



trinity @7

05.11.2025

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

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.

Fixing Broken Things

by Lynn Levin

Some objects are beyond repair, a shattered glass
an obsolete computer, an old wife who must
be swapped for one who's younger, cuter

a home exploded by a storm, a busted reputation
a banged-up auto only good for scrap
a kidney-damaged senior cat.

Think then of things not completely lost
though by gravity and clumsiness attacked. Consider
kintsugi, the Japanese art of piecing back

broken bowls with golden glue: the shining mends
the imperfections honored, the damaged
the storied, treasured just as much as new

or even more. Witness the prodigal redeemed
after his many falls. The tales you don't want
to hear though he's rebuilt, clean and sober now
and stronger at the seams for all you know

interlude

Excerpt from "A Poem for My Daughter"

by Teddy Macker

The Navajo people,
it is said,
intentionally wove
(*intentionally!*)
obvious flaws into their sacred quilts ...
Why?

It is there, they say,
in the "mistake,"
in the imperfection,
through which the Great Spirit moves.

interlude

Lynn Levin is a poet and writer. Her poems, short stories, and essays appear widely. She teaches writing and literature at Drexel University and lives in Bucks County, Pennsylvania.

Teddy Macker teaches creative writing and literature at the University of California, Santa Barbara. His own writings—poems, short stories, essays, and translations—appear widely: *the Antioch Review*, *New Letters*, *Orion*, *the Southern Humanities Review*, *The Massachusetts Review*, *The Sun*, various anthologies, and elsewhere. An orchardist, Macker lives with his wife and two daughters on a small farm in Carpinteria, California.

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.

Kintsugi Again

by James Crews

In the Japanese art of mending ceramics with powdered gold, no one ever talks about how they'd leave the pots, cups, and cracked bowls broken for a while, sometimes whole generations. And so I say to you: let your heart stay shattered in your chest, let it ache. Some may claim you've now been broken open, and can let in the light. This might be true, but before you rush to gloss over the wounds, filling the holes with gold so they glimmer, try to find beauty in the broken places too, proof of where the fire left its marks on you.

interlude

Blessing for the Broken-Hearted

by Jan Richardson

There is no remedy for love but to love more.

Henry David Thoreau

Jan Richardson is an artist, writer, and ordained minister in the United Methodist Church. Rev Richardson resides in Florida and serves as director of The Wellspring Studio, LLC. She has traveled widely as a retreat leader and conference speaker.

Let us agree
for now
that we will not say
the breaking
makes us stronger
or that it is better
to have this pain
than to have done
without this love.

Let us promise
we will not
tell ourselves
time will heal
the wound,
when every day
our waking
opens it anew.

Perhaps for now
it can be enough
to simply marvel
at the mystery
of how a heart

so broken
can go on beating,
as if it were made
for precisely this—

as if it knows
the only cure for love
is more of it,

as if it sees
the heart's sole remedy
for breaking
is to love still,

as if it trusts
that its own
persistent pulse
is the rhythm
of a blessing
we cannot
begin to fathom
but will save us
nonetheless.

interlude

reflection

interlude

meditation

interlude with candle lighting

While Lisa 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.

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

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

announcements

Trinity Discussion Group: Spring 2025 Book Study

Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** through June 18 via [Zoom](#) (Meeting ID: 816-6863-4672 Passcode: trintalk) for a 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 for more information.

Pride Paraders Wanted!

Sunday, June 1, meet at Buffalo State College @10am. Shirts can be ordered by **May 25**, \$TBD. Decorating the float for a wedding theme on **Thursday, May 29**. Artificial flowers will be needed. Please contact Christian at 716-830-4365 or christian.eshelman@yahoo.com

Jung Center of Buffalo to host The Rev. Dr. Matthew Fox: "Navigating the Dark Night of Soul, Society, and Our Species: Lessons and Archetypes from Mystics Hildegard de Bingen, Mechthild of Magdeburg, Hafiz, and John of the Cross," on Friday, May 23 @7pm via Zoom.

In this presentation, Dr. Fox likens the current world crisis to a "dark night of the soul," a phrase attributed to St. John of the Cross. The question before us is, "How do we navigate this dark night, how do we find meaning in this challenging time facing our nation and world, spiritually, psychologically, politically, economically, and environmentally?" Dr. Fox looks for the source of guidance in the wisdom of the mystics from the major world faith traditions. You may reserve your spot on Zoom at info.jungcenterbuffalo@gmail.com. A suggested donation of \$10 would be gratefully accepted on our website at jungbuffalo.org. More details can be found at <https://www.jungbuffalo.org/events/save-the-date-zoom-watch-with-the-rev-dr-matthew-fox>

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 or Missy Stolfi 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 Marie Keane, MNMKeane@gmail.com
Susie Green, susie432@gmail.com Sara Merritt, smerrit172@gmail.com
Patti Nisbet, tudorspace@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.





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, Lisa Hasselback, our guest 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.



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