



trinity @7

10.15.2023

Cover photo:  
Statue of paperboy,  
Sioux Falls, SD.

## 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.*

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

## welcome

### a moment with nature

### a centering prayer

Let us pray.

Enter with me that still place within,  
where we find not only our inmost selves,  
but also our connection to that  
creative and transforming sacred mystery we call G-o-d.

*(Silence)*

We come into one another's presence seeking some part of ourselves,  
knowing that we do not live alone,  
knowing that we cannot live fully  
if we are for ourselves alone.

We come as ordinary people,  
each with strengths and each with weaknesses,  
aware of our shortcomings.

Our lives set before us many tasks.  
We are not always equal to them.  
Too often we fall short of our best expectations of ourselves.

And yet, here we are,  
not always perfect,  
not always wise,  
but always wondrously and mysteriously human.

May our time together renew our hope.  
May the poems we share refresh our courage.  
May the music we hear lift our spirits.

**amen**

Prayer excerpted  
from a longer  
prayer written by  
Rex A E Hunt, a  
religious naturalist  
and progressive  
liturgist from  
Australia. We also  
changed the ending  
reference to poems  
and music to fit  
Trinity @7.

## interlude

### Trust

by Thomas R. Smith

It's like so many other things in life  
to which you must say no or yes.  
So you take your car to the new mechanic.  
Sometimes the best thing to do is trust.

The package left with the disreputable-looking  
clerk, the check gulped by the night deposit,  
the envelope passed by dozens of strangers—  
all show up at their intended destinations.

The theft that could have happened doesn't.  
Wind finally gets where it was going  
through the snowy trees, and the river, even  
when frozen, arrives at the right place.

And sometimes you sense how faithfully your life  
is delivered, even though you can't read the address.

## interlude

### The Paper Boy

by Thomas R. Smith

My route lassos the outskirts,  
the reclusive, the elderly, the rural—  
the poor who clan in their tarpaper  
islands, the old ginseng hunter

Albert Harm, who strings the "crow's  
foot" to dry over his wood stove.  
Shy eyes of fenced-in horses  
follow me down the rutted dirt road.

At dusk, I pedal past white birches,  
breathe the smoke of spring chimneys,  
my heart working uphill toward someone  
hungry for word from the world.

I am Mercury, bearing news, my wings  
a single-speed maroon Schwinn bike.  
I sear my bright path through the twilight  
to the sick, the housebound, the lonely.

Thomas R. Smith describes himself as a poet, teacher, writer, and editor based in western Wisconsin near the Twin Cities and says his work is strongly rooted to place.

From Wikipedia: A paperboy is someone – often an older child or adolescent – who distributes printed newspapers to homes or offices on a regular route, usually by bicycle or automobile. In Western nations during the heyday of print newspapers during the early 20th century, this was often a young person's first job, perhaps undertaken before or after school.

Messages delivered, wire basket empty,  
I part the blue darkness toward supper,  
confident I've earned this day's appetite,  
stronger knowing I'll be needed tomorrow.

## interlude

### Early October

by James Crews

Pink fades from the petals of echinacea  
like the scraps of a fraying blouse  
washed too many times in summer light.  
Now, we are reaching the end of something,  
and it's hard to believe these flowers  
won't be here in a few weeks, crowding  
my window with their silent swaying,  
their top-heavy presence. What once fed  
butterflies and bees will now dry out  
to feed the finches, each heart-center  
turning to seeds that will soon disperse  
on scouring wind. May it be so  
for each of us too, the hidden parts  
of ourselves becoming something lighter,  
the pieces we finally learned to love  
in spite of it all, drifting off  
or clamped in a beak, our true essence  
spreading across the earth.

James Crews  
is a Vermont  
poet who also  
leads workshops  
and retreats on  
mindfulness and  
writing.

## interlude

### Holding the Light

by Stuart Kestenbaum

Gather up whatever is  
glittering in the gutter,  
whatever has tumbled  
in the waves or fallen  
in flames out of the sky,  
for it's not only our  
hearts that are broken,  
but the heart  
of the world as well.  
Stitch it back together.

Make a place where  
the day speaks to the night  
and the earth speaks to the sky.

Whether we created God  
or God created us  
it all comes down to this:  
In our imperfect world  
we are meant to repair  
and stitch together  
what beauty there is, stitch it  
with compassion and wire.  
See how everything  
we have made gathers  
the light inside itself  
and overflows? A blessing.

Stuart Kestenbaum  
(b 1953) is the  
author of six  
collections of poems  
and a collection of  
essays. He is the  
former poet laureate  
of Maine and the  
former director (for  
25 years) of the  
Haystack Mountain  
School of Crafts on  
Deer Isle, Maine.

interlude

reflection

interlude

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

We draw near to each other in the presence of a Holy Weaver.  
That we may see afresh.  
That we may hear anew.  
That we may act again with vigour.

May there be many new patterns woven among us:  
patterns of peace between strangers,  
patterns of love between friends,  
patterns of hope among the hopeless,  
patterns of joy among the sorrowful.

And may we be brokers of a spirit of new hope with all people,  
to the ways we cope with life,  
to the ways we embrace the present,  
and the ways we think about the future.

**amen**

postlude

The closing prayer was excerpted from a longer prayer written by Rex A E Hunt, a religious naturalist and progressive liturgist from Australia.

# announcements

## Trinity Discussion Group: Calming Your Inner Critic

Negative self-talk can produce several emotions and can affect our relationships with people and with God. On Wednesdays starting **October 18**, we will watch a short video and discuss how our lack of self-love can detract from the life we want to live and affects our love of neighbor. Join Tim Lane and Jeff Tooke on **Wednesdays @7pm** using the zoom link below:

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

Meeting ID: 816-6863-4672 Passcode: trintalk

Questions? Please email Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com).

## Trinity Halloween Party - Friday, October 27

It's time to dust off your costumes and mark your calendars for "Trinitreat" on **Friday, October 27**, a night of fun and games for folks of all ages. Contact Tim Lane [t.w.lane@outlook.com](mailto:t.w.lane@outlook.com) or Kayla Kisenwether [kkisenwether@gmail.com](mailto:kkisenwether@gmail.com) if interested in helping make this event a spooktacular success.

## Barbecue Chicken Dinner on November 5!

Order early, order often. Trinity will be selling Weidner's chicken for takeout on **Sunday, November 5**, from right after the morning service until 1pm. Dinners are \$15 and include macaroni and cheese and glazed baby carrots. Yum. We'll also have desserts available that day for cash sales. Dinners are pre-sale only. Order deadline is **Sunday, Oct 29** Proceeds to support Trinity!

## Volunteers Needed

If you can help out on **Nov 5** by working at the chicken barbecue takeout or baking desserts for that same event, please email Teresa Maciocha at [tmaciocha@aol.com](mailto:tmaciocha@aol.com). If you work the takeout, your shift would be from 11am to 1pm. If you bake a dessert, it can be delivered to church that morning. Of course, you are welcome to do both. Thanks very much.

## Your Thoughts Needed Again! Followup Survey

On September 17, Trinity folks met in the Marfield Room to talk about the situation that we find ourselves in as a congregation and possible visions for what the future might look like. A major part of what guided that work was your feedback from this summer's Priorities survey. [You can watch the video of that presentation!](#) At the end of that meeting, we were all asked to reflect on where we heard God in these ideas, what parts brought us alive, and how we each would personally like to act on it. With the benefit of some time to think about these things more deeply, we once again ask you to share your thoughts with us and to commit yourself to the work we have to do. Please go [here](#) to share your opinions, your questions, but most importantly your gifts and talents in service of the work ahead.

## 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](mailto:emily.g.carlin@gmail.com)

## Comfort and Care Team

The Comfort and Care Team is here to help and support to 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](mailto:phoebemckay@gmail.com); Judy Atkinson-Miller, [jatk1812@gmail.com](mailto:jatk1812@gmail.com); Susie Green, [susie432@gmail.com](mailto:susie432@gmail.com); Patti Nisbet, [tudorspace@aol.com](mailto:tudorspace@aol.com); Marie Keane, [MNMKeane@gmail.com](mailto:MNMKeane@gmail.com); Sara Merritt, [smerrit172@gmail.com](mailto:smerrit172@gmail.com); Vickie Kearns, [kearns.vr@gmail.com](mailto:kearns.vr@gmail.com)



QR for presentation



QR for survey



## Slow Down Yoga

Yoga has returned to Trinity! **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. For more information go to <https://www.groundedinbirdsong.org/yoga> or email Heather at [hhenryrawlins@gmail.com](mailto: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 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 space available for rent at 371 Delaware Ave. We hope to rent to an organization that shares our vision of community betterment. 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. <https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>

## Remember Nina's Kitchen?

Maybe you've forgotten or are new to Trinity, but we have a well-designed and useful kitchen right upstairs off the Marfield Room. Let's pull out the cutting boards and work bowls, and fire up the soup pot! It's time to roll with Sunday lunch/ brunch and whatever ideas we imagine for gathering at the table(s.) If you are curious and want to join a "kitchen crew," please contact Judy Atkinson Miller at [jatk1812@gmail.com](mailto:jatk1812@gmail.com).





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

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 reader.

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](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