



trinity @7

01.19.2025

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.

welcome

For Chuck Rice (1934 - 2024)

Tonight we are dedicating Trinity @7 to our Zoom friend Chuck who passed away recently. When he joined us each week from Washington State, he was always smiling, beaming even, despite his terminal illness. He loved Trinity @7 and in particular he loved Krista's music. We will miss his joyous affirmations. Rest in peace, Chuck.

a centering prayer

Let us pray.

Quietly the New Year slips in.

Are we now more fearful, the radio asks?

More careful?

More tired?

Are we now more aware of the suffering, the violence,
the inequality, the injustice in our world?

Holy God,

In this New Year,

We seek you

As we have always sought you.

We need you

As we have always needed you.

We hunger for your presence, your peace, your justice and your love.

Open our hearts afresh and anew.

Open our minds that we may know you.

Open our hands that we may care for you.

Open our ears and eyes that we may hear and see you

In our neighbor, in the foreigner, in the refugee,

Even in our enemy,

Centering prayer written by Thandiwe Dale-Ferguson, ordained in the Christian Church as a Disciples of Christ, as well as being a liturgist and photographer.

And, perhaps especially, in ourselves.
That we may know in the deepest part of ourselves
That you call us
And that we are capable
Of seeing and naming, doing and being
Your love, your peace, your hope and your justice
In this your world.

amen

interlude

new eyes

by julia fehrenbacher

Please, I say to today, please
make these eyes new again. Let me place feet
on morning ground and say *thank you*, let
me remember this breath I breathe
is *Life*—that every sip, every slip, every
step, every single
smudge of hard has been for
me. Please,

I say to the moment, let me be swept
off my feet with amazement that the tiny seeds
I scattered so hopefully last fall
have turned into dancing red poppies.

Thank you, I say to rising sun, for even
the hardest things, that show me how strong
these branches, how deep these roots—

how to turn tiny seeds
into dazzling red poppies.

Please, I say to the pen, let me follow
you into the new, the never before,

not because of where you will take me,
but because you set me down in the center
of this living, leave me unleashed,
untucked, unsaddled—

shirttails dancing in the wind.

interlude

Julia Fehrenbacher is an author, a poet, a painter, and a mom who is always looking for ways to spread a little good around in this world. She lives in Corvallis, Oregon.

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.

Awakening Now

by Dana Faulds

The moment your eyes are open, seize the day.
Would you hold back when the Beloved beckons?
Would you deliver your litany of sins like a child's collection of sea shells,
prized and labeled?
"No, I can't step across the threshold," you say, eyes downcast.
"I'm not worthy, I'm afraid, and my motives aren't pure.
I'm not perfect, and surely I haven't practised nearly enough.
My meditation isn't deep, and my prayers are sometimes insincere.
I still chew my fingernails, and the refrigerator isn't clean."
Do you value your reasons for staying small more than the light shining
through the open door?
Forgive yourself.
Now is the only time you have to be whole.
Now is the sole moment that exists to live in the light of your true Self.
Perfection is not a prerequisite for anything but pain.
Please, oh please, don't continue to believe in your disbelief.
This is the day of your awakening.

interlude

Reasons to Live

by Ruth Awad

Because if you can survive
the violet night, you can survive
the next, and the fig tree will ache
with sweetness for you in sunlight that arrives
first at your window, quietly pawing
even when you can't stand it,
and you'll heavy the whining floorboards
of the house you filled with animals
as hurt and lost as you, and the bearded irises will form
fully in their roots, their golden manes
swaying with the want of spring—
live, live, live, live! —
one day you'll put your hands in the earth
and understand an afterlife isn't promised,
but the spray of scorpion grass keeps growing,
and the dogs will sing their whole bodies
in praise of you, and the redbuds will lay
down their pink crowns, and the rivers
will set their stones and ribbons
at your door if only
you'll let the world
soften you with its touching.

Ruth Awad is a Lebanese-American disabled (She has systemic lupus erythematosus.) poet, a 2021 NEA Poetry fellow, and the author of several books of poetry.

interlude

practicing

by julia fehrenbacher

Today, I will practice noticing. Pretty patch of pink parting
winter sky, moss peeking through cracks
in the old sidewalk, how sadness calls me closer
to the unseeable, closer to my own tired
heart. And yours.

Today I will practice meeting my own longing until
the quietest voice becomes
the only one I hear. Rest, it whispers—unwind, unfold,
unfurl, unravel a lifetime of tired tangles. Strike a match,
light a candle, let the hard melt

into a slow stream of softness. Soft like
petal, like promise, like slow-drifting cloud. Notice
how the quietest voice holds you, how it throws
its sunshine arms around you and whispers:

Hello Beloved, welcome. Welcome here. Welcome home.

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.



closing prayer for the road

**May we find hope in the lights we have kindled on this quiet night,
hope in one another and in all who form the web-work of peace and
justice that spans the world.**

**In the heart of every person on this Earth
burns the spark of luminous goodness;
in no heart is there total darkness.
May we who have gathered this winter evening,
by our lives and service, by our prayers and love,
call forth from one another the light and the love
that is hidden in every heart.**

amen

postlude

announcements

Coldest Night of the Year

It's Year 4 of the Coldest Night of the Year Walk in Buffalo, supporting Compass House. This year's walk will take place on **Saturday, February 22**, kicking off at the Parkside Lodge. This all-ages walk raises funds and awareness for the mission of Compass House which is to support homeless and runaway youth and young adults in the Buffalo area. Visit cnoy.com/buffalo and search Team Trinity to join us at Delaware Park or to support with a donation to Compass House! Email Missy Stolfi at missy.stolfi@gmail.com with any questions.

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: February 1, March 8, April 5, May 3

Thursday Evening 4:30-6pm: January 30, April 3

Trinity members would be welcome to any of these. For more information, you can contact the Say Yes To Education coordinator Van Daniel at vdaniel@sayyesbuffalo.org or (716)388-1572.

Volunteer Opportunities With One of our Partners

Creative Restorations 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, smerritt172@gmail.com

Patti Nisbet, tudorspace@aol.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 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/>



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.



Vestry Elections and Annual Meeting on Sunday, Feb 2. You can vote for our new Vestry members now through Sunday, Feb 2 @10:30am. Everyone who considers themselves to be a member of Trinity is welcome to vote. This year we are electing 1 warden and 3 vestry members. Be sure to attend the annual meeting on February 2 @11:30am in the Marfield Room to learn what's been going on at Trinity. You may notice that there are the same number of candidates as there are vestry openings. It is still important that you take the time to vote. Your vote indicates that you do support these people representing you on the vestry. Click [here](#) to vote.

JoAnne Sundell - Warden

I'm a mom of two college-aged sons, small business owner with my husband Dan, and an adjunct history instructor at SUNY Erie's City campus. I've been a member and greeter at Trinity for about 20 years. Since 2019, I've served on two committees formed to help Trinity to become economically sustainable in an era of declining church membership. I believe that I have a clear understanding of our obstacles and opportunities. As Warden, my intention is to support Matt and the vestry as Trinity transforms into the best, sustainable version of itself.



Jane Kearns

I am honored to be asked to put my name up for vestry! I have been an active member since 1976. Trinity has been an important part of my life all of these years. I taught the Sunday school nursery for more than 8 years, served on vestry 2 terms, leader of the kitchen area for the White Elephant Sale for many years and since its demise, have offered assistance in various fundraisers as I have been able. I have just retired from Hunt REC after 42 years and have enough energy left to assist Trinity in any way needed. Thank you for considering me.



Jess Poleon

My background in public service (I work for Erie County) will assist me in serving the congregation as a vestry member. I am a good listener and will listen to what the members want. I bring a fresh set of eyes and perspective to the table. Everyone's voice is essential. No matter how large or small someone believes themselves to be, we are all equal and must be part of the conversations carrying the church into the future. I currently serve on the WNY ASIS [American Society of Industrial Securities] as co-vice chair, having served five terms as chair. I live in the Blackrock section of Buffalo with my husband Paul, who I've shared 21 blissful years of marriage and counting, our teenage son PJ (Paul Jr.), and our two dogs, Harley and Jack. If anyone has any questions, feel free to reach out.



Cynthia J. Stroud

I am affectionately known as Cindy, and I work as a staff member of the Clean Air Coalition, based here at Trinity. I have been asked by the nominating committee to bring a Trinity partner perspective to the vestry. I am a proud Buffalonian who graduated from the Buffalo Public School system. I am always ready to lend a helping hand to my community and anyone in need. I am deeply committed to community health. Additionally, I have experience working with individuals with intellectual and/or physical disabilities, negotiating contracts with a labor union, and ensuring a complete count during each census cycle, including the homeless population. In all of these efforts, inclusion and reducing disparities are priorities.





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

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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