



trinity @7

03.23.2025

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

interlude

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

The Weighing

by Jane Hirschfield

The heart's reasons
seen clearly,
even the hardest
will carry
its whip-marks and sadness
and must be forgiven.

As the drought-starved
eland forgives
the drought-starved lion
who finally takes her,
enters willingly then
the life she cannot refuse,
and is lion, is fed,
and does not remember the other.

So few grains of happiness
measured against all the dark
and still the scales balance.
The world asks of us
only the strength we have and we give it.
Then it asks more, and we give it.

interlude

won't you celebrate with me

by Lucille Clifton

won't you celebrate with me
what i have shaped into
a kind of life? i had no model.
born in babylon
both nonwhite and woman
what did i see to be except myself?
i made it up
here on this bridge between
starshine and clay,
my one hand holding tight
my other hand; come celebrate
with me that everyday
something has tried to kill me
and has failed.

interlude

Jane Hirshfield (b. 1953) is an award-winning poet, inspired by both Eastern and Western traditions. She has also translated the work of early women poets. Hirshfield studied Zen Buddhism for eight years. "I don't think poetry is based just on poetry; it is based on a thoroughly lived life. And so I couldn't just decide I was going to write no matter what; I first had to find out what it means to *live*."

Lucille Clifton (1936-2010) was born in Depew, NY and graduated from what was then Fredonia State Teachers College. Clifton was the first African-American recipient of the Ruth Lilly Poetry Prize for lifetime achievement. She served as Maryland's poet laureate from 1974 until 1985, and won the prestigious National Book Award for *Blessing the Boats: New and Selected Poems* 1988- 2000.

A Ritual to Read to Each Other

by William Stafford

If you don't know the kind of person I am
and I don't know the kind of person you are
a pattern that others made may prevail in the world
and following the wrong god home we may miss our star.

For there is many a small betrayal in the mind,
a shrug that lets the fragile sequence break
sending with shouts the horrible errors of childhood
storming out to play through the broken dyke.

And as elephants parade holding each elephant's tail,
but if one wanders the circus won't find the park,
I call it cruel and maybe the root of all cruelty
to know what occurs but not recognize the fact.

And so I appeal to a voice, to something shadowy,
a remote important region in all who talk:
though we could fool each other, we should consider—
lest the parade of our mutual life get lost in the dark.

For it is important that awake people be awake,
or a breaking line may discourage them back to sleep;
the signals we give – yes or no, or maybe—
should be clear: the darkness around us is deep.

interlude

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.

Blessing in the Chaos

by Jan Richardson

To all that is chaotic in you,
let there come silence.

Let there be a calming
of the clamoring,
a stilling
of the voices that
have laid their claim on you,
that have made their home in you,
that go with you
even to the holy places
but will not
let you rest,
will not let you
hear your life with wholeness
or feel the grace
that fashioned you.

Let what distracts you cease.
Let what divides you cease.
Let there come an end
to what diminishes
and demeans,
and let depart
all that keeps you
in its cage.

Let there be
an opening
into the quiet
that lies beneath the chaos,
where you find the peace
you did not think possible
and see what shimmers
within the storm.

interlude

reflection

interlude

meditation

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janrichardson.com

Jan Richardson is an artist, writer, and ordained minister in the United Methodist Church. Residing in Florida, she serves as director of The Wellspring Studio, LLC, and has traveled widely as a retreat leader and conference speaker.



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

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

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.

PURCHASE TICKETS



HELPER SIGNUP



announcements

Krista Seddon's Trinity Jazz Series

"Four Crown Jewels of Buffalo's Musical Heyday: The Artists, Their Stories, Their Music"

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.



Soup & Discussion Lenten Program Wednesdays @6pm

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 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=pRYCjRIUa1VWbiaklZMoJe9poW2Abs.1>

Meeting ID: 8938 7046 182;

Pw: Lent





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