



trinity @7

04.23.2023

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.

At this time, we leave the decision up to you whether or not to wear a mask in the Chapel. Thank you.

welcome

a moment with nature

a centering prayer

Let us pray.

Light

golden light

fresh from the source.

Colors

creation's colors

calling our senses.

Life

life in its oneness

life in its manifold oneness

all from you.

You are the Sun from whom the morning shines

You are the River in whom each life-form flows

each face

each race

each cell within our ever-living soul.

On this quiet evening we greet you.

amen

[Nature365.tv](https://www.nature365.tv)
posts a daily video,
usually 30 to 60
seconds long, with
beautiful sound as
well as images.
Check it out.

interlude

Ambition

by Rosemerry Wahtola Trommer

I am so far from the woman
I want to be, so far
from humility and simplicity.
I dream of clearing
not only the shelves,
not only the closets,
but also the cluttered inner rooms
that crowd out the divine.
Every day I search for ways
to best meet the day—
with poems, beautiful meals,
with songs, with praise—
so many ways to be radiant,
but I suspect all the day wants
is for me to meet it
and all that comes into my path
with kindness, with spaciousness.
In my effort to be good, to be whole,
I make it so difficult, this life.
The day doesn't seem to hold
my exuberance against me.
It shows up as always,
generous as a new tomorrow,
quiet as dawn.

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

Mark S. Burrows is a speaker and a retreat leader in Europe, Australia, and the United States. A poet by nature and disposition, he has taught historical theology at the graduate and undergraduate level, always with a keen interest in religion and literature, mysticism and poetics.

The Resistance

by Mark S. Burrows

I never knew what they really felt
how they survived the one world
we shared across layers of fear
and indifference never grasped
the bold grip of hatred that sears
the eye and numbs the mind of
the last shreds of decency never
expected that the good would
outlast all this in a world where
the question of fair isn't even
mentioned in the interim report
and could hardly imagine that
despite all this greed would not
have the last word in this life with
its unspeakable joys and woes
where the promise holds that
the lost will somehow be found
and the last impossibly first

interlude

Ellen Bass
(b. 1947)
is Chancellor
Emerita of
the Academy
of American
Poets. Her poems
have frequently
appeared in *The
New Yorker* and *The
American Poetry
Review*, as well as
in *The New York
Times Magazine*,
The Atlantic, *The
New Republic*, *The
Kenyon Review*,
Ploughshares, *The
Sun* and hundreds of
other journals. Bass
has won numerous
awards and
published nonfiction
books that address
LGBTQ youth and
women survivors
of childhood sexual
abuse. She currently
teaches and runs
poetry workshops.

Sous-Chef

by Ellen Bass

I like cutting the cucumber, the knife slicing the darkness
into almost-transparent moons, each
with its own thin rim of night. I like smashing
the garlic with the flat of steel
and peeling the sticky, papery skin from the clove.
Tell me what to do. I'm free of will.
I carve the lamb into one-inch cubes.
I don't use a ruler, but I'd be happy to.
Give me a tomato bright as a parrot.
Give me peaches like burning clouds.
I'll pare those globes until dawn. The syrup
will linger on my fingers like your scent.
Let me escape my own insistence.
I am the bee feeding the queen.
Show me how you want
the tart glazed. I still have opinions,
but I don't believe in them.
Let me fillet the supple bones from the fish.
Let me pit the cherries. Husk the corn.

You say how much cinnamon
to spice the stew. I've made bad decisions,
so I'm grateful for this yoke
lowered onto my shoulders, potatoes
mounded before me.
With all that's destroyed, look
how the world still yields a golden pear.
Freckled and floral, a shimmering marvel.
It rests in my palm so heavily, perfectly.
Somewhere there is hunger. Somewhere, fear.
But here the chopping block is solid. My blade sharp.

interlude

The Work of Love

by Mark S. Burrows

It is early, though the late night is still holding
the long hems of darkness; dawn has not yet
begun to imagine what the day might bring
of shadows and of light, and those I love are
still wrapped in the mantle of their dreams.
But I am sitting here with a cup of tea cradled
in my hands as I begin to bring forth the edges
of a poem, drawing words and bits of song from
the drifting play of dreams. And as I begin I've
not yet made a single mistake; no word is out
of place on the empty page, no thought has
strayed into the cravings of jealousy or rage,
and no good deed has been undone. It's like
this sometimes with art, as with the work of
love, when the heart wakes to join the lark
in her propensity to amazement and to song.

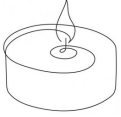
interlude

reflection

interlude

brief meditation

the candle lighting with music



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

Let us pray

Now, as we come the setting of the sun,
and our eyes behold the vesper light:

Take us by the hand.

In the stillness of our hearts
and the silence between each beat:

Whisper in our ear.

As we peek into tomorrow
and wonder what it will bring:

Be present with us.

When we prepare ourselves for rest
and seek the blessings of slumber:

Surround us with your love.

Into the darkness of the night
and across the canopy of sleep:

Awake us to your best dream for us.

amen

postlude

announcements

Discussion Group: Eyewitness Bible - Acts

On **Wednesday evenings @7pm**, Tim Lane and Jeffrey Tooke are facilitating discussions on the book of Acts using *Eyewitness Bible*. Each week we watch short videos that help us explore the people and events during the first three decades of the early church.

Join Tim and Jeff on Wednesday@7pm using the zoom link below:

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

Meeting ID: 816-6863-4672 Passcode: trintalk

If you have questions about the group, email Jeff Tooke at jeffreytooke@outlook.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 is leading a tour of Trinity's windows as part of its Sacred Spaces series. There are several dates available. Check the website listed below or scan the QR code. You can help the wider community appreciate the resources Trinity has to share. Post this link on your social media or email it to friends. Better yet, invite someone to come on the tour with you.

<https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/>



Research Project

The Rev. Jason Miller, priest in charge at St. Michael and All Angels in Buffalo, has begun a research project focusing on the ways in which different congregations chose to worship during the pandemic. He is asking for your participation in a survey regarding your experience of worship, both during the church closure during the pandemic and the period when church buildings were reopened. The survey should take you about 15 minutes to complete, and you will be asked to answer questions about your experience of worship and connection during and after the pandemic. Please consider participating, as your responses will help to frame an understanding of digital worship within the Episcopal Church, with a focus on the impact of holding religious services utilizing digital media. Please access the survey and consent to participate at <https://tinyurl.com/DMinSurvey> or by scanning the QR code.



Trinity Spaces for Rent

Our church has work spaces available for rent at 371 Delaware Ave. We hope to rent to groups or individuals that share our vision of community betterment. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group. 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>.



Comfort and Care Team

A new committee has formed with the purpose of offering care and comfort to members of the Trinity family who may be experiencing health or other life challenges. There are currently four of us on the committee and we are inviting and welcoming others who are interested in this ministry and/or have ideas for us. We are excited about this new initiative and have already begun to implement some of our activities. Please contact any of the four of us with your interest, ideas, or for more information. We look forward to hearing from you! Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com; Susie Green, susie432@gmail.com; Patti Nisbet, tudorspace@aol.com

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.

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



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

Much gratitude to our 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 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