



trinity @7

05.14.2023

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.

As we enter in to this quiet time of reflection,
be with us, beloved.

**and all shall be well,
and all manner of thing shall
be well.**

As we are mindful of this precious moment,
and grateful for the words and music,
be with us, beloved,

**and all shall be well,
and all manner of thing shall
be well.**

Let the stillness of this holy place
flow into us, calming us, restoring us.

Be with us, beloved,
**and all shall be well,
and all manner of thing shall
be well.**

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

Morning Song

by Sylvia Plath

Love set you going like a fat gold watch.
The midwife slapped your footsoles, and your bald cry
Took its place among the elements.

Our voices echo, magnifying your arrival. New statue.
In a drafty museum, your nakedness
Shadows our safety. We stand round blankly as walls.

I'm no more your mother
Than the cloud that distills a mirror to reflect its own slow
Effacement at the wind's hand.

All night your moth-breath
Flickers among the flat pink roses. I wake to listen:
A far sea moves in my ear.

One cry, and I stumble from bed, cow-heavy and floral
In my Victorian nightgown.
Your mouth opens clean as a cat's. The window square

Whitens and swallows its dull stars. And now you try
Your handful of notes;
The clear vowels rise like balloons.

interlude

Hot Tea

by Lahab Assef Al-Jundi

Many years ago
my grandmother showed me
how to stir the sugar in my glass of hot tea.
She held the small spoon in her fingers as if it were a feather,
lowered it until it rested on the bottom
then gently moved it from side to side.
Sugar swirled like a hazy cloud in amber sky,
then slowly faded away.
I had been spinning the spoon round and round
turning the hot liquid into a whirl,
spilling some of it over the rim.
Why is it every time I scoop a spoonful of sugar

Sylvia Plath (1932-1963) was an American poet, novelist, and short story writer. She is, perhaps, best known for *The Bell Jar*, a semi-autobiographical novel published shortly before her suicide in 1963. Plath was clinically depressed for most of her adult life.

Lahab Assef Al-Jundi was born and raised in Damascus, Syria. He was trained as an engineer at the University of Texas at Austin and he continues to live in that state, but as a published poet.

to put in my tea
I go back to that sunny morning in Salamiyeh
sitting on colorful rugs under the big pine trees
in my grandparents' backyard?
I start to move the spoon in circles
then change,
side to side,
and momentarily get lost
in the turbulent sweet cloud
inside . . .

interlude

Each Self

by Andrea Potos

My six-year-old daughter stares into the purpling
copper sky and names it dusk, a just-learned word
she is happy to declare, comparing it to evening
and afternoon. We talk of how the earth turns away
from the sun each night,
a motion so encompassing,
our bodies cannot know it.
I don't tell her how the child
part of me still disbelieves it—that this globe
actually spins while we breathe, while my daughter
changes invisibly before my eyes,

her infant body submerged inside her
with her toddler waddle and her four-year-old skip,
each swallowed within the other
like the nesting dolls she keeps
on her new desk, each self
perfectly preserved, forsaken
for the one that must come after.

interlude

Andrea Potos is an
award-winning,
published poet
who lives in
Madison, WI.

Morning Song

by Gregory Orr

Sun on his face wakes him.
The boy makes his way down
through the spidery dark
of stairs to his breakfast
of cereal in a blue bowl.
He carries to the barn
a pie plate heaped
with vegetable scraps
for the three-legged deer.
As a fawn it stood still
and alone in high hay
while the red tractor
spiraled steadily inward,
mowing its precise swaths.
"I lived" is the song
the boy hears as the deer
hobbles toward him.
In the barn's huge gloom
light falls through cracks
the way sword blades
pierce a magician's box.

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.

interlude

Gregory Orr is the author of two books about poetry, a memoir, and twelve collections of poetry. He taught at the University of Virginia from 1975 to 2019, where he founded the university's Master of Fine Arts program in creative writing.



closing prayer

Let us pray

With you as our center, O God, our lives return to focus;

**and all shall be well,
and all manner of thing shall
be well.**

Seeing with eyes opened to you in our midst,
we know who to serve;

**and all shall be well,
and all manner of thing shall
be well.**

Feeling with our hearts and plumbing the
darkness with our minds, we accept the
gap in our knowledge;

**and all shall be well,
and all manner of thing shall
be well.**

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.

Civil Writes: Stories of Migration

Justice for Migrant Families is proud to share our upcoming Civil Writes: Stories of Migration program! This program is made possible by Just Buffalo Literary Center Civil Writes Project and is inspired by the incredible Isabel Wilkerson's award-winning book, *The Warmth of Other Suns: The Epic Story of America's Great Migration*.

Join JFMF for a Saturday storytelling workshop and explore our rich and complicated stories of migration to, from, and around Buffalo and Western New York. Everyone is welcome to join to explore their own stories, learn from others, and create our collective storytelling project! Children's activities and childcare will be available!

When: Saturday May 20 from 10am-1pm

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 listed below or scan the QR code for the schedule. 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/>



All Hands Wanted for Spring Clean Up

Trinity was recently awarded a Lunenfeld Beautification Grant to be used for the courtyard. The grant is administered by Gardens Buffalo Niagara whose office is located here at 371 Delaware Ave. Gardens Buffalo Niagara is responsible for the ginormous and ever-growing (pun intended) annual Garden Walk.

If you're a gardener, you know that before you get to the fun part of planting, there is the clean up after the winter that must happen first. And of course, after the planting comes the maintenance.

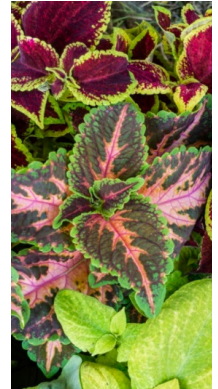
If you can help get the courtyard prepared for the summer, please consider any or all of these dates:

Wednesdays, May 17 and 24, 10am to noon

After work, we can join the noontime Wednesday service.

Saturday, June 3, 9am to noon

Come to any or all of these dates and stay as long as you like. Please bring your own weeding tools if you can. If you can help or you have any questions, please email Teresa Maciocha, tmaciocha@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.

Comfort and Care Team

Please let the Comfort and Care Team (listed below) know how we can be of help and support to you or someone you know who may be experiencing health or other life challenges.

Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com;

Susie Green, susie432@gmail.com; Patti Nisbet, tudospace@aol.com;

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

Vickie Kearns, kearns.vr@gmail.com

Trinity @7 will commence its summer schedule soon. During June, July and August, we will meet on the **first and third Sundays** of the month.

Mark your calendar for

June 4 and 18

July 2 and 16

August 6 and 20



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: [@trinity.church.buffalo](https://www.instagram.com/trinity.church.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