



trinity @7

03.24.2024

Cover photo by
Bjoern Alberts

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.

O God, you have loved each of us
since before we were born,
and you love each of us in equal
and abundant measure.

Yet we sometimes choose not to
see ourselves in one another.

We sometimes choose to live as though
we were not the brothers and sisters
we know ourselves to be.

Pour your blessings upon
all your people in every nation,
especially in Ukraine and Russia,
Israel and Palestine,
for whom we pray tonight,
whatever their faith or ethnicity.

Preserve their lives,
deliver them from the terror of war,
and, when this is over, guide them
in the way of reconciliation and peace.

Bring them a deepening sense of
their oneness in the human family,
that those things that unite your people
may be seen and felt as greater
than anything that can ever divide us.

amen

We watch a video on
<https://www.nature365.tv>.
Check it out. There
is a new video daily,
and it's free!

Adapted from a
prayer by Barbara
Cawthorne Crafton
in *Women's
Uncommon
Prayers: Our Lives
Revealed, Nurtured,
Celebrated.*

interlude

What Stillness

by Laura Foley

Lily pads ripple in summer breeze,
as if they bloomed for me,
revelation-white clouds float
through a divine blue sky.
No human voices break
the stillness of this hilltop pond
where I come to forget
the foolishness of homo sapiens—
where a trout leaps from the lake,
splashes shining down,
opening a glimpse into
the world below the surface.
My dog, wet from her swim
between the visible and the hidden,
shakes dots of sparkling light
from her dark coat,
forming a watery aura.
What sunlight does to water,
stillness does to us.

interlude

Be still

by Thomas Merton

Be still.
Listen to the stones of the wall.
Be silent, they try
to speak your
name.
Listen
to the living walls.
Who are you?
Who
are you? Whose
silence are you?
Who (be quiet)
are you (as these stones
are quiet). Do not
think of what you are
still less of
what you may one day be.
Rather
be what you are (but who?)

be the unthinkable one
you do not know.
O be still, while
you are still alive,
and all things live around you
speaking (I do not hear)
to your own being,
speaking by the unknown
that is in you and in themselves.
"I will try, like them
to be my own silence:
and this is difficult. The whole
world is secretly on fire. The stones
burn, even the stones they burn me.
How can a man be still or
listen to all things burning?
How can he dare to sit with them
when all their silence is on fire?"

Laura Foley has had her poetry published in books and journals around the world. Trained in chaplaincy through the New York Zen Center for Contemplative Care, she volunteers in hospitals and prisons, and is a certified Shri Yoga Instructor. She lives in Pomfret, Vermont with her wife Clara Giménez and their two dogs.

Thomas Merton (1915 – 1968) was born in France, but when an infant his family moved to New York. Merton was a teacher, poet, Trappist monk, and priest who wrote and published more than 70 books, 2,000 poems, and numerous essays, lectures and reviews.

interlude

The Moor

by R. S. Thomas

It was like a church to me.
I entered it on soft foot,
Breath held like a cap in the hand.
It was quiet.
What God was there made himself felt,
Not listened to, in clean colours
That brought a moistening of the eye,
In movement of the wind over grass.
There were no prayers said. But stillness
Of the heart's passions -- that was praise
Enough; and the mind's cession
Of its kingdom. I walked on,
Simple and poor, while the air crumbled
And broke on me generously as bread.

Ronald Stuart Thomas (1913–2000) was a Welsh poet, Anglican priest, and Welsh nationalist.

interlude

Returning to Stillness

by Rosemerry Wahtola Trommer

I can't unnotice this fist
that has grabbed my chest
and squeezes it hard, this prickly balloon
that seems to have blown itself up
in my belly. To be still today
is to notice that so much inside me
is writhing, squirming, thrashing.
Hello discomfort. Hello agitation.
Hello wishing that stillness
could be more still.
Eyes closed, I watch myself
as I sit in the middle of the empty room,
sunlight stretching across the floor
in bright and angled shapes.
I zoom out and see the whole house.
Zoom out farther and see the yard, the trees.
Zoom out until I see our small town,
then a blur of green and brown,
then the familiar blue and green curve of the earth.
As it spins and orbits, the earth is anything but still,
and yet such spaciousness surrounds it.

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 wordwoman.com

Oh, sweet woman sitting still in your room
with your hand on your heart
and a world of thrust and upheaval
spinning inside you,
right now, it's like this.
You're being moved. You're still.
It's like this.

interlude

reflection followed by 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

Let us pray:

Deep peace of the running wave to you.
Deep peace of the flowing air to you.
Deep peace of the quiet earth to you.
Deep peace of the shining stars to you.
Deep peace of the infinite peace to you.

Deep peace of the gentle night to you.
Moon and stars pour their healing light on you.
Deep peace of the Beloved,
the light of the world to you.
Deep peace to you.

amen

postlude

Variation on a
traditional Gaelic
blessing.

**No Trinity @7 on March 31.
Service will resume on April 7.**

announcements

Let's make Trinity shine for Easter.

Many hands lighten the work so join for whatever you can. Tuesday, March 26 4:00- 6:00.

Holy Week Services

You are welcome to gather at church in person or online!

Wednesday 3/27 12pm A celebration of Holy Communion including the readings for Easter, prayers for each other and the world, and an opportunity to reflect together. In person or on Zoom.

Maundy Thursday 3/28 7pm A service commemorating Jesus' last supper. In person or on Facebook or YouTube

Thursday 3/28 7pm 12-Step Service based on the spirituality of the 12 Steps. There will be no Zoom this week.

Good Friday 3/29 12pm The reading of the passion, solemn prayers for the world. In person or on Facebook or YouTube

Easter Sunday 3/31 10:30am A full celebration of the hope of new life that overcomes death. In person or on Facebook or YouTube

Sunday 3/31 Trinity @7: NO SERVICE



Easter Flower Donations

You can help provide the beauty of flowers for Easter with a special donation. Write a check marked "Easter Flowers" in the memo line or make an online donation here. If you donate by **5pm, Monday, March 25**, we can include memorials in the Easter worship guide.

Easter Bonnet Parade Returning

All are invited to wear their Easter bonnets; we encourage creativity! We will be holding the Easter Bonnet parade this year during the Easter service.

Easter Egg Hunt

At Trinity after the 10:30 service Easter Morning. Join the festivities in the courtyard.



Easter Donations

Make your Easter gift right now while you're thinking of it! You can mail a check to Trinity at 371 Delaware Ave, Buffalo NY 14202 or [donate online](#).

Racial Healing Circle

The next Racial Healing Circle will be held at St. Joseph's University Parish (3269 Main St. Buffalo 14214) on **Saturday, April 6**. The session will run from 10am until around noon, at which time the group will have lunch together, and be ready to leave at about 1pm. This was initially scheduled for January 20, but was canceled because of the weather. This is the third Racial Healing Circle with Elim Christian Fellowship and St. Joseph's University Parish. Click [here](#) or scan the QR code to sign up.



Diocesan Leaders Honored in "Say Their Names: Honor Their Legacies" Exhibit

The Rev. Lillian Davis-Wilson and Justice Rose Sconiers are both featured in a new exhibit at the Buffalo History Museum titled, "Say Their Names: Honor Their Legacies," which shares the stories, wisdom, and insights of Buffalo's black community elders. The exhibit will be displayed **through April 14**.

Facet & Forge 2024 Coming Saturday, April 27, 5-9pm

Join us to celebrate the architectural details from an entirely new perspective. Our community of artisans transform space — you'll never look at the structures around you the same way again! Embark on an exploration of stained glass creation at Facet & Forge 2024. This event is the perfect way to spend an evening immersed in the artistry and craftsmanship inherent in architectural glass art, mosaics, and other heritage building trades. With live demonstrations, explore Trinity campus as it can rarely be seen: from the perspective of the skilled artisans and tradespeople who built and continue to maintain our city's fantastic buildings. [Learn more.](#)

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. To volunteer, contact Sue Doherty: susandoherty50@hotmail.com or Catherine Lincoln: ccarlincoln@gmail.com.

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
Susie Green, susie432@gmail.com
Patti Nisbet, tudorspace@aol.com

Marie Keane, MNMKeane@gmail.com
Sara Merritt, smerrit172@gmail.com

Friends of Night People

We are looking for volunteers to help out at Friends of Night People which provides food, clothing, medical care, counseling, and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45-7. For more information, please speak to Emily Carlin or email: emily.g.carlin@gmail.com

Slow Down Yoga

Tuesdays @noon we learn and practice slowing down, tuning in, and taking care with a gentle, mindful yoga class for any level of skill. Facilitated by Heather Henry Rawlins, LMHC, RYT200, one of several therapists occupying Trinity spaces, this Hatha yoga-based practice moves with care to cultivate calm awareness, stability, and flexibility as well as practices for calming the nervous system and feeling grounded in the body—a good practice for interrupting the accumulations of stress in mind and body and feeling vividly present and full of ease. To sign up, click [here](#) or email Heather at hhenryrawlins@gmail.com

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.





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 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.

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
No service on March 31.

Wednesday @Noon Prayer and holy conversation

Thursday @7pm 12steps@Trinity, based on 12-step spirituality