



trinity @7

05.04.2025

## 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.

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## 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

In this moment of life, may we be sustained  
in the silence of our own thoughts and reflections . . .

Let us quiet the throbbings of the past week.  
May we become the people we are meant to be. (Pause)

May we in our gathering and this sacred space be blessed.  
May we open ourselves ever more fully  
to that mystery which lures us onward  
toward life and creativity.  
May we hold one another  
in the deep and tender places with compassion,  
and may we grace one another  
by sharing our own vulnerabilities,  
being ever mindful of the divinity within that makes soul mates of us all . . .

**amen**

## interlude

Our centering prayer is written by Rex A E Hunt and excerpted from a longer version.

# I Worried

by Mary Oliver

I worried a lot. Will the garden grow, will the rivers  
flow in the right direction, will the earth turn  
as it was taught, and if not how shall  
I correct it?

Was I right, was I wrong, will I be forgiven,  
can I do better?

Will I ever be able to sing, even the sparrows  
can do it and I am, well,  
hopeless.

Is my eyesight fading or am I just imagining it,  
am I going to get rheumatism,  
lockjaw, dementia?

Finally I saw that worrying had come to nothing.  
And I gave it up. And took my old body  
and went out into the morning,  
and sang.

## interlude

# Untitled

by Jack Ridl

I trust what my body says.  
It is soft-spoken, never shouts,  
gently whispers or nudges me into place.  
I think you know what I mean.

Yesterday, it told me to go to the market  
and buy a box of graham crackers.  
I did. But it didn't want the crackers,  
just the walk to market and back.  
Maybe another day.

Today, I feel it taking me outside.  
"It's sunny," it says.  
And I agree.

## interlude

Mary Oliver (1935-2019) wrote verse that focused on the quiet occurrences of nature. In addition to such major awards as the Pulitzer and National Book Award, Oliver received fellowships from the Guggenheim Foundation and the National Endowment for the Arts. Much of Ms. Oliver's writing is based on her beloved Cape Cod where she lived for 40 years with her life partner, the photographer Molly Malone Cook.

Jack Ridl (b. 1944) is a graduate of Westminster College in Pennsylvania and a retired academic and author of several collections of poetry about which Li -Young Lee has said, "What a gift it is to have this impressive collection from Jack Ridl. Reading his poetry is like hearing from a neighbor who has lived his entire life with the most profound attention and care."

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 resumed her practice of a poem a day. Visit her at [www.wordwoman.com](http://www.wordwoman.com)

## How It Is Now

by Rosemerry Wahtola Trommer

In every moment, doors appear—  
not literal, of course, with knobs and locks,  
but metaphoric, yes, with thresholds and casings  
and simple invitations I feel  
in my body, an architecture of possibility.  
I didn't used to notice them.  
Was it because they weren't there,  
or because I simply had not yet learned  
to see them? Now I marvel  
at how omnipresent they are,  
and all they ask of me is that I choose  
to step through them or not.  
I recognize them more in my body  
than with my mind. As if the body  
has spent decades learning, oh, this is what  
it feels like when a door appears.  
As if the mind is at last learning to say  
yes, body, I believe you. Now I trust  
that I can change everything with  
just one step across that invisible  
threshold. Or not. Now I know  
once I take that step, I can't return  
to the place I had been. And there will always be  
another door. Another door. Another door.

## interlude

## How We Heal

by James Crews

This is how we heal, one cell  
at a time, drawing in the nutrients  
and air offered to the body,  
which rejoices in stillness  
as the maple celebrates a pummeling  
rain in spring, even the patches  
of lichen on its branches and trunk  
glowing greener in the meager light  
of dusk. We heal by asking  
for what we need from the ground  
we stand on, roots reaching out—  
calling, speaking to others moving  
in their own slow-motion way  
toward the wholeness that is this  
leafing out from tight red buds  
whose blush you can barely see  
at first, like color rising up,  
returning to the face.

James Crews is the editor of several best-selling anthologies and author of volumes of poetry and essays. He leads workshops and retreats on mindfulness, kindness, and writing. He lives in Vermont with his husband in the woods of Southern Vermont.

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,  
Gather your wisdom around us,  
Guide us carefully as we make choices  
about how to use our energy positively.  
place your discerning touch on our minds  
so that we will think clearly.  
place your loving fingers on our hearts so that we will be more fully  
attentive  
to what is really of value.

Teach us to hear your voice,  
to be aware of what is in our minds and hearts,  
to attend to your wisdom in those around us,  
to acknowledge our intuitions and ponder our dreams,  
to listen to the earth and all of life,  
for in each piece of our existence you are guiding us.

Guide of our lives,  
thank you for all you have given to us.  
Reveal our spiritual path  
and direct us in the living of it.  
Lead us to inner peace and oneness with you.

**amen**

postlude

The closing prayer  
was written by  
Joyce Rupp who  
calls it, "Psalm for  
Guidance."





# announcements

## Trinity Discussion Group: Spring 2025 Book Study

Join Tim Lane and Jeffrey Tooke on Wednesdays @7pm via [Zoom](#) (Meeting ID: 816-6863-4672 Passcode: trintalk) starting **Wednesday, May 7** for a seven-week book study of John Pavlovitz's new book *Worth Fighting For: Finding Courage and Compassion When Cruelty Is Trending*. Explore how to maintain our Christian values and perspective within the current challenging environment that threatens our democracy and our desired values of compassion and mercy. Books are available to borrow from the church or purchase [here](#). Please email Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com) for more information.

## Krista Seddon's Trinity Jazz Series

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

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

The concert is being 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.

## Compass House Golf Classic

Join our friends at Compass House for the Richard L. Martin Memorial Golf Classic! Get ready for a fun-filled day at River Oaks Golf Club in Grand Island on **Monday, June 23**, filled with great food, an exciting raffle, amazing prizes, and fantastic golf — all in support of the homeless and runaway youth at Compass House. Tickets are available now using the link or QR code.

To volunteer at the event, reach out to Adam Noonan at [anoonan@compasshouse.org](mailto:anoonan@compasshouse.org) or Missy Stolfi [missy.stolfi@gmail.com](mailto:missy.stolfi@gmail.com) can connect you. Tickets: [click here](#).

## 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](mailto:phoebemckay@gmail.com)

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

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

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

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

## Explore Buffalo - May 29 is the next scheduled date.

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

Trinity has a parking lot behind the church on Franklin Street. Parking is available for no fee on Sundays from 9am - noon. You can use the lot any other time you are in the neighborhood so that Trinity gets the parking fee! Use your smartphone to pay. You may wish to download the Premium Parking app ahead of time to make it easier to park and go.

PURCHASE TICKETS



HELPER SIGNUP





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](http://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, 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](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