



trinity @7

08.04.2024

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.

welcome

a moment with nature

a centering prayer

Let us pray.

Come summer with me, God;
summer deep down in my soul;
restore my faith in summer's time,
in rest, in joy, in play, in you...

Summer in my heart,
and dwell there
as if time would never end,
as if all time were children's time, eternal time
when school is always out and joy is ever in...
And let others summer in my shade, God,
and share whatever summer's peace is mine to give,
whatever summer's light is mine to shed,
whatever summer's warmth is mine to share...

Good God of every season and every day this week,
come summer with me, and let the child in my heart
spend this summer in your love....

amen

interlude

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

Adapted from a
prayer by
Fr. Austin Fleming

Sunday Morning

by Rosemerry Wahtola Trommer

A soft-poached egg
and a slice of pumpernickel toast,
a cup of English Breakfast
and a chair at a round table in a sunlit room
beside an old friend, laughing and talking—
there are moments so ordinary
as to be perfect—moments
we feel so completely ourselves
we don't try to hold onto the minutes.
Such moments don't try
to put themselves in a picture frame,
don't pretend to be necessary or grand.
They ask us for nothing except
that we spend them like change,
as if we had a lifetime supply.

interlude

In the middle

by Barbara Crooker

of a life that's as complicated as everyone else's,
struggling for balance, juggling time.
The mantle clock that was my grandfather's
has stopped at 9:20; we haven't had time
to get it repaired. The brass pendulum is still,
the chimes don't ring. One day you look out the window,
green summer, the next, and the leaves have already fallen,
and a grey sky lowers the horizon. Our children almost grown,
our parents gone, it happened so fast. Each day, we must learn
again how to love, between morning's quick coffee
and evening's slow return. Steam from a pot of soup rises,
mixing with the yeasty smell of baking bread. Our bodies
twine, and the big black dog pushes his great head between;
his tail is a metronome, $\frac{3}{4}$ time. We'll never get there,
Time is always ahead of us, running down the beach, urging
us on faster, faster, but sometimes we take off our watches,
sometimes we lie in the hammock, caught between the mesh
of rope and the net of stars, suspended, tangled up
in love, running out of time.

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

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

How the Trees on Summer Nights Turn into a Dark River

by Barbara Crooker

how you can never reach it, no matter how hard you try,
walking as fast as you can, but getting nowhere,
arms and legs pumping, sweat drizzling in rivulets;
each year, a little slower, more creaks and aches, less breath.
Ah, but these soft nights, air like a warm bath, the dusky wings
of bats careening crazily overhead, and you'd think the road
goes on forever. Apollinaire wrote, "What isn't given to love
is so much wasted," and I wonder what I haven't given yet.
A thin comma moon rises orange, a skinny slice of melon,
so delicious I could drown in its sweetness. Or eat the whole
thing, down to the rind. Always, this hunger for more.

Guillaume Apollinaire (1880 – 1918) was a French poet and a key figure in the avant-garde movements of the early twentieth century.

interlude

Back Yard

by Carl Sandburg

Shine on, O moon of summer.
Shine to the leaves of grass, catalpa and oak,
All silver under your rain to-night.

An Italian boy is sending songs to you to-night from an accordion.
A Polish boy is out with his best girl; they marry next month;
to-night they are throwing you kisses.

An old man next door is dreaming over a sheen that sits in a
cherry tree in his back yard.

The clocks say I must go—I stay here sitting on the back porch drinking
white thoughts you rain down.

Shine on, O moon,
Shake out more and more silver changes.

interlude

reflection

interlude

Carl Sandburg (1878–1967), the son of Swedish immigrants, was a writer, political organizer and reporter.

meditation

interlude with candle lighting

While Mike 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

Let us pray a summer prayer:

Take time to claim your strength; they are gifts of God.

Take time to have fun; it's God's way of teaching you your strengths.

Take time to grow yourself; only you can grow you.

Take time to trust yourself; God trusts you.

Take time to be self-reliant; it is better than being dependent.

Take time to share with others; they will bless you, and you will bless them.

Take time to have hope, you are a child of God.

Let us pray that God will bless us and our families during the wonderful months of summer. May we all help make our home a place of relaxation, joy, love, peace, and safety. May we be generous and considerate, not thinking only about ourselves, but helping others enjoy the blessings of summertime. Creator of all things, guide our steps and strengthen our hearts, during these months of summer and vacation days. Grant us refreshment of mind and body.

amen

postlude

announcements

Trinity Treasures Rummage Sale on Saturday, September 7

Trinity is having a rummage sale on Saturday, Sept. 7 from 10am to 2pm in the chapel. Make this event a success by donating your gently-used treasures. No clothing, shoes or furniture please. You can drop off items at church on Sunday mornings 10am - noon, Tuesday and Thursdays 4pm-6pm. Please take your donations to the glass atrium in the courtyard and someone will be there to accept them. Items will be collected until Sunday August 31. For questions about donations and to volunteer for this sale, please contact Erickson (ehc@buffalo.edu) or Missy (missy.stolfi@gmail.com).



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.

Trinity Basket Raffle October 5

Trinity will be having its first annual (hopefully) basket raffle this fall. Mark your calendars for **October 5!** 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 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. Thank you, Jess Poleon, Basket Raffle Chair.

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, MNMKeane@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@gmail.com

Patti Nisbet, tudorspace@aol.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



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.



Explore Buffalo is back!

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/>



Make a note that Trinity @7 has moved to a summer schedule. In June, July, and August, we meet on the 1st and 3rd Sundays of the month.

Mark your calendar for Sunday, August 18.



Trinity is an Episcopal Church in the Diocesan Partnership of Western New York and Northwest Pennsylvania.

Facebook: [@Trinitybuffalo](#)

YouTube: [Trinity Church Buffalo](#)

Instagram: [@trinity.church.Buffalo](#)

[www.trinitybuffalo.org](#) • (716) 852-8314

371 Delaware Ave, Buffalo, NY 14202

Many thanks to our gifted guitarist, Mike Moser.

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, 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
We meet next on August 18.

Wednesday @Noon Prayer and holy conversation

Thursday @7pm 12steps@Trinity, based on 12-step spirituality