



trinity @7

09.22.2024

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Sculpting by Robert
Indiana; located in
Philadelphia.

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.

You can sign up to
receive a daily video
from nature365.
And it's free! Go
to <https://www.nature365.tv>

welcome

a moment with nature

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

The Bailiff of the Heart

by Rosemerry Wahtola Trommer

The Bailiff of the Heart wears comfortable shoes—
she knows she'll be standing
outside the heart's door
for a long, long time,
while inside the many voices of love deliberate.
It's never so simple as innocent or guilty.
The heart is full of what ifs and if onlys
and the jury's aware of what's at stake—
nothing less than everything.
The bailiff doesn't mind.
She can hear them in there bellowing,
pleading, reasoning, stonewalling.
She gets them water. She tells the court to wait.
It's her job to protect their conversation.
She long ago gave up believing in justice.
Still, she believes in love.

interlude

The Invitation

by Rosemerry Wahtola Trommer

Two nights after he died,
all night I heard the same
one-line story on repeat:
I am the woman whose son
took his life. The words
felt full of self-pity,
filled me with hopelessness, doom.
And then a voice came,
a woman's voice, just before dawn,
and it gave me a new shade of truth:
I am the woman who learns
how to love him now that he's gone.
It did not change the facts,
but it changed everything
about how I met the facts.
Over a hundred days later,
I am still learning what it means
to love him—how love is
an ocean, a wildfire, a crumb;
how commitment to love changes me,
changes everyone,
invites us to bring our best.

Rosemerry Wahtola Trommer is a published Colorado poet and acappella singer. Since 2006, she's written a poem a day. Trommer's favorite one-word mantra: Adjust. Visit her at www.wordwoman.com. Last month marked three years since the death of her nineteen-year-old son.

Love is wine, is trampoline,
is an infinite song with a chorus
in which I am sung.
I am the woman who learns
how to love him now that he's gone.
May I always be learning how to love—
like a cave. Like a rough-legged hawk.
Like a sun.

interlude

Wisdom tells me I am nothing. Love tells me I am everything. Between the two, my life flows.

Nisargadatta Maharaj, Indian guru

interlude

To fall in love with the world isn't to ignore or overlook suffering, both human or otherwise. For me anyway, to fall in love with the world is to look up at the night sky and feel your mind swim before the beauty and the distance of the stars. It is to hold your children while they cry and watch the sycamore trees leaf out in June. When my breastbone starts to hurt, and my throat tightens and tears well in my eyes, I want to look away from feeling. I want to deflect with irony or anything else that will keep me from feeling directly. We all know how loving ends. But I want to fall in love with the world anyway, to let it crack me open. I want to feel what there is to feel while I am here.

John Green, American author

interlude

The love of our neighbor in all its fullness simply means being able to say to him, "What are you going through?"

Simone Weil, French author

interlude

I believe that the world was created and approved by love, that it subsists, coheres, and endures by love, and that, insofar as it is redeemable, it can be redeemed only by love.

Wendell Berry, American author

interlude

Love After Love

by Derek Walcott

The time will come
when, with elation,
you will greet yourself arriving
at your own door, in your own mirror,
and each will smile at the other's welcome,
and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you
all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

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.

Derek Walcott (b. 1930) was born in St Lucia, West Indies. He is a poet and a playwright. In 1992, he received the Nobel Prize for Literature.



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.**

postlude

announcements

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

On **Wednesdays**, we explore creation care and environmental ministry using the Episcopal Church's *Love God, Love God's World* curriculum. Sessions include compelling readings and videos, faith-based reflections, and discussion questions. Participants discover ways to learn, pray, advocate, and conserve. Please sign up with Jeffrey Tooke at 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 **@7pm**

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.

If you'd like to help make these evenings a success, please sign up [here](#) to volunteer or scan the QR code to the right. There are various roles needed including food and wine donations.



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 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 or Sharon Hirsch via phone 716-875-4683 or 716-480-5160. We are asking each member of the

Closing prayer
written by Rabbi
Rami Shapiro.

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

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.





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)

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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, 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.



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