



trinity @7

10.01.2023

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.

Enter with me that still place within,
where we find not only our inmost selves,
but also our connection to that
creative and transforming sacred mystery we call G-o-d.

(Silence)

We come into one another's presence seeking some part of ourselves,
knowing that we do not live alone,
knowing that we cannot live fully
if we are for ourselves alone.

We come as ordinary people,
each with strengths and each with weaknesses,
aware of our shortcomings.

Our lives set before us many tasks.
We are not always equal to them.
Too often we fall short of our best expectations of ourselves.

And yet, here we are,
not always perfect,
not always wise,
but always wondrously and mysteriously human.

May our time together renew our hope.
May the poems we share refresh our courage.
May the music we hear lift our spirits.

amen

interlude

Prayer excerpted
from a longer prayer
written by Rex A
E Hunt, a religious
naturalist and
progressive liturgist
from Australia. We
also changed the
ending reference to
poems and music to
fit Trinity @7.

Daily Communion at the MiniMart on Rte 31

by Brooke James

You can find us here
most every day at dawn,
some in finery,
some in flannel,
bowed and shuffling forward
in a single silent line,
waiting our turn
for Gladys to call us Hon,
to pour fresh hot brew
into our empty cups,
to place a cruller dusted with sugar
in our outstretched hands.
We drop coins into a basket,
murmur thanks, lift our heads,
walk out into the sunlight,
then pause to spend some time

leaning into one another—
How about Afghanistan,
that hurricane down south,
those fires out west,
the damn Delta variant
and, tell me, how's your wife,
your husband mother father
sister brother daughter son,
your job, your health
and that chicken of yours,
the one with the broken leg?
We climb into our cars,
wave to one another, drive off,
one hand on the wheel,
the other holding steady
our cup of Joe.

Brooke James won her first creative writing award in eighth grade. Then she did a bunch of other things like going to college, public health nursing, and raising three kids. Now she writes. She lives in a very old house in Vermont with her husband, one donkey, four chickens and a dog. (Actually, the donkey and the chickens live in the barn.)

interlude

Neighbors

by James Crews

Where I'm from, people still wave
to each other, and if someone doesn't,
you might say of her, She wouldn't
wave at you to save her life—
but you try anyway, give her a smile.
This is just one of the many ways
we take care of one another, say: I see you,
I feel you, I know you are real. I wave
to Rick who picks up litter while walking
his black labs, Olive and Basil—
hauling donut boxes, cigarette packs
and countless beer cans out of the brush
beside the road. And I say hello
to Christy, who leaves almond croissants
in our mailbox and mason jars of fresh-
pressed apple cider on our side porch.
I stop to check in on my mother-in-law—
more like a second mother—who buys us
toothpaste when it's on sale, and calls
if an unfamiliar car is parked at our house.

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

We are going to have to return to this way of life, this giving without expectation, this loving without conditions. We need to stand eye to eye again, and keep asking— no matter how busy— How are you, how's your wife, how's your knee?, making this talk we insist on calling small, though kindness is what keeps us alive.

interlude

When Giving Is All We Have

by Alberto Rios

One river gives
Its journey to the next.

We give because someone gave to us.
We give because nobody gave to us.
We give because giving has changed us.
We give because giving could have changed us.
We have been better for it,
We have been wounded by it—
Giving has many faces: It is loud and quiet,
Big, though small, diamond in wood-nails.
Its story is old, the plot worn and the pages too,
But we read this book, anyway, over and again:
Giving is, first and every time, hand to hand,
Mine to yours, yours to mine.
You gave me blue and I gave you yellow.
Together we are simple green. You gave me
What you did not have, and I gave you
What I had to give—together, we made
Something greater from the difference.

interlude

Alberto Ríos (b. 1952) was born and raised in Nogales, Arizona. The Poetry Foundation says that he “has won acclaim as a writer who uses language in lyrical and unexpected ways in both his poems and short stories, which reflect his Chicano heritage and contain elements of magical realism.”

One Morning

by Rosemerry Wahtola Trommer

One morning
we will wake up
and forget to build
that wall we've been building,
the one between us
the one we've been building
for years, perhaps
out of some sense
of right and boundary,
perhaps out of habit.

One morning
we will wake up
and let our empty hands
hang empty at our sides.
Perhaps they will rise,
as empty things
sometimes do
when blown
by the wind.
Perhaps they simply
will not remember
how to grasp, how to rage.
We will wake up
that morning

and we will have
misplaced all our theories
about why and how
and who did what
to whom, we will have mislaid
all our timelines
of when and plans of what
and we will not scramble
to write the plans and theories anew.

On that morning,
not much else
will have changed.
Whatever is blooming
will still be in bloom.
Whatever is wilting
will wilt. There will be fields
to plow and trains
to load and children
to feed and work to do.
And in every moment,
in every action, we will
feel the urge to say thank you,
we will follow the urge to bow.

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

interlude

reflection

interlude

meditation



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

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

We draw near to each other in the presence of a Holy Weaver.
That we may see afresh.
That we may hear anew.
That we may act again with vigour.

May there be many new patterns woven among us:
patterns of peace between strangers,
patterns of love between friends,
patterns of hope among the hopeless,
patterns of joy among the sorrowful.

And may we be brokers of a spirit of new hope with all people,
to the ways we cope with life,
to the ways we embrace the present,
and the ways we think about the future.

amen

postlude

announcements

Trinity Discussion Group: When We Get Angry at God

Do you ever get mad at God? Anger at God can produce several emotions and can affect our relationships with people and with God. On Wednesdays, we watch a short video and discuss the anger we can feel with God and how it can have a transforming effect on our lives. Join Tim Lane and Jeff Tooke on **Wednesdays @7pm** using the zoom link below:

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

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions, please email Jeffrey Tooke at jeffreytooke@outlook.com.

Annual Pet Blessing in Honor of St. Francis

In the courtyard, **Saturday, October 7**, 1pm -3pm.

Trinity Halloween Party - Friday, October 27

It's time to dust off your costumes and mark your calendars for "Trinitreat" on **Friday, October 27**, a night of fun and games for folks of all ages. Contact Tim Lane t.w.lane@outlook.com or Kayla Kisenwether kkisenwether@gmail.com if interested in helping make this event a spooktacular success.

Barbecue Chicken Dinner on November 5!

Order early, order often. Trinity will be selling Weidner's chicken for takeout on **Sunday, November 5**, from right after the morning service until 1pm. Dinners are \$15 and include macaroni and cheese and glazed baby carrots. Yum. We'll also have desserts available that day for cash sales. Dinners are pre-sale only. Proceeds to support Trinity!

Your Thoughts Needed Again! Followup Survey

On September 17, Trinity folks met in the Marfield Room to talk about the situation that we find ourselves in as a congregation and possible visions for what the future might look like. A major part of what guided that work was your feedback from this summer's Priorities survey. <<[You can watch the video of that presentation!](#)>> At the end of that meeting, we were all asked to reflect on where we heard God in these ideas, what parts brought us alive, and how we each would personally like to act on it. With the benefit of some time to think about these things more deeply, we once again ask you to share your thoughts with us and to commit yourself to the work we have to do. Please go <<[here](#)>> to share your opinions, your questions, but most importantly your gifts and talents in service of the work ahead.

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; Judy Atkinson-Miller, jatk1812@gmail.com; Susie Green, susie432@gmail.com; Patti Nisbet, tudorspace@aol.com; Marie Keane, MNMcKeane@gmail.com; Sara Merritt, smerrit172@gmail.com; Vickie Kearns, kearns.vr@gmail.com

Slow Down Yoga

Yoga is returning to Trinity! **Tuesdays @noon** we will 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 will move 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.

Heather is a licensed mental health counselor and a registered yoga teacher. She's practiced yoga for 23 years and began teaching in 2018. She weaves mindfulness, somatic awareness, and self-compassion practices through the execution of both vocations. For more information go to <https://www.groundedinbirdsong.org/yoga> 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 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. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>



QR for presentation



QR for





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

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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.



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