



trinity @7

05.21.2023

## 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.*

*At this time, we leave the decision up to you whether or not to wear a mask in the Chapel. Thank you.*

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## welcome

### a moment with nature

#### a centering prayer

Let us pray.

As we enter in to this quiet time of reflection,  
be with us, beloved.

**and all shall be well,  
and all manner of thing shall  
be well.**

As we are mindful of this precious moment,  
and grateful for the words and music,  
be with us, beloved,

**and all shall be well,  
and all manner of thing shall  
be well.**

Let the stillness of this holy place  
flow into us, calming us, restoring us.

Be with us, beloved,  
**and all shall be well,  
and all manner of thing shall  
be well.**

**amen**

[Nature365.tv](https://www.nature365.tv)  
posts a daily video,  
usually 30 to 60  
seconds long, with  
beautiful sound as  
well as images.  
Check it out.

## interlude

### Morning Song

by Dorianne Laux

This morning begins almost purely, coffee  
enveloped in cream, those clouds that bloom up  
like madness in a cup, and I take the first swallow  
before the color changes, taste the bitterness  
and the faint sweet behind it, steam  
rubbing my nose, an animal nuzzle,  
and the sharp, nearly painful heat  
at the back of my tongue, the liquid  
unraveling down the raw tunnel of my throat.

And I feel my body fully, vessel of desire,  
my stomach a pond of want and warmth,  
utterly human, divine and awake. And I can hear  
each bird's separate song, the *chirt* and *scree*,  
the *sip, sip, sip*, the dwindle and uplift yearning,  
the *soup's on, soup's on, let up, let it go*  
of each individual voice, and I know I am here,  
in this widening light, as we all are, with them,  
even the most damaged among us or lonely  
or nearly dead, and that for each of us there is  
some small sound like an unseen bird  
or a red bike grinding along the gravel path  
that could wake us, and take us home.

This morning I think I'm prepared for  
the final diminishment, with something  
like a waking, ready awe. My complaints  
folded and put away in a drawer  
like needlework, unfinished, intricate  
woven roads that go nowhere or disappear  
in the distance, rough wanderings  
that have brought me here, to this  
sleep-repaired morning, these singing trees  
and into my own listening body.

## interlude

Dorianne Laux (b 1952) is an award-winning American poet. She presents writing workshops all over the country. She says, "Craft is important, a skill to be learned, but it's not the beginning and end of the story. I want the muddled middle to be filled with the gristle of the living." Laux lives in Raleigh, NC.

# Because These Failures Are My Job

by Alison Luterman

Alison Luterman says "I'm inspired by my neighborhood, by things people say to me and snatches of overheard conversations, by folks glimpsed in passing on the street or at the store, by the borderlines where cultures bump against each other, and by love, most of all by love." She is a poet, essayist, playwright, teacher, and coach who lives in Oakland, CA.

This morning I failed to notice the pearl-gray moment just before sunrise when everything lightens; failed also to find bird song under the grinding of garbage trucks, and later, walking through woods, to stop thinking, thinking, for even five consecutive steps. Then there was the failure to name the exact shade of blue overhead, not sapphire, not azure, not delft, to savor the soft squelch of pine needles underfoot. Later I found the fork raised halfway to my mouth while I was still chewing the last untasted bite, and so it went, until finally, wading into sleep's thick undertow, I felt myself drift from dream to dream, forever failing to comprehend where I am falling from or to: this blurred life with only moments caught in attention's loose sieve — tiny pearls fished out of oblivion's sea, laid out here as offering or apology or thank you

## interlude

### Inventory of Essential Distractions

by Alfred K. Lamotte

Alfred K. LaMotte (Fred) teaches meditation and gathers poetry circles. He believes that poems are maps for getting lost in the wilderness of your heart, where everyone can find you. Fred also teaches college courses in World Religions, and for many years was an interfaith college chaplain. He lives in a village on the Salish Sea south of Seattle.

Titmouse at the thistle feeder.  
Wing-beat of geese  
navigating by the moon.  
Exultation of a turquoise moth  
who will die before sunrise.  
The baby's ancient gaze  
from a supermarket shopping cart.

Honor the essential distractions  
that make you whole.

Gifted by the mist at dawn,  
shards of sunbeam trembling  
in the open fingers of a fern.  
Elegant cracks in a hand-made tea bowl.  
Choir upon choir of empyrean\* petals  
in a fallen camellia.

\*Empyrean: 1a) the highest heaven or heavenly sphere in ancient and medieval cosmology usually consisting of fire or light  
1b) the true and ultimate heavenly paradise  
2) firmament, heavens  
3) an ideal place or state

Are we not redeemed by the sure  
sweet vision of particulars?  
What else is faith?  
Glistening spider's web  
in the withering hyssop.  
The motionless explosion of a rose.  
Every flame-tipped thing conspiring  
in a ceaseless whisper of revelation,  
"Yes, you are here."  
Waves dissolving on sand.  
Silence between raindrops  
This breath.

## interlude

### This Day

by Jimmy Santiago Baca

I feel foolish,  
like those silly robins jumping on the ditch boughs  
when I run by them.  
Those robins do not have the grand style of the red tailed hawk,  
no design, no dream, just robins acting stupid.  
They've never smoked cigarettes, drank whiskey, consumed drugs  
as I have.  
In their mindless  
fluttering about  
filled with nonsense,  
they tell me how they  
love the Great Spirit,  
scold me not to be self-pitying,  
to open my life  
and make this day a bough on a tree  
leaning over infinity, where eternity flows forward  
and with day the river runs  
carrying all that falls in it.  
Be happy Jimmy, they chirp,  
Jimmy, be silly, make this day a tree  
leaning over the river eternity  
and fuss about in its branches.

## interlude

Jimmy Santiago Baca (b. 1952) is an American poet and writer of Apache and Chicano descent. While incarcerated for five years in a maximum security prison, he decided to turn his life around; he taught himself to read and write, and left prison as a writer, having published some of his work in *Mother Jones Magazine* whose editor at the time was Denise Levertov.

reflection

interlude

brief meditation

the candle lighting with music



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.

interlude

closing prayer

Let us pray

With you as our center, O God, our lives return to focus;

**and all shall be well,  
and all manner of thing shall  
be well.**

Seeing with eyes opened to you in our midst,  
we know who to serve;

**and all shall be well,  
and all manner of thing shall  
be well.**

Feeling with our hearts and plumbing the  
darkness with our minds, we accept the  
gap in our knowledge;

**and all shall be well,  
and all manner of thing shall  
be well.**

**amen**

postlude

# announcements

## Discussion Group: Eyewitness Bible - Acts

On **Wednesday evenings @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on the book of Acts using *Eyewitness Bible*. Each week we watch short videos that help us explore the people and events during the first three decades of the early church.

Join Tim and Jeff on Wednesday@7pm using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions about the group, email Jeff Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.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 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/>



## All Hands Wanted for Spring Clean Up

Trinity was recently awarded a Lunenfeld Beautification Grant to be used for the courtyard. The grant is administered by Gardens Buffalo Niagara whose office is located here at 371 Delaware Ave. Gardens Buffalo Niagara is responsible for the ginormous and ever-growing (pun intended) annual Garden Walk.

If you're a gardener, you know that before you get to the fun part of planting, there is the clean up after the winter that must happen first. And of course, after the planting comes the maintenance.

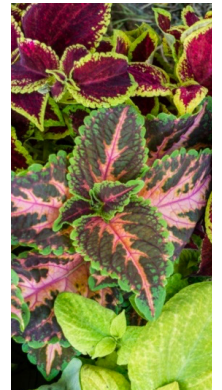
If you can help get the courtyard prepared for the summer, please consider either or both of these dates:

### Wednesday, May 24, 10am to noon

After work, we can join the noontime Wednesday service.

### Saturday, June 3, 9am to noon

Please bring your own weeding tools if you can. If you can help or you have any questions, please email Teresa Maciocha, [tmaciocha@aol.com](mailto:tmaciocha@aol.com)



## Game Night

Tim Lane and Kayla Kisenwether will be hosting a board game night for those in their 20's and 30's on Friday, May 26, starting @6pm. Contact Tim at [t.w.lane@outlook.com](mailto:t.w.lane@outlook.com)

Trinity @7 will commence its summer schedule soon. During June, July and August, we will meet on the **first and third Sundays** of the month.

Mark your calendar for

June 4 and 18

July 2 and 16

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](http://www.trinitybuffalo.org) • (716) 852-8314

371 Delaware Ave Buffalo, NY 14202

Much gratitude to our 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 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](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