



trinity @7

02.02.2025

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.

welcome

You can sign up to receive a daily video from nature365. And it's free! Go to <https://www.nature365.tv>

a moment with nature

a centering prayer

Let us pray.

We pray for another way of being:
another way of knowing.

Across the difficult terrain of our existence
we have attempted to build a highway
and in so doing have lost our footpath.

God lead us to our footpath:

Lead us there where in simplicity
we may move at the speed of natural creatures
and feel the earth's love beneath our feet.

Lead us there where step-by-step we may feel
the movement of creation in our hearts.

And lead us there where side-by-side
we may feel the embrace of the common soul.

Nothing can be loved at speed.

God lead us to the slow path; to the joyous insights
of the pilgrim; another way of knowing: another way of being.

amen

interlude

Centering prayer
written by Michael
Leunig, Australian
cartoonist
and author.

Winter: Tonight: Sunset

by David Budbill

Tonight at sunset walking on the snowy road,
my shoes crunching on the frozen gravel, first
through the woods, then out into the open fields
past a couple of trailers and some pickup trucks, I stop
and look at the sky. Suddenly: orange, red, pink, blue,
green, purple, yellow, gray, all at once and everywhere.
I pause in this moment at the beginning of my old age
and I say a prayer of gratitude for getting to this evening
a prayer for being here, today, now, alive
in this life, in this evening, under this sky.

interlude

Winter Mornings

by James Crews

When I can no longer say thank you
for this new day and the waking into it,
for the cold scrape of the kitchen chair
and the ticking of the space heater glowing
orange as it warms the floor near my feet,
I know it is because I've been fooled again
by the selfish, unruly man who lives in me
and believes he deserves only safety
and comfort. But if I pause as I do now,
and watch the streetlights outside winking
off one by one like old men closing their
cloudy eyes, if I listen to my tired neighbors
slamming car doors hard against the morning
and see the steaming coffee in their mugs
kissing their chapped lips as they sip and
exhale each of their worries white into
the icy air around their faces—then I can
remember this one life is a gift each of us
was handed and told to open: Untie the bow
and tear off the paper, look inside
and be grateful for whatever you find
even if it is only the scent of a tangerine
that lingers on the fingers long after
you've finished eating it.

interlude

David Budbill (1920 – 2016) was a poet and playwright from Cleveland, Ohio who spent his career in New England. He received a degree in theology from Union Seminary in New York City.

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

Joseph Stroud
(b 1943) is an
American poet,
born, raised, and
still living in
California.

Manna

by Joseph Stroud

Everywhere, *everywhere*, snow sifting down,
a world becoming white, no more sounds,
no longer possible to find the heart of the day,
the sun is gone, the sky is nowhere, and of all
I wanted in life – so be it – whatever it is
that brought me here, chance, fortune, whatever
blessing each flake of snow is the hint of, I am
grateful, I bear witness, I hold out my arms,
palms up, I know it is impossible to hold
for long what we love of the world, but look
at me, is it foolish, shameful, arrogant to say this,
see how the snow drifts down, look how happy
I am.

interlude

Are you awake?

by Julia Fehrenbacher

If you have not
seen beauty today
you are not looking. Eyes are open.
Legs move. Yet

you yawn your way
through another assumed
day. You pray for something
different, curse rain

for falling, shoo away
what you decide
is wrong. You throw open
every window
and look out and out
and out.

Please stop
the mindless doing
and come close.

Do you hear it?

Rest your hand
on your humming heart.

Do you feel it?

Julia Fehrenbacher
is an author, a poet,
a painter and a
mom who is always
looking for ways
to spread a little
good around in this
world. She lives in
Corvallis, Oregon.

Feet rooted to ground fire
that never stops
burning. The slow drip
of honey.

Please stop and remember
that every unlikely bit of it
is laced in sunlight, all
of it quietly conspiring
to turn you toward true, toward you.

The kettle is whistling— are you awake?

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

O gracious Light
source of all light
source of all life
source of all love imbued in all things:

Now that we have come to the end of the day, and our eyes behold the
vesper light, we sing our gratitude,
our thanksgiving to you.

**In peace we come,
in peace we listen,
in peace we hope, for peace we pray.
amen**

postlude



announcements

Krista Seddon's Trinity Jazz Series

"Four Crown Jewels of Buffalo's Musical Heyday: The Artists, Their Stories, Their Music"

February 14 @7pm "Colored Musicians Club"

March 14 @7pm "The Statler Downtown Room"

April 11 @7pm "Kleinhans Music Hall"

May 9 @7pm "Shea's Performing Arts Center"

All concerts are held in the Trinity Chapel, 371 Delaware Ave

[Purchase tickets here](#) or scan the QR code. Tickets also available at the door.

If you'd like to help make this evening a success, please [sign up here](#) to volunteer or scan the QR code.

There are various roles needed including tickets sales and reception setup and cleanup.

Coldest Night of the Year

It's Year 4 of the Coldest Night of the Year Walk in Buffalo, supporting Compass House. This year's walk will take place on **Saturday, February 22**, kicking off at the Parkside Lodge. This all-ages walk raises funds and awareness for the mission of Compass House which is to support homeless and runaway youth and young adults in the Buffalo area. Visit cnoy.com/buffalo and search Team Trinity to join us at Delaware Park or to support with a donation to Compass House! Email Missy Stolfi at missy.stolfi@gmail.com with any questions.

Hamlin Park School Monthly Community Event

Each event has a theme and is open to all. They are always looking for volunteers. The times and dates are:

Saturday Academy 10am-1pm: March 8, April 5, May 3

Thursday Evening 4:30-6pm: April 3

Trinity members would be welcome to any of these. You can contact the Say Yes To Education coordinator Nikki Cocerez at ncocerez@sayyesbuffalo.org or (716)388-1572 for more information,

Volunteer Opportunities With One of our Partners

Creative Restorations is seeking dedicated volunteers to assist with the operation of their food pantry which serves those in need in our community. They are looking for help on **Mondays** from **9am-Noon**, **Wednesdays** from **12-3pm**, and **Fridays** from **3-6pm**. If you are interested in lending a hand and making a difference, please reach out to Chris Harzynski at 716-553-4886. Your support would be greatly appreciated!

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

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 or scan the QR code for the schedule. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>

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.

PURCHASE TICKETS



HELPER SIGNUP





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 Krista Seddon, our gifted pianist.

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, Christian, 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