



trinity @7

11.19.2023

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.

welcome

a moment with nature

a centering prayer

Let us pray.

Autumn
and our hearts
are seeking grace.
All around us
nature bids us
change.

Accept and give thanks
for falling
into surrender.

Into trust
that we will be held
and our brokenness
made whole.

amen

interlude

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

Walk Slowly

by Dana Faulds

It only takes a reminder to breathe,
a moment to be still, and just like that,
something in me settles, softens, makes
space for imperfection. The harsh voice
of judgment drops to a whisper and I
remember again that life isn't a relay
race; that we will all cross the finish
line; that waking up to life is what we
were born for. As many times as I
forget, catch myself charging forward
without even knowing where I'm going,
that many times I can make the choice
to stop, to breathe, and be, and walk
slowly into the mystery.

interlude

Last Night the Rain Spoke to Me

by Mary Oliver

Last night
the rain
spoke to me
slowly, saying,
what joy
to come falling
out of the brisk cloud,
to be happy again
in a new way
on the earth!
That's what it said
as it dropped,
smelling of iron,
and vanished
like a dream of the ocean
into the branches
and the grass below.
Then it was over.

The sky cleared.
I was standing
under a tree.
The tree was a tree
with happy leaves,
and I was myself,
and there were stars in the sky
that were also themselves
at the moment
at which moment
my right hand
was holding my left hand
which was holding the tree
which was filled with stars
and the soft rain –
imagine! imagine!
the long and wondrous journeys
still to be ours.

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.

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.

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

Prose from James Crews

More than ever perhaps, we see that we have a choice: to bless or curse, to find joy or grieve. I try to remember the two can occur simultaneously, so that we can embrace the pleasures that come to us, even as we curse the suffering in other parts of the world, and in other parts of our life. We can grieve our losses, and the larger losses of the human family, even as we welcome the abundance of light on a sunny day, shining through bare trees. I have always felt that we turn to poetry during difficult times like these precisely because poems are such small but spacious containers that hold so much with just a few powerful sensory details. On the day I describe here, I was walking on a trail in the woods near our house, cursing my inability to help those suffering through war, and to help myself, suffering through the pain of shingles. Then the sun suddenly came out, spilling across the forest floor the very color of clover honey, and I thought: Because sorrow and joy rise up in us together, we sometimes get to choose which one we allow to guide this one day, this one life we've been given.

interlude

Choices

by James Crews

You can grieve the leaves stripped
from the maple, all that empty
space between bare branches,
or you can bless the abundance
of light shining through, buffing
the pine boards of the floor until
they turn the color of clover honey.
You can mourn the coneflowers
now shriveled and brown, say
the whole world's gone to ruin,
or you can stand at the window
watching the lively yellow blossom
of a goldfinch feasting on each
crown of seeds, sending more than
a few back home, down into
the open ground, which knows
how to receive them.

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

Beloved, send us
into the autumn months renewed and at peace;

Center our hearts in your presence
even as we are surrounded by others;
that we may be patient with friends,
enemies, and ourselves.

Assist us in our mindfulness
toward the wholeness of life;
that we may return to our source.

And when it is time to stop at an unexpected moment,
or let go when we cannot see the consequences,
may we entrust ourselves to your love;

**Listening more than asking,
Hearing more than needing,
Opening our minds for knowing,
And healing our hearts for loving.**

amen

postlude

announcements

We Raised \$1,000!

Thank you to everyone who bought a chicken dinner and baked goods last Sunday. Thanks, too, to all who volunteered and baked. Special shout out to the DelleBovis for all their work. Let's do it again sometime, folks.

Underground Railroad Tour

On **Sunday, November 26**, courtesy of the Episcopal Diocese, Trinity will have the opportunity to tour the Niagara Falls Underground Railroad Heritage Center as a group for free. The tour begins at 1pm with a 12:45pm arrival, and the tour lasts approximately 90 minutes.

Please contact Missy Stolfi (missy.stolfi@gmail.com) or Christian Eshelman (christian.eshelman@yahoo.com) to RSVP. If you'd like to be included in a carpool from Trinity to Niagara Falls, please let them know as well.

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

Supporting the children and families of Hamlin Park School

Trinity has had an ongoing relationship with Hamlin Park Claude & Ouida Clapp Academy for 6+ years, and we have been asked to purchase as many \$25 Tops gift cards as possible so they can give them away at their Holidays Around the World Celebration on Saturday, December 16th. Additionally, the school's social workers have said they always need children's socks, as many Hamlin Park kids show up without them on cold winter days. Here is a guide for sock sizes if you need it:

Sock Size	Age of Child
10-13	4-6 years
13-4	7-10 years
4-8	11+ years
9+	older children with larger feet

There is a collection bin in the red carpet area of the church as well as a box in the chapel for you to donate socks and/or \$25 Tops gift cards. If it's easier for you to write a check, please mail it to the church office or put it in an offering plate or blue urn. Checks should be made out to: Trinity Church with Hamlin Park School in the memo line. Donations of gift cards, socks or checks should be received by **Sunday, December 10**. To learn more about Trinity's partnership with this school, visit the Say Yes Buffalo website: <https://sayyesbuffalo.org/community-schools/> Contact Sue Doherty at susandoherty50@hotmail.com with questions.

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
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

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/>



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>.



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.



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.

Slow Down Yoga

No yoga this Tuesday.

PLEASE NOTE: THERE WILL BE NO 12-STEP SERVICE ON THANKSGIVING, THURSDAY, NOV. 23.



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 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.



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. No service on Thanksgiving Day (Nov. 24)