



trinity @7

08.18.2024

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.

welcome

a moment with nature

a centering prayer

Let us pray.

Come summer with me, God;
summer deep down in my soul;
restore my faith in summer's time,
in rest, in joy, in play, in you...

Summer in my heart,
and dwell there
as if time would never end,
as if all time were children's time, eternal time
when school is always out and joy is ever in...
And let others summer in my shade, God,
and share whatever summer's peace is mine to give,
whatever summer's light is mine to shed,
whatever summer's warmth is mine to share...

Good God of every season and every day this week,
come summer with me, and let the child in my heart
spend this summer in your love....

amen

interlude

We watch a video on
<https://www.nature365.tv>.
Check it out. There
is a new video daily,
and it's free!

Adapted from a
prayer by
Fr. Austin Fleming

Just for Now

by Danna Faulds

Just for Now,
Without asking how, let yourself sink into stillness.
Just for now, lay down the weight
You so patiently bear upon your shoulders.
Feel the earth receive you,
And the infinite expanse of the sky grow even wider,
as your awareness reaches up to meet it.

Just for now,
Allow a wave of breath to enliven your experience.
Breathe out whatever blocks you from the truth.
Just for now,
Be boundless, free,
with awakened energy tingling in your hands and feet.
Drink in the possibility
Of being who and what you really are —
So fully alive that the world looks different,
Newly born and vibrant, just for now.

interlude

Enough

by David Whyte

Enough. These few words are enough.
If not these words, this breath.
If not this breath, this sitting here.
This opening to life
we have refused
again and again
until now.
Until now.

interlude

Danna Faulds is an American poet who credits the practice of meditation with giving her reliable access to a vivid inner life and creative voice. She is the author of seven books of poetry.

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.

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.

You Reading This, Be Ready

by William Stafford

Starting here, what do you want to remember?
How sunlight creeps along a shining floor?
What scent of old wood hovers, what softened
sound from outside fills the air?
Will you ever bring a better gift for the world
than the breathing respect that you carry
wherever you go right now? Are you waiting
for time to show you some better thoughts?
When you turn around, starting here, lift this
new glimpse that you found; carry into evening
all that you want from this day. This interval you spent
reading or hearing this, keep it for life—
What can anyone give you greater than now,
starting here, right in this room, when you turn around?

interlude

Unconditional

by Jennifer Paine Welwood

Jennifer Welwood is a teacher of integrated spiritual/psychological work, dedicated to the sacred human possibility of realizing and embodying our awake nature, in this very life and in this very world.

Willing to experience aloneness,
I discover connection everywhere;
Turning to face my fear,
I meet the warrior who lives within;
Opening to my loss,
I gain the embrace of the universe;
Surrendering into emptiness,
I find fullness without end.
Each condition I flee from pursues me,
Each condition I welcome transforms me
And becomes itself transformed
Into its radiant jewel-like essence.
I bow to the one who has made it so,
Who has crafted this Master Game;
To play it is purest delight -
To honor its form, true devotion.

interlude

Who Turns

by Karen Maezen Miller

Who turns this into that? Sound into noise?
Aroma into odor? Taste into pleasure or disgust?
Who turns yes into no? Grace into unkindness?
Who turns the present into the past? Who turns the now into the not-
now?
As-it-is into as-it-should-be?
Silence into boredom? Stillness into restlessness?
The ordinary into the menial?
Who turns pain into suffering? Change into loss?
Grief into woe? Woe into the story of your life?
Who turns stuff into sentiment? Desire into craving?
Acceptance into aversion?
Peace into war? Us into them?
Who turns life into labor? Time into toil?
Enough into not-enough?
Who turns why into why not?
Who turns delusion into enlightenment?
Who thinks? Who feels? Who senses?
Who turns?
All practice is the practice of making a turn in a different
Direction.

interlude

reflection with guided meditation

interlude with candle lighting

While the pianist 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

Let us pray a summer prayer:

Take time to claim your strength; they are gifts of God.
Take time to have fun; it's God's way of teaching you your strengths.
Take time to grow yourself; only you can grow you.
Take time to trust yourself; God trusts you.
Take time to be self-reliant; it is better than being dependent.

Karen Maezen Miller (b 1956) is a published writer and Zen practitioner. She lives in Sierra Madre, California, with a century-old Japanese garden in the backyard.

Take time to share with others; they will bless you, and you will bless them.
Take time to have hope, you are a child of God.
Let us pray that God will bless us and our families during the wonderful months of summer. May we all help make our home a place of relaxation, joy, love, peace, and safety. May we be generous and considerate, not thinking only about ourselves, but helping others enjoy the blessings of summertime. Creator of all things, guide our steps and strengthen our hearts, during these months of summer and vacation days. Grant us refreshment of mind and body.

amen

postlude

announcements

Trinity Treasures Rummage Sale on Saturday, September 7

Trinity is having a rummage sale on Saturday, Sept. 7 from 10am to 2pm in the chapel. Make this event a success by donating your gently-used treasures. No clothing, shoes or furniture please. You can drop off items at church on Sunday mornings 10am - noon, Tuesday and Thursdays 4pm-6pm. Please take your donations to the glass atrium in the courtyard and someone will be there to accept them. Items will be collected until Sunday August 31. For questions about donations and to volunteer for this sale, please contact Erickson (ehc@buffalo.edu) or Missy (missy.stolfi@gmail.com).

Trinity Jazz Series

Krista Seddon Presents Lecture-Performances Connecting Classical and Jazz Music
September 20, "One Person Can Change The World" The Contributions of George Gershwin
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.

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 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
Susie Green, susie432@gmail.com
Patti Nisbet, tudorspace@aol.com

Marie Keane, MNMKeane@gmail.com
Sara Merritt, smerrit172@gmail.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.

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/>



The summer schedule for Trinity @7 is mostly over. We will NOT meet on Sunday, September 1. After that, starting Sunday, September 8, we will resume meeting weekly.



Trinity is an Episcopal Church in the Diocesan Partnership of Western New York and Northwest Pennsylvania.

Facebook: [@Trinitybuffalo](#)

YouTube: [Trinity Church Buffalo](#)

Instagram: [@trinity.church.Buffalo](#)

[www.trinitybuffalo.org](#) • (716) 852-8314

371 Delaware Ave, Buffalo, NY 14202

Many thanks to gifted pianist, George Caldwell.

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, Christian, 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
We meet next on September 8.

Wednesday @Noon Prayer and holy conversation

Thursday @7pm 12steps@Trinity, based on 12-step spirituality