



trinity @7

04.30.2023

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

interlude

[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.

In Early April

by Ted Kooser

A tree in blossom is a passing cloud
that floats from some warmer place
then slows and snows itself away,
a blizzard of petals that will take
your breath away if you are there,
aware of what's about you, petals
in drifts on the sidewalk, each
with a delicate fragrance that sticks
to the toe of your shoe as you scuff
your way along. All this can occur
in the space of a day, even an hour.
Can you be present when it happens
or will your thoughts have skipped off
into summer and the life beyond?

interlude

Still Life with Ladder

by Susan Rich

Today, the sky saved my life
caught between smoked rum and cornflower.
Today, there is a color I can't name cruising past
the backdoor – it is the idea of color.
Cloudscapes evaporate like love songs
across lost islands, each a small bit coin of thought.
Today, I am alive and this is a good thing—
clams in the half shell, a lemon rosemary tart.
I live in the day and the day lives past me.
If I could draw a map of the hours, a long
horizon would travel on indefinitely ~ a green, backlit thread.
The sky? It is never the same – it is sour milk
and whipped cream, a sketchbook and flour-dusted jeans.
Today, I am in love with the sky.
It doesn't care if my father is dead,
or that I live by myself with his Masonic watch.
I sew time with my mother's button jar.
I've improvised my life ~ let the sky pull the strings.
Tonight, I will borrow the golden ladder from the orchard,
travel from this sphere into the next and expunge
the leftover sadness of the hemispheres, to move beyond

Ted Kooser (b. 1939) is a former US Poet Laureate (2004-06). He has published books of poetry, nonfiction, children's books, and chapbooks. Kooser has served as mentor to Vermont poet James Crews.

Susan Rich is a published poet who lives in Seattle and teaches at Highline College. Rich served in the Peace Corps and subsequently did human rights work all over the world.

continued on next page

the beyond which is here, present, alive in this hyacinth room;
time leaps over itself, after and out of the tangled past
over shadows of weather falling across a back window~
to forgive one another; to try once more to live it right.

interlude

The Question

by Rosemerry Wahtola Trommer

All day, I replay these words:

Is this the path of love?

I think of them as I rise, as

I wake my children, as I wash dishes,

as I drive too close behind the slow

blue Subaru, *Is this the path of love?*

Think of these words as I stand in line

at the grocery store,

think of them as I sit on the couch

with my daughter. Amazing how

quickly six words become compass,

the new lens through which to see myself

in the world. I notice what the question is not.

Not, "Is this right?" Not,

"Is this wrong?" It just longs to know

how the action of existence

links us to the path of love.

And is it *this?* Is it *this?* All day,

I let myself be led by the question.

All day I let myself not be too certain

of the answer. *Is it this?*

Is this the path of love? I ask

as I wait for the next word to come.

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

I Would Like

by Jane Hirshfield

I would like
my living to inhabit me
the way
rain, sun, and their wanting
inhabit a fig or apple.

I would like to meet it
also in pieces,
scattered:
a conversation set down
on a long hallway table;

a disappointment
pocketed inside a jacket;
some long-ago longing glimpsed,
half-recognized,
in the corner of a thrift store painting.

To discover my happiness,
walking first
toward
then away from me
down a stairwell,
on two strong legs all its own.

Also,
the uncountable
wheat stalks,
how many times broken,
beaten, sent
between grindstones,
before entering
the marriage
of oven and bread—

Let me find my life in that, too.
In my moments
of clumsiness, solitude;
in days of vertigo and hesitation;
in the many year-ends
that found me
standing on top of a stovetop
to take down a track light.

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*."

In my nights' asked,
sometimes answered, questions.

I would like
to add to my life,
while we are still living,
a little salt and butter,
one more slice of the edible apple,
a teaspoon of jam
from the long-simmered fig.

To taste
as if something tasted for the first time
what we will have become then.

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 - Final Week

The Rev. Jason Miller, priest in charge at St. Michael and All Angels in Buffalo, is doing 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. The survey ends on May 7.



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, tudospace@aol.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