



trinity @7

07.16.2023

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.

Trinity @7 meets on the first and third Sunday nights in the summer season. See the back page for exact dates. Next meeting is August 6.

welcome

a moment with nature

a centering prayer

Let us pray.

Here, in this space made sacred by our shared lives and our shared yearnings,

may we find new courage,

new generosity of spirit,

forgiveness given and received,

and rededication to the higher purposes of our lives.

Let us not add to the hopelessness that is in the world.

But may wonder and adventure,

curiosity and humour, live in us always.

May there be aroused in us a determination

that by the fuller living of our lives

we might find the meaning that life is trying to teach us.

(Silence)

Though we seek always for our lives to be full of goodness,

we sometimes lack courage

to right the injustices that confront us.

Though we seek always to be generous,

sometimes our selfishness has killed the soil with excessive chemicals

turning fertile paddocks into lifeless salt plains.

Nature365.tv

posts a daily video,
usually 30 to 60
seconds long, with
beautiful sound as
well as images.
Check it out.

Prayer written by
Rex A E Hunt, a
religious naturalist
and progressive
liturgist from
Australia.

Though we seek always to understand the larger mysteries,
sometimes we become insensitive to the groans
of the spirit of creation.

All this we lament.

May we now be filled with
new passion,
new resolve,
to take the next step in our own lives
and in the life of the Earth.

(Silence)

The moments of gathering quickly pass...

May the little that we know become enough to guide us,
while we seek for new wisdom.

What our reflections and meditations begin, may our lives continue.

May it be so

amen

interlude

Though it sounds impossible

by Rosemerry Wahtola Trommer

Meet me in the moment
after the song,
a moment silent and sweeping
as the second hand
on a wrist watch,
a moment that gathers everything,
an evanescent moment
in which anything is possible,
anything at all—
the kind of moment
that feels rare
but is always here—
when we see our lives
as more shimmer than solid,
the kind of moment
that decides who we are,
then lets us choose for ourselves.

interlude

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

How to See a Deer

by Philip Booth

Forget roadside crossings.
Go nowhere with guns.
Go elsewhere your own way,

lonely and wanting. Or
stay and be early:
next to deep woods

inhabit old orchards.
All clearings promise.
Sunrise is good,

and fog before sun.
Expect nothing always;
find your luck slowly.

Wait out the windfall.
Take your good time
to learn to read ferns;

make like a turtle:
downhill toward slow water.
Instructed by heron,

drink the pure silence.
Be compassed by wind.
If you quiver like aspen

trust your quick nature:
let your ear teach you
which way to listen.

You've come to assume
protective color; now
colors reform to

new shapes in your eye.
You've learned by now
to wait without waiting;

as if it were dusk
look into light falling:
in deep relief

things even out. Be
careless of nothing. See
what you see.

interlude

Instructions for the Journey

by Pat Schneider

The self you leave behind
is only a skin you have outgrown.
Don't grieve for it.
Look to the wet, raw, unfinished
self, the one you are becoming.
The world, too, sheds its skin:
politicians, cataclysms, ordinary days.
It's easy to lose this tenderly
unfolding moment. Look for it
as if it were the first green blade
after a long winter. Listen for it
as if it were the first clear tone
in a place where dawn is heralded by bells.

Philip Edmund Booth (1925 – 2007) was an American poet and educator; he has been called "Maine's clearest poetic voice."

Pat Schneider (b. 1934) is a poet, playwright, librettist, and author of ten books of poetry and nonfiction. She was born in the Ozark Mountains of Missouri, but from age ten until college, Pat lived in city tenements and an orphanage until she was given a college scholarship. Her website, patschneider.com, tells us that her early experiences have deeply influenced her writing, and fueled her passion for those who have been denied voice through poverty and other misfortunes.

And if all that fails,
wash your own dishes.
Rinse them.
Stand in your kitchen at your sink.
Let cold water run between your fingers.
Feel it.

interlude

This Constant Lover

by John Astin

Awareness-
her gaze is so constant,
our every move
watched
with such affection,
a ceaseless vigil
without condition
or agenda,
silent,
patient,
unrelenting in her
embrace.
There is endless room in
the heart of this lover,
infinite space for whatever
foolishness we may
toss her way.
But she is also
crafty, this one-
a thief who will steal away
everything we ever cherished,
all our beliefs,
all our ideas,
all our philosophies,
until nothing is left
but her shimmering
wakefulness,
this simple love
for what is.

interlude

John Astin writes books exploring the nature of human experience. He has a PhD in health psychology and is a scholar in the field of mind-body medicine.

reflection with guided meditation

interlude

candle lighting



While George 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.

interlude

closing prayer

Let us pray

This day and this night,
may I know O God

The deep peace
of the running wave

The deep peace
of the flowing air

The deep peace
of the quiet earth

The deep peace
of the shining stars

The deep peace
of you.

amen

postlude

announcements

Wardens' Word Update

You heard us! At least several of you did, and we urge more of you to join in. There has been a very encouraging response to the matching donation challenge we gave you last week. And along with donations to meet the challenge, there have also been many thoughtful and illuminating responses to the survey that was put before you in the eNews last week and during church on Sunday.

If you have not yet made an extra donation to the matching funds challenge we described in this space last week, please take this opportunity to do so. Your gift, no matter how large or small, will **show your understanding of the urgency of Trinity's need** and your commitment to sharing Trinity Church with the Buffalo community for years to come.

Trinity has three daunting tasks before it that have to be handled at the same time over the next few years. First is the financial crisis we are experiencing right now. Second, you and everyone in the Trinity community are being called into a time of discernment through prayer,

study, and conversation to create a plan for partnerships with other organizations that will keep Trinity sustainable for years to come. Third, Trinity will need enough financial resources to give the new plan time to take effect.

A larger campaign is being organized for later this year for that third task. For now, your gift to the matching funds challenge will address the near term financial needs, and your participation in the survey will enable you to contribute to the discernment process.

To make a donation, please make a check payable to Trinity with **"Challenge" in the memo line**, or use the Special Gift category in the [online donation portal](#), and include "Challenge" in the memo line there. Remember, this will be reported on your statement as an extra gift, and will not be counted toward your regular giving.

Faithfully yours,
John Gillespie, Senior Warden and John Alduino, Junior Warden

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.



Trinity Spaces for Rent

Our church has work spaces available for rent at 371 Delaware Ave. We hope to rent to groups or individuals that share our vision of community betterment. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group. If you know someone that would be a good fit, please share this QR code which links to a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>.



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. You can help the wider community appreciate the resources Trinity has to share. Post this link on your social media or email it to friends. Better yet, invite someone to come on the tour with you. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>



Comfort and Care Team

Please let the Comfort and Care Team members (listed below) know how we can be of help and support to you or someone you know who may be experiencing health or other life challenges. You may email anyone of us as we share with each other the information concerning the needs of those that reach out. Support may be offered in many ways such as a caring phone call, notes, information on resources, and a friendly visit. We can also assist with arranging needed meals. Our prayers are always offered. Sincerely, the Comfort and Care Team.

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

Trinity @7 is in its summer schedule.
During June, July and August, we meet on the
first and third Sundays of the month.
Mark your calendar for
August 6 and 20



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

Welcome back to Trinity @ 7, George Caldwell. It's good to have you with us!

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 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