



trinity @7

09.03.2023

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.

Tonight we resume our weekly gatherings.

welcome

a centering prayer

Let us pray.

This moment of prayer and silent reflection
is an invitation to be calm in the midst
of the noise of the world
and our over-busy lives...

To bring together thought and feeling, mind and spirit,
and to find some centre, some
still point of perspective and peace...

(Silence)

We rejoice in the Spirit of Life around us and in us:
like wind in our faces and breath in our lungs,
like life in dormant daffodils bursting forth in spring.

We remember we are called to appreciate and protect
the whole of creation, always
cherishing,
nurturing and
renewing the earth.

(Silence)

We remember we are called to be in relationship,
living and working with one another,
supporting and healing one another...

We remember we are called into a community,
working for the common good of all,
making choices that bring hope, justice
and freedom to our world...

amen

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

interlude

Joy For No Reason

by Danna Faulds

I am filled with quiet
joy for no reason save
the fact that I'm alive.
The message I received is
clear—there's no time
to lose from loving, no
place but here to offer
kindness, no day but this
to be my true, unfettered
self and pass the flame
from heart to heart. This
is the only moment that
exists – so simple, so
exquisite, and so real.

interlude

August Morning

by James Crews

I sit on porch steps scoured by last night's rain
next to the holy basil in its terra cotta pot
with tall, fuzzy stalks sent up from the base
and tiny pink flowers clustered at each tip.

As I sip my tea and try to release the noise
of this world, a bumblebee zooms past
my head, balancing on the filament of a single
blossom to gather pollen from the anther.

I am maybe a foot away, and can hear
the even engine of her flight each time she lands
and takes off again, with no way of knowing
my state has just named her endangered.

I'm so close, I could reach out and touch
the bright orange pollen sacs on the backs
of her legs, but I don't. I watch, grateful
she's still doing the work she was made for.

interlude

Danna Faulds is an American poet who credits the practice of meditation with giving her reliable access to a vivid inner life and creative voice. She is the author of seven books of poetry.

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

BLT

by Barbara Crooker

Enjoy every sandwich.

—Warren Zevon, talking with David Letterman about his terminal lung cancer shortly before his death.

Barbara Crooker (b. 1945) is an award-winning American poet with work widely published in periodicals, anthologies, and books.

Warren William Zevon (1947—2003) was an American rock singer, songwriter, and musician.

Here's how to make a great sandwich: country white bread lightly toasted, contoured with mayonnaise, leaf lettuce spilling over the borders, overlays of tomatoes, train tracks of bacon leading straight out of town. No need for road maps, potato chips, or pickles. Yes, winter is waiting, just over the horizon. But right now, I'm going to sit in the sun and listen to birdsong. I'm going to eat every crumb, every plottable coordinate, now, while I can.

interlude

Symbiosis

by Rosemerry Wahtola Trommer

These poems
are only words
nesting on a page,

but when you read them
they become
hummingbirds—

can you feel
how they are drawn
to the red flower of you,

how it is you
who gives them
the nectar they need,

how it is
what is inside you
that supports

their tiny
fluttering
hearts?

interlude

reflection

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

meditation

interlude with 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 for the road

May you have the grace and wisdom
To act kindly, learning to distinguish between what is
Personal and what is not.

May you be hospitable to criticism.

May you never put yourself at the center of things.

May you act not from arrogance but out of service.

May you work on yourself

Building up and refining the ways of your mind.

May you learn to cultivate the art of presence
In order to engage with those who meet you.

When someone fails or disappoints you

May the graciousness with which you engage

Be their stairway to renewal and refinement.

May you treasure the gifts of the mind
Through reading and creative thinking
So that you continue to be a servant of the frontier
Where the new will draw its enrichment from the old,
And you never become a functionary.

May you know the wisdom of deep listening,

The healing of wholesome words,

The encouragement of the appreciative gaze,

The decorum of held dignity,

The springtime of the bleak question.

May you have a mind that loves frontiers So that you can evoke the bright
fields That lie beyond the view of the regular eye.

May you have good friends

To mirror your blind spots.

May leadership be for you
A true adventure of growth.

As we move our bodies to offer our prayers, move our hearts to have the
serenity, courage, and wisdom to embody your love in the world.

amen

postlude

This blessing was
written by John
O'Donohue.

announcements

Wine Tasting, Lunch, and Shaw Festival

... add the Trinity Community, and it's a recipe for a great day.

Saturday, September 16. Meet at the church at 9:00am and travel to Southbrook vineyards for organic wine tasting and delicious pizza lunch (11am-1pm.) Then head to the Shaw Festival at 2:00 to watch the matinee of *The Amen Corner*. We are hoping to arrange a talk with the director after the performance, but those details are not confirmed yet. The estimated total is \$100. The exact cost will depend on the number attending. Please indicate your interest on the sign up by clicking [here](#) or scan the QR code.



Annual Meeting Update with Lunch!

You are invited to come to the annual meeting after the 10:30AM church service on **September 17** for a delicious lunch and fascinating update on our journey toward a sustainable future. Since January, members of the vestry and other Trinity leaders have been grappling with the very challenging reality of financial hardship for the church at a time in American history when doing church better will not turn our fortunes around. This challenge calls for us to transform how we use our building and how we relate to the community in ways we have never before imagined. Opening ourselves to such transformation requires grounding in a thorough analysis of the particulars of our present situation while at the same time discerning what particulars can change. The leadership has been working thoughtfully, prayerfully and diligently to discover a path forward. Come hear from them about what they have found and share your thoughts and questions!

While enjoying lunch provided by Connie Ervin and Nina's Kitchen Committee, you will hear:

- a report on the survey we did in June, in which 89 people participated
 - a report on the costs of maintaining and occupying the different buildings on our campus and how we can keep going until our plan can be realized and begin to sustain us
 - what we have been able to learn from other churches tackling similar challenges
 - several scenarios that are being explored, including some thrilling photos and artist's renderings.
- Finally, you will be invited to think about how you can help us move along the path.

Trinity Discussion Group: When We Get Angry at God

Do you ever get mad at God? Anger at God can produce several emotions and can affect our relationships with people and with God. On Wednesdays starting **September 20** with Tim Lane and Jeffrey Tooke, we will watch a short video and discuss the anger we can feel with God and how it can have a transforming effect on our lives.

You are invited to join Tim and Jeff on **Wednesdays @7pm** using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONGlNUUowZz09>

Meeting ID: 816-6863-4672

Passcode: trintalk

If you have questions, please email Jeffrey Tooke at jeffreytooke@outlook.com for more information.

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.



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 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>.



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

**TRINITY @7 WILL COMMENCE MEETING
WEEKLY STARTING TONIGHT.**



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/trinitychurchbuffalo)

www.trinitybuffalo.org • (716) 852-8314

371 Delaware Ave Buffalo, NY 14202

GEORGE, WE SO APPRECIATED YOUR GREAT MUSIC ALL SUMMER. THANK YOU!

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