



trinity @7

03.09.2025

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

Let us pray.

O Love,
Unfold me anew;
For my spirit easily tightens
Around yesterday's too much
Sadness and loss and worry.

Stretch me open
With an energy not my own
But given as the gift of Life
Revealing beauty within
Already formed by You
Before I even knew to notice.

Yes, Love, ground me
In Your forming grace
Always at work
In ways unnameable
Yet daring to name me
And everyone, Beloved

O Love,
Unfold me to this
Noticing You in others
Trusting Your desire
To meet every resistance
I hold as temporary truth
Until at last again and again
I am born anew
Into a beauty I cannot yet see
A birthright unbelievable
Brought to life by You
The One who is Life.

Yes, Love,
Unfold me anew to this
And let it be more
Than enough for today.

amen

This prayer is called "Unfolding" and is written by David Long-Higgins, a minister in the United Church of Christ.

Cover photo by
Matt Lincoln

interlude

What I didn't know

by Rosemerry Wahtola Trommer

At last I am learning it's okay
to be scared to the marrow
and still show up whole-hearted.
No shame it took so long
to learn this truth,
just giddy relief to finally trust
I can be clenched like a hedgehog
or poised as a snake
and still be open to finding love
at the center of what scares me.
And when I find no sprig of love there,
that is the chance
to offer love to the world
any way I know how—
with a gift, with my time,
with words, with touch,
or with a simple act of kindness.
And if I find I have no love
to muster, then that is the chance
to plant seeds of love in whatever
soil I find. And amend the ground.
And bring light. Bring water.

interlude

It Felt Love

by Hafiz

How did the rose
Ever open its heart
And give to this world
All its beauty?
It felt the encouragement of light
Against its being,
Otherwise,
We all remain
Too frightened

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

Hafiz was a 14th-century Sufi mystic who expressed love for the divine through poetry.

Everything Is Waiting for You

by David Whyte

Your great mistake is to act the drama
as if you were alone. As if life
were a progressive and cunning crime
with no witness to the tiny hidden
transgressions. To feel abandoned is to deny
the intimacy of your surroundings. Surely,
even you, at times, have felt the grand array;
the swelling presence, and the chorus, crowding
out your solo voice. You must note
the way the soap dish enables you,
or the window latch grants you freedom.
Alertness is the hidden discipline of familiarity.
The stairs are your mentor of things
to come, the doors have always been there
to frighten you and invite you,
and the tiny speaker in the phone
is your dream-ladder to divinity.
Put down the weight of your aloneness and ease into
the conversation. The kettle is singing
even as it pours you a drink, the cooking pots
have left their arrogant aloofness and
seen the good in you at last. All the birds
and creatures of the world are unutterably
themselves. Everything is waiting for you.

David Whyte
(b. 1955) is quoted
as saying that
all of his poetry
and philosophy
is based on "the
conversational
nature of reality."
He is a lecturer and
business consultant
as well as a poet,
and lives in the
Pacific Northwest.

interlude

Self-talk

by Rosemerry Wahtola Trommer

Because I know in my body
the power of spaciousness,
I command my heart, *Stay open*.
Stay open, I growl,
as it clenches and hardens
and granites and steels,
but my terrified heart
keeps clenching anyway,
tighter and smaller and stuck.
I said, Stay open,
my voice a demand,
as if with intensity
I could force a release.
And the heart curls in,
intent on survival, like a pill bug,

like an armadillo, like a heart
that has learned before
it is not safe to love.
And it hurts to be small.
And it takes so much energy
to clench, that finally
it's exhaustion that helps me
to hear the softer voice
beneath the command,
the quiet voice that arrives
like the slightest of waves, the voice
that arrives like low morning sun,
and the voice enters the clench of me
like gentle rain meeting dry earth,
and it says, *Of course, you're afraid.*
*For now it's enough to remember
the possibility of opening.*

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.



We have seen this prayer attributed to St. Teresa of Avila, St. Therese of Lisieux, and St. Teresa of Calcutta. It is typically written in the 3rd person, "May you . . ." We changed it to 1st person for our service tonight.

closing prayer for the road

**May today there be peace within.
May we trust God that we are exactly where we are meant to be.
May we not forget the infinite possibilities that are born of faith.**

**May we use those gifts that we have received,
and pass on the love that has been given to us.
May we be content knowing we are each a child of God.**

**Let this presence settle into our bones,
and allow our soul
the freedom to sing, dance,
praise and love.
It is there for each and every one of us.
amen**

postlude

announcements

PURCHASE TICKETS



HELPER SIGNUP



Krista Seddon's Trinity Jazz Series
"Four Crown Jewels of Buffalo's Musical Heyday: The Artists, Their Stories, Their Music"
March 14 @7pm "The Statler Downtown Room"
April 11 @7pm "Kleinhans Music Hall"
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.

Hamlin Park School Monthly Community Event
Each event has a theme and is open to all. They are always looking for volunteers. The times and dates are:
Saturday Academy 10am-1pm: April 5, May 3
Thursday Evening 4:30-6pm: April 3
Trinity members would be welcome to any of these. You can contact the Say Yes To Education coordinator Nikki Cocerez at ncocerez@sayyesbuffalo.org or (716)388-1572 for more information,

Volunteer Opportunities With One of our Partners
Creative Restorations is seeking dedicated volunteers to assist with the operation of their food pantry which serves those in need in our community. They 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 Marie Keane, MNMKeane@gmail.com
Susie Green, susie432@gmail.com Sara Merritt, smerrit172@gmail.com
Patti Nisbet, tudorspace@aol.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!

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/>



Soup & Discussion Lenten Program 2025

Lent is messy, but still worth sharing. All are welcome to travel through Lent together in a program that will be offered by five churches in the Buffalo deanery. Using Kate Bowler's Lenten program *The Hardest Part: Hurt We Carry, Hope We Find*, we will enjoy a light soup dinner before breaking into discussion on the program theme for the week. The location will rotate among the churches on Wednesdays during Lent starting @6pm. A hybrid online connection is available for those who are unable to join us in person.

The soup & in person discussion will rotate among the following churches:

- **March 12: St. John's Grace: Terrible & Beautiful!**
- March 19: St. Paul's Cathedral: Lament!
- March 26: St. Mark's & All Saints: Imagination!
- April 2: Trinity Buffalo: Wisdom!
- April 9: St. Philips: Love!

To join by Zoom:

<https://us02web.zoom.us/j/89387046182?pwd=pRYCjRlUa1VWbiaklZMoJe9poW2Abs.1>

Meeting ID: 8938 7046 182;

Pw: Lent

Need a location address? Click here: <https://episcopalpartnership.org/our-congregations/>

For more information contact one of the host parishes.

WE WOULD LIKE TO THANK ALL OF THE TRINITY FAMILY FOR COMING TO FAMILY GRAS LAST WEEK. WE HAD GOOD FOOD, FUN AND FELLOWSHIP. THE SECOND LINE (CONGA) WAS SPECIAL. A BIG SHOUT OUT TO THOSE WHO HELPED TO PUT THIS ALL TOGETHER AND CLEAN UP AFTERWARDS. LOOKING FORWARD TO OUR NEXT GATHERING.



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.

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