



trinity @7

04.13.2025

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.

welcome

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

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.

From the Book of Time

by Mary Oliver

I rose this morning early as usual, and went to my desk.
But it's spring,
and the thrush is in the woods,
somewhere in the twirled branches, and he is singing.
And so, now, I am standing by the open door.
And now I am stepping down onto the grass.
I am touching a few leaves.
I am noticing the way the yellow butterflies
move together, in a twinkling cloud, over the field.
And I am thinking: maybe just looking and listening
is the real work.
Maybe the world, without us,
is the real poem.

interlude

Here in the Time Between

by Jack Ridl

Here in the time between snow
and the bud of the rhododendron,
we watch the robins, look into
the gray, and narrow our view
to the patches of wild grasses
coming green. The pile of ashes
in the fireplace, haphazard sticks
on the paths and gardens, leaves
tangled in the ivy and periwinkle
lie in wait against our will. This
drawing near of renewal, of stems
and blossoms, the hesitant return
of the anarchy of mud and seed
says not yet to the blood's crawl.
When the deer along the stream
look back at us, we know again
we have left them. We pull
a blanket over us when we sleep.
As if living in a prayer, we say
amen to the late arrival of red,
the stun of green, the muted yellow
at the end of every twig. We will
lift up our eyes unto the trees hoping
to discover a gnarled nest within
the branches' negative space. And
we will watch for a fox sparrow
rustling in the dead leaves underneath.

Mary Oliver (1935-2019) wrote verse that focused on the quiet occurrences of nature. In addition to such major awards as the Pulitzer and National Book Award, Oliver received fellowships from the Guggenheim Foundation and the National Endowment for the Arts. Much of Ms. Oliver's writing is based on her beloved Cape Cod where she lived for 40 years with her life partner, the photographer Molly Malone Cook.

Jack Ridl (b. 1944) is a graduate of Westminster College in Pennsylvania and a retired academic and author of several collections of poetry about which Li-Young Lee has said, "What a gift it is to have this impressive collection from Jack Ridl. Reading his poetry is like hearing from a neighbor who has lived his entire life with the most profound attention and care."

interlude

The Minimum

by Rosemerry Wahtola Trommer

Even when worry wrecks us,
leaving us broken on the shores
of the life we had,
even when we have been wrung
like rags, even when we
are brittle, snappish things,
even then the scent of spring
can reach us with its notes
of damp soil, sharp pine,
and sun-warmed grass,
the air clean and slightly sweet.
We don't need to open
our eyes. Don't need to try.
All that is asked of us: breathe.

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 resumed her practice of a poem a day. Visit her at www.wordwoman.com

interlude

Practice in Being Present

by Rosemerry Wahtola Trommer

As it is, I am grateful for the snow today,
though yesterday I reveled in the warm air
and clear blue sky that felt like spring.
Today still feels like spring, but with snow.
The geese still wander the field on foot,
a thick white layer gathering
on the wide gray platforms of their backs.
The swallows still soar and swoop
in tight formations, unbothered
by thick flakes of snow. The red-winged blackbirds
still trill. It seems only right the heart
should still practice how to fall in love,
no matter the weather. I am thinking of
how yesterday Wendy said of herself,
"What, did I think nothing bad would
ever happen to me?" and how just saying
this out loud helped her stay present—
less the story of herself, more herself.
I'm clear it does no good to wish away snow,
just as it does no good to wish away grief
or the tyranny of cruelty. So when thoughts
of grief and fear roll in like a squall,
I try out Wendy's line.

What, did I imagine terrible things
wouldn't happen to me? To the world?
The geese are sliding now into the pond,
the snowflakes disappearing
into dark water. With no effort,
I fall in love with the ripples
the geese leave on the surface,
a momentary story of where they've been.
How quickly that story disappears.

interlude

reflection

interlude

meditation

interlude with candle lighting

While Krista and Matt play, 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

Remind me
Living God,
Remind me as I go through my days
to know that You are 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

HELPER SIGNUP



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.

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, Tuesday, April 15**, we can include memorials in the Easter worship guide.

Easter Flowers



Holy Week Services- You are welcome to gather at church in person or online.

Wednesday 4/16 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, as usual

Maundy Thursday 4/17 7pm

A service commemorating Jesus' last supper, in person or on Facebook or YouTube

Thursday 4/17 7pm

12-Step Service Based on the spirituality of the 12 Steps. There will be no Zoom this week.

Good Friday 4/18 Noon

The reading of the passion, solemn prayers for the world, in person or on Facebook or YouTube

Easter Sunday 4/20 10:30am

A full celebration of the hope of new life that overcomes death, in person or on Facebook or YouTube

Sunday 4/20 Trinity @7: NO SERVICE

Sunday 4/27 no childcare services during the 10:30 service.

Easter Donations



Partnership with Hamlin School Academy through Say Yes Buffalo

Trinity has a partnership with Hamlin School Academy, grades Pre-K through Grade 8.

A Wellness Fair organized by Say Yes Buffalo will be held for families at Hamlin School Academy on Saturday, May 3. Trinity will be collecting items for this fair. Taking into consideration the ages of the students, the following is a list of suggested items:

Body wash	Hand wash	Dental hygiene products
Socks and underwear	Deodorant	Household cleaning products
Neosporin	Hand sanitizer	Cleansing wipes
Baby care products	First aid supplies such as Band-aids	

Say Yes Buffalo's mission is to support a more equitable and thriving environment in which all Buffalo students have the opportunity to reach their full potential. A Say Yes representative is located in each school to support the school's mission and to provide special family programs.

If you are shopping, consider purchasing some of these items and bring them to the bin in the red carpet area of the main church or the bin in the chapel by **Sunday, April 27**.

Questions? Email Patti Nisbet, tudorspace@aol.com or

Sue Doherty susandoherty50@hotmail.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 Marie Keane, MNMKKeane@gmail.com
Susie Green, susie432@gmail.com Sara Merritt, smerrit172@gmail.com
Patti Nisbet, tudorspace@aol.com

Explore Buffalo - April 25 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/>



Parking at Trinity's Franklin Street Lot

Trinity has a parking lot behind the church on Franklin Street. Parking is available for no fee on Sundays from 9am - noon. You can use the lot any other time you are in the neighborhood so that Trinity gets the parking fee! Use your smartphone to pay. You may wish to download the Premium Parking app ahead of time to make it easier to park and go.



*Note that there will be no Trinity @7 on April 20th.
We will return on April 27.*



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 Krista Seddon, our gifted pianist and our special guest, Matt Harris on saxophone.

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