



trinity @7

11.12.2023

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!

A Valley Like This

by William Stafford

Sometimes you look at an empty valley like this,
and suddenly the air is filled with snow.
That is the way the whole world happened—
there was nothing, and then...

But maybe some time you will look out and even
the mountains are gone, the world become nothing
again. What can a person do to help
bring back the world?

We have to watch it and then look at each other.
Together we hold it close and carefully
save it, like a bubble that can disappear
if we don't watch out.

Please think about this as you go on. Breathe on the world.
Hold out your hands to it. When mornings and evenings
roll along, watch how they open and close, how they
invite you to the long party that your life is.

interlude

& So

by Amanda Gorman

It is easy to harp,
Harder to hope.
This truth, like the white-blown sky,
Can only be felt in its entirety or not at all.
The glorious was not made to be piecemeal.
Despite being drenched with dread,
This dark girl still dreams.
We smile like a sun that is never shunted.

Grief, when it goes, does so softly,
Like the exit of that breath
We just realized we clutched.

Since the world is round,
There is no way to walk away
From each other, for even then
We are coming back together.

Some distances, if allowed to grow,
Are merely the greatest proximities.

William Stafford (1914-1993) was an American poet and pacifist. He served in work camps in Arkansas and California during World War II, doing soil conservation, firefighting, and building and maintaining roads.

Amanda Gorman (b 1998) is a writer from Los Angeles. In 2017, she was appointed the National Youth Poet Laureate. Most notably, she is the youngest inaugural poet in US history. You may have seen her read *The Hill We Climb* at the inauguration of President Joe Biden.

Maya Stein is a poet, artist, photographer, teacher, mentor, and pretty interesting individual. She was born in Nova Scotia, lived on an Israeli kibbutz as well as various places around the US. She currently lives in her caravan, traveling with her partner. From the age of 9, her instincts have been “the desire to capture that which is most fleeting, to locate the heart of its beauty and power, sustain its life through language, and share that language with others.” Check out mayastein.com

interlude

When We Get Through This

by Maya Stein

When we get through this, I want us to set a table with all of the loaves of bread we'd practiced in our quiet houses. I want us clutching fistfuls of the cilantro we coaxed from our city windowsills, and I want the nascent musicians, the ones who learned old songs on their new ukuleles, or warbled choruses on isolated balconies, to take the stage together. I want all the knitted, crocheted, stitched, and mended things pooled at our feet, warming our ankles. I want us to greet each other in unfamiliar languages, to tell the stories of those who have been lost. I want us to look, in unison, toward the world millions of miles and light-years away, to take in what is before us, and beyond us. I want us to wake to the magnitude of our fortune against the smallness of our time. And then I want us to remember this, and to keep remembering.

interlude

Shoulders

by Naomi Shihab Nye

A man crosses the street in rain,
stepping gently, looking two times north and south,
because his son is asleep on his shoulder.

No car must splash him.
No car drive too near to his shadow.

This man carries the world's most sensitive cargo
but he's not marked.
Nowhere does his jacket say FRAGILE,
HANDLE WITH CARE.

His ear fills up with breathing.
He hears the hum of a boy's dream
deep inside him.

We're not going to be able
to live in this world
if we're not willing to do what he's doing
with one another.

The road will only be wide.
The rain will never stop falling.

Naomi Shihab Nye (b. 1952) is an American poet about whom the Poetry Foundation says, “she is known for poetry that lends a fresh perspective to ordinary events, people, and objects.” Her father was a Palestinian refugee and her mother an American of German and Swiss descent. Nye spent her adolescence in both Jerusalem and San Antonio, Texas.

interlude

reflection with 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.

Dziękuję!

Krista Seddon In Concert

November 17, 7pm

Trinity Chapel

Celebrate the season of thanksgiving with Trinity's resident jazz pianist as she shares the fascinating backstories and incredible music of some of the world's most cherished peacemakers, including Dave Brubeck, Duke Ellington, Frederick Chopin, Sting, the Beatles, and more...

Krista and Trinity are offering this event in celebration of Krista's 20 years of musical collaboration and inspiration at Trinity. Tickets: \$50 Patron, \$30 Supporter

Thanks to Krista's generosity, your entire ticket purchase helps Trinity continue to thrive as a spiritual and artistic landmark in the heart of Buffalo.



Clean Air Coalition

The Clean Air Coalition warmly invites Trinity Church members to our next General Meeting on **Thursday, November 16**, from 5:30-7pm. We will review our accomplishments this year and also discuss the new statewide Cumulative Impacts Law, and how it's already been of help to our campaigns. The meeting will be hybrid, with folks both joining us upstairs in the Marfield Hall as well as on Zoom. Please register today - <https://bit.ly/CACNOV2023>

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

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. To sign up, click [here](#) or email Heather at hhenryrawlins@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.





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