judy Atkinson Miller at [jatk1812@gmail.com](mailto:jatk1812@gmail.com).





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

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 YouTube: [Trinity Church Buffalo](https://www.youtube.com/TrinityChurchBuffalo)

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[www.trinitybuffalo.org](http://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, 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](mailto: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