



trinity @7

06.16.2024

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.

When I want to hold on

Teach me

to trust

the hope

that blooms

inside

the loss,

the love

that's at

the heart

of fear—

teach me

to molt,

to slough,

to shed,

to doff,

to meet

the first light

and then

let even that

go.

amen

interlude

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

On the Longest Day of the Year

by Rosemerry Wahtola Trommer

There is comfort in knowing
that every year
since the earth was made
there has been
a longest day of the year—
a day when half of all life
wakes to an abundance of light
and then in that moment
of greatness leans again
toward the dark.

There is comfort in knowing
the light comes, the light leaves,
the light comes, the light leaves,
comfort in knowing
all the light that is
reaches toward us,
whether we can see it or not.
It is simply a matter
of staying out of our own way,
and if we can't do that,
well, that is what patience is for.

interlude

Art is not simply works of art; it is the spirit that knows beauty, that has music in its soul and the color of sunsets in its handkerchief, that can dance on a flaming world and make the world dance too.
W.E.B. DuBois

interlude

Doubt is an uncomfortable condition, but certainty is a ridiculous one.
Voltaire

interlude

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy.
Thich Nhat Hanh

interlude

Find joy in everything you choose to do. Every job, relationship, home... It's your responsibility to love it, or change it.
Chuck Palahniuk

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 resumed her practice of a poem a day. Visit her at www.wordwoman.com

interlude

Participate joyfully in the sorrows of the world. We cannot cure the world of sorrows, but we can choose to live in joy.

Joseph Campbell

interlude

Each day holds a surprise. But only if we expect it can we see, hear, or feel it when it comes to us. Let's not be afraid to receive each day's surprise, whether it comes to us as sorrow or as joy. It will open a new place in our hearts, a place where we can welcome new friends and celebrate more fully our shared humanity.

Henri Nouwen

interlude

A Prayer for Every Day

by Julia Fehrenbacher

Let me breathe only grace today, only
that which slows, steadies,
softens, sparks

only that which permits
and pardons and points
to the blossoms inside the broken,
the poetry inside the pain, the nourishing
newness inside the now

Let me breathe only grace
today, only that which invites
me to speak my very own
language for as long as I have breath,
only that which hums:

You can.

You will.

Let me breathe only grace today, only that which notices the tired
and says, lie back, Love—rest
for as long as you need to. It's not
about how much you do
but how full you are.

And, my God, how beautiful you are when you are full.

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.

Why not?

by Julia Fehrenbacher

If death is inevitable, if it is a sure thing that this face, these hands, this body that holds a lifetime of this living, will, someday, no longer be here, if you don't get to take a single thing with you— then—
why spend a moment more refusing, worrying about who might disapprove, measuring every move
as if there is some fixed formula you must find? Why hold tight to anything?
Why not, instead, love every honeyed drop of yourself, why not leap into life—belly-laughing and light, light like the soft kiss of moonlight, light like the light that you are, have always been, will always be—
why not take this quickly passing day by the hand and dance
like there's no tomorrow? And if you're too tired to dance, why not rest lightly here just as you are?

interlude

reflection

interlude

brief 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.



closing prayer for the road

Let us pray a summer prayer:

Long warm days...

The pace of life slows...

A time for picnics and rest in the shade...

God, help me to rest awhile

in the cooling shade of your presence.

Slow down my restless heart and

fill me with

gentle compassion for all your people.

amen

postlude

announcements

Memorial Services:

A memorial service will be held for Jane Kearn's husband, John, at Blessed Sacrament Church on **Friday, June 21** at noon.

Chiavetta's Chicken Barbecue to Support Community Services of Trinity

Thursday, June 20, noon - 6:00pm

Trinity is holding a Chiavetta's chicken barbecue to raise funds to support its community services mission. Enjoy a dinner that will include half a barbecued chicken, sweet potatoes, green beans, and cornbread. Curbside pickup only. Tickets are \$15/dinner and can be purchased online [here](#). We need to sell a lot, so please share this information with friends and colleagues.



Tickets



Volunteers



Bach to Brubeck, Friday, June 21, @7:00pm

Location: Trinity Episcopal Church

Come join us for a night of musical magic as Krista Seddon takes us on a journey from the classical compositions of Bach to the cool jazz tunes of Brubeck. This event will showcase Krista's incredible talent and knowledge. She will transport you through time and genres with her mesmerizing performance and discussion. Don't miss out on this unique musical experience! Tickets are now available for purchase online only. Click [here](#) or scan the QR code.

Volunteers are needed for this event. Signup for a slot [here](#), scan the QR code, or contact Tim Lane t.w.lane@outlook.com if interested in helping.

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

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

Slow Down Yoga

Tuesdays @noon we learn and practice slowing down, tuning in, and taking care with a gentle, mindful yoga class for any level of skill. Facilitated by Heather Henry Rawlins, LMHC, RYT200, one of several therapists occupying Trinity spaces, this Hatha yoga-based practice moves with care to cultivate calm awareness, stability, and flexibility as well as practices for calming the nervous system and feeling grounded in the body—a good practice for interrupting the accumulations of stress in mind and body and feeling 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.



Make a note that Trinity @7 has moved to a summer schedule. In June, July, and August, we meet on the 1st and 3rd Sundays of the month.

**Mark your calendar for these Sunday nights:
July 7 and 21
August 4 and 18**



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

Welcome to our guest 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

Wednesday @Noon Prayer and holy conversation

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