



trinity @7

04.14.2024

Cover photo by
Matt Lincoln

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.

Love After Love

by Derek Walcott

The time will come
when, with elation,
you will greet yourself arriving
at your own door, in your own mirror,
and each will smile at the other's welcome,

and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you

all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,

the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

interlude

Sabbaths VIII

by Wendell Berry

the question before me, now that I
am old, is not how to be dead,
which I know from enough practice,
but how to be alive, as the worn
hills still tell, and some paintings
of Paul Cezanne, and this mere
singing wren, who thinks he's alive
forever, this instant, and may be.

interlude

Time . . .

by Valerie Cox

It's time to hasten slowly, take flight on wings of clay,
through mists of disillusion where we'll lose then find our way.
Confusing pain with pleasure, rejoicing as we grieve,
it's time to feel confusion, to know yet disbelieve.

Derek Walcott (b. 1930) was born in St Lucia, West Indies. He is a poet and a playwright. In 1992, he received the Nobel Prize for Literature.

Wendell Berry (b. 1934), author of poetry and fiction and nonfiction, was born and raised in rural Kentucky. His writing reveals a steadily growing concern with the abuse of the land and with the need to restore the balance of nature.

Valerie Cox is very difficult to find on the Internet. There is a Valerie Cox who is a retired broadcaster in Ireland. She may, or may not, have written this poem.

It's time to trust but doubtfully: Concede that black is white.
Deny that there are shades of grey as day turns into night.
Not knowing truth from cheating, we question as we smile.
It's time to sift and separate the innocence from guile.

It's time to love, but warily. Protection from the pain.
Three steps forward, two steps back, we wax and then we wane.
Unsure of why we're yearning, the head must rule the heart.
It's time to be together whilst being torn apart.

It's time for contradictions for losers often win.
Our pasts become our futures, we end and then begin.
Reborn from past relationships but wounded in the fray.
It's time for faith and honesty and time perhaps to pray.

interlude

Quotes from “The Anthropocene Reviewed”

by John Green

For me, finding hope is not some philosophical exercise or sentimental notion; it is a prerequisite for my survival.

interlude

I am thoughtful—full of thoughts, all the time, inescapably, exhaustingly.
But I am also mindless—acting in accordance with default settings I neither understand nor examine.

interlude

You can't see the future coming—not the terrors, for sure, but you also can't see the wonders that are coming, the moments of light-soaked joy that await each of us.

interlude

To fall in love with the world isn't to ignore or overlook suffering, both human or otherwise. For me anyway, to fall in love with the world is to look up at the night sky and feel your mind swim before the beauty and the distance of the stars. It is to hold your children while they cry and watch the sycamore trees leaf out in June. When my breastbone starts to hurt, and my throat tightens and tears well in my eyes, I want to look away from feeling. I want to deflect with irony or anything else that will keep me from feeling directly. We all know how loving ends. But I want to fall in love with the world anyway, to let it crack me open. I want to feel what there is to feel while I am here.

John Green (b 1977) is an American author, YouTuber, podcaster, and philanthropist. His books, many written for the young adult audience, have more than 50 million copies in print worldwide. Tonight's quotes are taken from *The Anthropocene Reviewed: Essays on a Human-Centered Planet*, published in 2021. The essays are alternately amusing, insightful, and deeply moving, sometimes all three.

interlude

reflection with 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

Trinity Discussion Group: Israel and Gaza from Multiple Perspectives

The situation of Israel and Gaza is a very complicated issue that has been in the news over recent months. Over four Wednesdays **starting April 17**, we explore the land of Palestine's historical, religious, and cultural connections from both a Muslim and Jewish perspective.

Join Tim Lane and Jeffrey Tooke on Wednesdays at 7pm using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672

Passcode: trintalk

For more information, send an email to Jeffrey Tooke at jeffreytooke@outlook.com.

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: ccarlincoln@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

Marie Keane, MNMKeane@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@gmail.com

Patti Nisbet, tudorspace@aol.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.



Volunteers Needed for Facet & Forge

We are looking for volunteers to help sell merchandise for Trinity at the Facet and Forge event on April 27. The event goes from 5pm to 9pm with setup @4:30pm. Contact Tim Lane t.w.lane@outlook.com with questions or to sign up for a timeslot.



Explore, create, and discover at Facet & Forge 2024. Join us to celebrate the architectural details of Buffalo from an all-new perspective - You'll never look at Western New York the same way again!



Learn about Buffalo's preservation and trades, including the construction and preservation of Trinity's campus.



See professionals forging, melting, mosaicing, and creating glass in LIVE demonstrations!

Create your own mini fused glass window.



Experience Trinity's historic and original windows illuminated in a totally unique way.



Get your tickets today!

Saturday, April 27th
5:00pm - 9:00pm
Trinity Buffalo
371 Delaware Ave



**STAINED GLASS
ASSOCIATION OF AMERICA
FOUNDATION**

For more information: <http://stainedglass.org>



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