



trinity @7

04.27.2025

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.

You can sign up to receive a daily video from nature365. And it's free! Go to <https://www.nature365.tv>

welcome

a moment with nature

a centering prayer

Days can bleed softly into one another and we so often miss being able to see and sense the sacred in the secular.

Holy and hallowed moments meeting with us in the mundane. Whispers of God's grace in the commonplace.

My heart longs to live with greater awareness. To have my eyes open to wonder. To be present to Presence.

To know that whether I feel anything or not, God is always present.

And God's active, living presence is what my soul needs most.

I desire to recognise holy in the everyday. God at home in my heart and mind, rooted in life's reality.

I want to live in the light of God's presence as I walk through this world, sense God's peace and love, know I am God's beloved.

And I want to make space for the entrance of grace to change and transform my mess.

amen

interlude

Tonight's centering prayer and closing prayer are written by Joy Lenton whose website is joylenton.com. Joy tells her readers that she is a wife, mother, grandma, and chronic illness sufferer who spends many days in her PJs penning poetry and prose. She has myalgic encephalomyelitis or chronic fatigue syndrome. She also says that she is a work in progress by God's grace.

Tonight's readings are in honor of Maya Angelou whose autobiography, *I Know Why the Caged Bird Sings* which was recently removed from the library shelf at the US Naval Academy along with 380 other books that spoke of or analyzed the history of racial injustice, race relations, and inequality. Other removed books discussed or analyzed gender (in)equality and sexuality issues especially as they pertain to gay, lesbian, bisexual and transgender people.

Sympathy

by Paul Laurence Dunbar

I know what the caged bird feels, alas!
When the sun is bright on the upland slopes;
When the wind stirs soft through the springing grass,
And the river flows like a stream of glass;
When the first bird sings and the first bud opes,
And the faint perfume from its chalice steals—
I know what the caged bird feels!

I know why the caged bird beats his wing
Till its blood is red on the cruel bars;
For he must fly back to his perch and cling
When he fain would be on the bough a-swing;
And a pain still throbs in the old, old scars
And they pulse again with a keener sting—
I know why he beats his wing!

I know why the caged bird sings, ah me,
When his wing is bruised and his bosom sore,—
When he beats his bars and he would be free;
It is not a carol of joy or glee,
But a prayer that he sends from his heart's deep core,
But a plea, that upward to Heaven he flings—
I know why the caged bird sings!

interlude

Caged Bird

by Maya Angelou

A free bird leaps
on the back of the wind
and floats downstream
till the current ends
and dips his wing
in the orange sun rays
and dares to claim the sky.

But a bird that stalks
down his narrow cage
can seldom see through
his bars of rage
his wings are clipped and
his feet are tied
so he opens his throat to sing.

Paul Laurence Dunbar (1872 – 1906) was born in Ohio to former slaves. He was a poet and novelist, and the first African American author to gain national recognition and a wide popular audience.

Maya Angelou took the title of her book from the last line of this poem.

Maya Angelou (1928-2014) was a writer and civil rights activist, and also an actor, screenwriter and dancer. Her most popular work may be her autobiography, *I Know Why the Caged Bird Sings*.

The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.

The free bird thinks of another breeze
and the trade winds soft through the sighing trees
and the fat worms waiting on a dawn bright lawn
and he names the sky his own.

But a caged bird stands on the grave of dreams
his shadow shouts on a nightmare scream
his wings are clipped and his feet are tied
so he opens his throat to sing.

The caged bird sings
with a fearful trill
of things unknown
but longed for still
and his tune is heard
on the distant hill
for the caged bird
sings of freedom.

interlude

Quotes from Maya Angelou

There is no greater agony than bearing an untold story inside you.

interlude

Courage is the most important of all the virtues because without courage,
you can't practice any other virtue consistently.

interlude

Nothing can dim the light which shines from within.

interlude

You may encounter many defeats, but you must not be defeated. In fact, it
may be necessary to encounter the defeats, so you can know who you are,
what you can rise from, how you can still come out of it.

interlude

Make every effort to change things you do not like. If you cannot make
a change, change the way you have been thinking. You might find a new
solution.

interlude

She comprehended the perversity of life, that in the struggle lies the joy.

interlude

The fact that the adult American Negro female emerges a formidable character is often met with amazement, distaste and even belligerence. It is seldom accepted as an inevitable outcome of the struggle won by survivors and deserves respect if not enthusiastic acceptance.

interlude

Words mean more than what is set down on paper. It takes the human voice to infuse them with shades of deeper meaning.

interlude

Everything in the universe has a rhythm, everything dances.

interlude

Hate, it has caused a lot of problems in the world, but has not solved one yet.

interlude

History, despite its wrenching pain cannot be unlived, but if faced with courage need not be lived again.

interlude

Still I Rise

by Maya Angelou

You may write me down in history
With your bitter, twisted lies,
You may trod me in the very dirt
But still, like dust, I'll rise.

Does my sassiness upset you?
Why are you beset with gloom?
'Cause I walk like I've got oil wells
Pumping in my living room.

Just like moons and like suns,
With the certainty of tides,
Just like hopes springing high,
Still I'll rise.

Did you want to see me broken?
Bowed head and lowered eyes?
Shoulders falling down like teardrops,
Weakened by my soulful cries?

Does my haughtiness offend you?
Don't you take it awful hard
'Cause I laugh like I've got gold mines
Diggin' in my own backyard.

You may shoot me with your words,
You may cut me with your eyes,
You may kill me with your hatefulness,
But still, like air, I'll rise.

Does my sexiness upset you?
Does it come as a surprise
That I dance like I've got diamonds
At the meeting of my thighs?

Out of the huts of history's shame
I rise
Up from a past that's rooted in pain
I rise
I'm a black ocean, leaping and wide,
Welling and swelling I bear in the tide.

Leaving behind nights of terror and fear
I rise
Into a daybreak that's wondrously clear
I rise
Bringing the gifts that my ancestors gave,
I am the dream and the hope of the slave.
I rise
I rise
I rise.

interlude

reflection with guided 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

Living God,
Remind me as I go through my days
to know that God is in this place
Awaken me to wonder
Alert me to Your Love
Bring a deep, abiding sense
of Your peaceful Presence
Calm this restless heart
Still my anxious mind
And as I sit and absorb
may I rise and go forth
share the beauty and grace I see
witness to Your Life in me
amen

postlude

announcements

Get Ready to Fiesta! Music, Taco Bar, and Fun!

Join us for a Trinity Cinco de Mayo celebration **Sunday, May 4 @noon**. Try your hand at breaking open the pinata for special treats. Dress in your most festive colors and come sip on a tasty beverage. RSVP with the attached link or QR code to help us plan the proper amount of food. Indicate any diet restrictions: Gluten-free and vegan options will be available. Also indicate if you are able to help out that day or would like to bring your favorite dessert. Click [here](#).

Krista Seddon's Trinity Jazz Series

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

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

All concerts are 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.

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/>



PURCHASE TICKETS



HELPER SIGNUP





Trinity is an Episcopal Church in the Diocesan Partnership of Western New York and Northwest Pennsylvania.

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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.



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