



trinity @7

08.20.2023

Cover image is
a painting by
Claude Monet
currently housed at
the Metropolitan
Museum of Art.

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.

*Tonight is our last meeting for the summer. **We will resume weekly gatherings on September 3rd.** (We know. We know. That's still the summer.)*

welcome

a centering prayer

Let us pray.

Here, in this space made sacred by our shared lives and our shared yearnings,

may we find new courage,

new generosity of spirit,

forgiveness given and received,

and rededication to the higher purposes of our lives.

Let us not add to the hopelessness that is in the world.

But may wonder and adventure,

curiosity and humour, live in us always.

May there be aroused in us a determination

that by the fuller living of our lives

we might find the meaning that life is trying to teach us.

(Silence)

Though we seek always for our lives to be full of goodness,

we sometimes lack courage

to right the injustices that confront us.

Though we seek always to be generous,

sometimes our selfishness has killed the soil with excessive chemicals

turning fertile paddocks into lifeless salt plains.

Though we seek always to understand the larger mysteries,

sometimes we become insensitive to the groans

of the spirit of creation.

Prayer written by
Rex A E Hunt, a
religious naturalist
and progressive
liturgist from
Australia.

All this we lament.
May we now be filled with
new passion,
new resolve,
to take the next step in our own lives
and in the life of the Earth.

(Silence)

The moments of gathering quickly pass...
May the little that we know become enough to guide us,
while we seek for new wisdom.
What our reflections and meditations begin, may our lives continue.
May it be so
amen

interlude

Allow

by Danna Faulds

There is no controlling life.
Try corralling a lightning bolt,
containing a tornado. Dam a
stream and it will create a new
channel. Resist, and the tide
will sweep you off your feet.
Allow, and grace will carry
you to higher ground. The only
safety lies in letting it all in –
the wild and the weak; fear,
fantasies, failures and success.
When loss rips off the doors of
the heart, or sadness veils your
vision with despair, practice
becomes simply bearing the truth.
In the choice to let go of your
known way of being, the whole
world is revealed to your new eyes

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.

James Crews is a Vermont poet who also leads workshops and retreats on mindfulness and writing.

Evening Light

by James Crews

There is this place on the table
next to the couch where light
always rests at sunset, reaching
through the leaves of the cherry tree
to touch the keychain and calendar,
the wallet and change, one last time
before night falls. That would make
a great photo, I think, ready to reach
for my phone, move the vase of cut
sunflowers closer, so they too might
blaze up and burn. Instead, I stay
right where I am, deciding to leave
the moment intact, tinged orange
with smoke from wildfires up north,
the whole house now held in the
amber of that dying light.

interlude

What Do We Know

by Mary Oliver

The sky cleared
I was standing
under a tree.
and there were stars in the sky
that were also themselves
at the moment
at which moment
my right hand
was holding my left hand
which was holding the tree
which was filled with stars
and the soft rain —
imagine! Imagine!
the long and wondrous journeys
still to be ours.

interlude

Mary Oliver (1935-2019) wrote verse that focused on the quiet occurrences of nature. In addition to such major awards as the Pulitzer and National Book Award, Oliver received fellowships from the Guggenheim Foundation and the National Endowment for the Arts. Much of Ms. Oliver's writing is based on her beloved Cape Cod where she lived for 40 years with her life partner, the photographer Molly Malone Cook.

My Symphony

by William Henry Channing

To live content with small means;
to seek elegance rather than luxury,
and refinement rather than fashion,
to be worthy, not respectable,
and wealthy, not rich;
to study hard, think quietly,
talk gently, act frankly,
to listen to stars and birds,
to babes and sages
with open heart,
to bear all cheerfully,
do all bravely, await occasions,
hurry never.
In a word, to let the spiritual unbidden
and unconscious grow up through the common.
This is to be my symphony.

interlude

guided meditation

interlude with candle lighting

While George 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

William Henry Channing (1810 - 1884) was a clergyman, philosopher, and writer from Boston. He graduated from Harvard and served at Unitarian churches in New York, Ohio, Washington, DC, and England before becoming chaplain of the US Congress. A strong supporter of women's rights (Susan B. Anthony was a member of his congregation in Rochester, New York), and an avid socialist, William was a close friend of Henry David Thoreau and Ralph Waldo Emerson.



closing prayer

Let us pray

This day and this night,
may I know O God

The deep peace
of the running wave

The deep peace
of the flowing air

The deep peace
of the quiet earth

The deep peace
of the shining stars

The deep peace
of you.

amen

postlude

announcements

Wine Tasting, Lunch, and Shaw Festival

... add the Trinity Community, and it's a recipe for a great day. Saturday, September 16. Meet at the church at 9:00am and travel to Southbrook vineyards for organic wine tasting and delicious pizza lunch (11am-1pm.) Then head to the Shaw Festival at 2:00 to watch the matinee of *The Amen Corner*. We are hoping to arrange a talk with the director after the performance, but those details are not confirmed yet. The estimated total is \$100. The exact cost will depend on the number attending. Please indicate your interest on the sign up by clicking [here](#) or scan the QR code.



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 for free. The parking fees will not be enforced during Trinity events. But you can park in the lot any other time you are in the neighborhood, and 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 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/>



Comfort and Care Team

Please let the Comfort and Care Team members (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. You may email anyone of us as we share with each other the information concerning the needs of those that reach out. Support may be offered in many ways such as a caring phone call, notes, information on resources, and a friendly visit. We can also assist with arranging needed meals. Our prayers are always offered. Sincerely, the Comfort and Care Team.

Phoebe McKay, phoebemckay@gmail.com; Judy Atkinson-Miller, jatk1812@gmail.com; Susie Green, susie432@gmail.com; Patti Nisbet, tudorspace@aol.com; Marie Keane, MNMcKeane@gmail.com; Sara Merritt, smerrit172@gmail.com; Vickie Kearns, kearns.vr@gmail.com

Trinity Spaces for Rent

Our church has work spaces available for rent at 371 Delaware Ave. We hope to rent to groups or individuals that share our vision of community betterment. We also have coveted downtown parking space available on Franklin Street. We are hoping to rent the entire 75 spaces, which are available Monday-Friday until 5pm, to one group. If you know someone that would be a good fit, please share this QR code which links to a webpage description at <https://www.trinitybuffalo.org/trinity-center-rentals>.



Friends of Night People

We are looking for volunteers to help out at Friends of Night People, which provides food, clothing, medical care, counseling, and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45-7. For more information, please speak to Emily Carlin or email: emily.g.carlin@gmail.com

Trinity @7 will meet next on **September 3**
and weekly thereafter.



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

THANK YOU, GEORGE CALDWELL, FOR A SUMMER OF GREAT MUSIC!

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

Facebook: [@Trinitybuffalo](#)

YouTube: [Trinity Church Buffalo](#)

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

www.trinitybuffalo.org • (716) 852-8314

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