



trinity @7

09.08.2024

## 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.*

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## 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

### Sea Glass

by James Crews

We keep going back to the rocky beach,  
searching for the glint of sea glass—  
the white, the green, the rarest blue.  
It takes decades to smooth out the sharp  
edges of those shards, years of helpless  
turning in the tides, so we might then  
reach down, slip one into our pocket  
and run fingers over the worn surface  
when worry takes over a quiet mind.  
We too have been tumbled by the waves  
of life, and with each passing year, I feel  
my own edges buffed and polished so I  
might slide more easily through the hours,  
stop resisting the pull of whatever ocean  
I'm in. Once, I wanted to be the shimmering  
bottle, container to hold the whole world  
impossibly inside myself, but now I just want  
to be the piece of beauty you come upon  
in an otherwise calm moment, cradled  
by the endless sea crashing at your feet.

## 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.

# Smooth as Stone

by Peter Bolland

Peter Bolland is a writer, speaker, philosophy professor, and Humanities Department Chair at Southwestern College in Chula Vista, California. He resides in San Diego.

I have a smooth palm-sized river stone on my desk, right beneath my computer monitor, a nice juxtaposition of high tech and no tech. I sometimes hold it in my hands when I don't have anything to say. Silence is the language of stones.

It feels heavy and cool on my skin. I feel it pulling toward the ground, waiting for my wrist to twist or my fingers to part so it can slip from its perch and return to mother earth. I never let go. Stones teach patience.

No rock begins this way, smooth and round. Rocks begin jagged. Then sand and water and other rocks bash and scrape and grind away at the edges until only the smooth round middle remains. Everything unessential is gone. Songs and poems and people and ideas and nations and marriages begin the same way; messy, unfocused, complicated, overwrought, cluttered. Then along comes the scouring. Without the friction and the conflict and the constant, painful cutting away, the beauty of the final stage is never revealed, cloaked forever beneath peripheral layers of obfuscation and detritus. The secret of life is learning to love the cutting away.

## interlude

### Blessing

by Carrie Newcomer

May you wake with a sense of play,  
An exultation of the possible.  
May you rest without guilt,  
Satisfied at the end of a day well done.  
May all the rough edges be smoothed,  
If to smooth is to heal,  
And the edges be left rough,  
When the unpolished is more true  
And infinitely more interesting.  
May you wear your years like a well-tailored coat  
Or a brave sassy scarf.  
May every year yet to come  
Be one more bright button  
Sewn on a hat you wear at a tilt.  
May the friendships you've sown  
Grown tall as summer corn.  
And the things you've left behind,  
Rest quietly in the unchangeable past.  
May you embrace this day,  
Not just as any old day,

Carrie Newcomer is a songwriter, recording artist, performer, educator and activist. She has been described as a "prairie mystic" by the *Boston Globe* and one who "asks all the right questions" by *Rolling Stone Magazine*. Newcomer lives in the wooded hills of South Central Indiana with her husband and two shaggy rescue dogs.

But as this day.  
Your day.  
Held in trust  
By you,  
In a singular place,  
Called now.

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

All read aloud:

**Enveloped in Your Light, may I be a beacon to those in search of Light.**  
**Sheltered in Your Peace, may I offer shelter to those in need of peace.**  
**Embraced by Your Presence, so may I be present to others.**  
**Enveloped in Your Light, may we be a beacon to those in search of Light.**  
**Sheltered in Your Peace, may we offer shelter to those in need of peace.**  
**Embraced by Your Presence, so may we be present to others.**

Closing prayer  
written by Rabbi  
Rami Shapiro.

postlude

## announcements

### **Trinity Discussion Group: Love God, Love God's World**

Starting **September 18**, we explore creation care and environmental ministry using the Episcopal Church's *Love God, Love God's World* curriculum. Sessions will include compelling readings and videos, faith-based reflections and discussion questions. Participants will discover ways to learn, pray, advocate and conserve. Please sign up with Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com) to receive weekly course materials. Join Tim Lane and Jeffrey Tooke on Wednesdays @**7pm** using the zoom link below:

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

Meeting ID: 816-6863-4672    Passcode: trintalk

### **Trinity Jazz Series**

Krista Seddon Presents Lecture-Performances Connecting Classical and Jazz Music

**September 20**, "One Person Can Change The World" The Contributions of George Gershwin

**October 18**, "War & Peace" An American Story of Music & Hope

**November 22**, "Why The Beatles Still Speak To Us"

Purchase tickets [here](#) or scan the QR code to the left.

Volunteers are needed for this event (set up, ushers, reception, clean up.) To sign up, scan the QR code to the right.



### **Volunteers Needed September 28**

On Saturday, September 28, from 10am to 4pm, Trinity Church will be participating in Explore Buffalo's Doors Open. During this free annual event, 30 historic buildings in downtown Buffalo will be open for tours. Last year there were over 5,000 participants. We are looking for Trinity members and friends to volunteer that day as greeters to welcome visitors to our beautiful space. Volunteers are needed for 1-2 hour shifts from 10-3. Explore Buffalo will also be providing 3-4 volunteers for check-in and to answer questions. You can sign up by emailing [susandoherty50@hotmail.com](mailto:susandoherty50@hotmail.com) or at the sign-up [here](#).



### **Trinity Basket Raffle October 5**

Trinity will be having its first annual (hopefully) basket raffle this fall. Mark your calendars for **October 5!** Doors will open @2:00pm and drawings will begin @3:30. We will need many helpers the day of the event for running the winning baskets and some prior to the event to help create baskets from donations received and organize everything for the day of. Anyone interested in helping please reach out to Jess Poleon at [jesspoleon@gmail.com](mailto:jesspoleon@gmail.com) or Sharon Hirsch via phone 716-875-4683 or 716-480-5160. We are asking each member of the congregation to bring in a basket or gift card for the raffle. Additionally, we request each member to bring in a bottle of alcohol or wine for a special liquor raffle which will take place at the basket raffle. If you have a connection with a local business you think would be willing to donate, please reach out to Jess, she has already reached out to a number of local businesses. We don't want to double up on requests, so let her know and she will get you the request letter and mark you down as seeking the donation from that business/organization. We appreciate everyone's assistance and look forward to a fun event.

### **Volunteer Opportunities With One of our Partners**

Creative Restorations INC is seeking dedicated volunteers to assist with the operation of our food pantry, which serves those in need in our community. We are looking for help on **Mondays** from **9am-Noon**, **Wednesdays** from **12-3pm**, and **Fridays** from **3-6pm**. If you are interested in lending a hand and making a difference, please reach out to Chris Harzynski at 716-553-4886. Your support would be greatly appreciated!

### **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](mailto:phoebemckay@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, [smerritt172@gmail.com](mailto:smerritt172@gmail.com)

## Slow Down Yoga

**Tuesdays @noon** slow down, tune in, and take care with a gentle, mindful yoga class for any level of skill. Led by Heather Henry Rawlins, LMHC, RYT200, this Hatha yoga-based practice cultivates calm awareness, stability, and flexibility. Calm your nervous system and feel grounded in order to feel vividly present and full of ease. To sign up, click [here](#) 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 without paying; the parking fees will not be enforced. You can use the lot any other time you are in the neighborhood, too, so that Trinity gets the parking fee! Use your smartphone to pay.





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

Welcome back, 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, Christian, 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](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