



trinity @7

04.21.2024

Cover photo by
Lynn Ungar, one of
tonight's poets.
The camas lily is a
Pacific Northwest
native wildflower.

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.

Learning to Let Go

by Danna Faulds

There is a flow from the unseen,
an invisible river of grace
that's strong enough to carry me,
but only if I stop flailing about
in fear. The key is to relax and float,
to let the current take me.
I'm so used to struggling
and striving, it is surprisingly
hard to stop. Even when
I remind myself that what
I'm releasing into is love,
light, harmony, and healing,
it's still not easy for me to trust.
I'm learning, though. Slowly,
very slowly, I'm learning to let go.

interlude

All the Hemispheres

by Hafiz, translated by Daniel Ladinsky

Leave the familiar for a while.
Let your senses and bodies stretch out
Like a welcomed season
Onto the meadows and shores and hills.
Open up to the Roof.
Make a new water-mark on your excitement
And love.
Like a blooming night flower,
Bestow your vital fragrance of happiness
And giving
Upon our intimate assembly.
Change rooms in your mind for a day.
All the hemispheres in existence
Lie beside an equator
In your heart.
Greet Yourself
In your thousand other forms
As you mount the hidden tide and travel
Back home.

Danna Faulds is an American poet who credits the practice of meditation with giving her reliable access to a vivid inner life and creative voice. She is the author of seven books of poetry.

Hafiz was a 14th century Sufi mystic who expressed love for the divine through poetry.

The Sun magazine says, "Ladinsky's half dozen books are perennial bestsellers in the poetry category, earning widespread praise for popularizing the mystical verse of medieval Muslims among modern English-speakers of many faiths. They have also earned the ire of others who consider his work to be an act of charlatanry or spiritual opportunism and say he is dishonoring Iranian culture and Islamic tradition." In introductions to his books, Daniel Ladinsky notes that he offers interpretations and renderings of the poets, rather than literal or scholarly translations.

All the hemispheres in heaven
Are sitting around a fire
Chatting

While stitching themselves together
Into the Great Circle inside of
You.

interlude

Moving Water

by Mawlana Jalaluddin Rumi, translated by Coleman Barks

When you do things from your soul, you feel a river
moving in you, a joy.

When actions come from another section, the feeling
disappears.

Don't let others lead you. They may be blind or, worse, vultures.
Reach for the rope of God.

And what is that? Putting aside self-will.
Because of willfulness
people sit in jail, the trapped bird's wings are tied,
fish sizzle in the skillet.

The anger of police is willfulness. You've seen a magistrate
inflict visible punishment.
Now see the invisible. If you could leave your selfishness, you
would see how you've been torturing your soul. We are born and live inside
black water in a well.

How could we know what an open field of sunlight is? Don't
insist on going where you think you want to go. Ask the way to the
spring. Your living pieces will form
a harmony.

There is a moving palace that floats in the air
with balconies and clear water flowing through,
infinity everywhere, yet contained
under a single tent.

interlude

Mawlana Jalaluddin
Rumi (1207 – 1273)
was a Persian poet,
jurist, theologian,
and Sufi mystic.

Coleman Barks
teaches at the
University of
Georgia and
is one of the
most renowned
translators and
interpreters of
Rumi's work.

Camas Lilies

by Lynn Ungar

Consider the lilies of the field,
the blue banks of camas opening
into acres of sky along the road.
Would the longing to lie down
and be washed by that beauty
abate if you knew their usefulness,
how the natives ground their bulbs
for flour, how the settlers' hogs
uprooted them, grunting in gleeful
oblivion as the flowers fell?
And you—what of your rushed
and useful life? Imagine setting it all down—
papers, plans, appointments, everything—
leaving only a note: "Gone
to the fields to be lovely. Be back
when I'm through with blooming."
Even now, unneeded and uneaten,
the camas lilies gaze out above the grass
from their tender blue eyes.
Even in sleep your life will shine.
Make no mistake. Of course
your work will always matter.
*Yet Solomon in all his glory
was not arrayed like one of these.*

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.

The Rev. Dr. Lynn Ungar is a poet and a freelance Unitarian Universalist minister offering supply preaching. She is also a dog trainer. She lives in Vancouver, Washington with her two Australian Shepherds.



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. On **Wednesdays** through May 8, 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: ccarrlincoln@gmail.com.

Volunteers Needed for Facet & Forge

Explore, create, and reconsider at Facet & Forge this month. This fundraiser supports the artistic stained glass treasures of Trinity Church, and SGAA requests our help. If you are available to volunteer **Saturday, April 27**, please sign up at: <https://www.signupgenius.com/go/10C0E4AACAD2FA7F8C34-48783913-facet#/>



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.

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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.

Thanks to John Seib for tonight's reflection/meditation.

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