



trinity @7

04.28.2024

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.

Light and Darkness, night and day.

We marvel at the mystery of the stars.

Moon and sky, sand and sea.

We marvel at the mystery of the sun.

Twilight, high noon, dusk and dawn.

We celebrate Your creation.

Flesh and bone, steel and stone.

We dwell in all You have made.

Grant steadfast love, compassion, grace.

We must share Your resources among all.

Splendor, mercy, majesty, love endure.

We are called to find justice for those least among us.

Resplendent skies, sunset, sunrise.

The grandeur of Creation lifts our lives.

Evening darkness, morning dawn.

We are renewed in Your majestic creation.

amen

interlude

We watch a video on
<https://www.nature365.tv>.

Check it out. There
is a new video daily,
and it's free!

Prayer retrieved
from the website of
the Catholic Health
Association of the
United States, which
in turn adapted
it from a prayer
of the Rabbinical
Assembly of the
United Synagogue
of America.

Joy Chose You

by Donna Ashworth

Joy does not arrive with a fanfare
on a red carpet strewn
with the flowers of a perfect life

joy sneaks in
as you pour a cup of coffee
watching the sun
hit your favourite tree
just *right*

and you usher joy away
because you are not ready for her
your house is not as it should be
for such a distinguished guest

but joy cares nothing for your messy home,
or your bank balance
or your waistline, you see

joy is supposed to slither through
the cracks of your imperfect life

that's how joy works

you cannot truly invite her
you can only be ready
when she appears
and hug her with meaning

because in this very moment
joy chose you.

interlude

Springtime Prayer

by Joyce Rupp

O Dancer of Creation,
the earth awakens to an urgent call to grow.
In the hidden recesses of my wintered spirit
I, too, hear the humming of your voice,
calling me, wooing my deadness back to life.

Donna Ashworth is a twice *Sunday Times* (London) bestselling poet, whose words you will often find flying around the internet, widely shared daily, by her 1.4 million followers. She lives in Scotland.

Joyce Rupp (b. 1943) is well known for her work as a writer, a spiritual “midwife,” and international retreat and conference speaker.

My soul yawns, stretches, quickens,
as the energy of Spring revives my weariness.
I sit with wonder, observing the steady activity
of downy woodpeckers and newly yellowed finch.
I do so wait with the avid attention of a child's first look,
savoring the colors and shapes of earth's loveliness.

As the filtering patterns of early sunlight
lift the shades of green in every growing thing,
I enter into spring's unlettered words of life.
For a while my doubts, anxieties, and worries
become like chapters in some ancient book
whose text no longer claims my full attention.
I am content to sit, watching Spring
turn the pages of this animated publication,
eager to discover the invigorating story
reflected in my own springtime revelation.

Tell me, Wise Awakener,
why is it easier to believe in a stem of new grass,
or the opening bud of a fresh purple crocus,
than it is to believe in the greening of me?

interlude

Instructions on Not Giving Up

by Ada Limón

More than the fuchsia funnels breaking out
of the crabapple tree, more than the neighbor's
almost obscene display of cherry limbs shoving
their cotton candy-colored blossoms to the slate
sky of Spring rains, it's the greening of the trees
that really gets to me. When all the shock of white
and taffy, the world's baubles and trinkets, leave
the pavement strewn with the confetti of aftermath,
the leaves come. Patient, plodding, a green skin
growing over whatever winter did to us, a return
to the strange idea of continuous living despite
the mess of us, the hurt, the empty. Fine then,
I'll take it, the tree seems to say, a new slick leaf
unfurling like a fist to an open palm, I'll take it all.

interlude

Ada Limón (b 1976)
is currently in a
second term as Poet
Laureate of the
United States. She is
an award-winning
poet who grew
up in Sonoma,
California and now
lives in Lexington,
Kentucky where she
writes and teaches
remotely.

Daffodils

by Gail Onion

Each spring daffodils like a secret happiness
Are everywhere again as if they did not care
That the world is so messed up
Or are depressed by the tragedies of last year
We admonish the bright inquisitive faces.
Don't you realize you are arriving in a drought
Global warming, even extinctions.
The next day even more daffodils crowd
The edges of fences, careen across a field.
They seem to lack a sense of trepidation
Or have self-esteem issues or are intimidated
By changes in weather or a hostile environment.
They are the loyal canines of the plant world
Assured that everyone is glad to see them,
Like your dog in whose eyes you know
You are loved more than you believe
Anyone could. We have to admit we have longed
To look into the eyes of flowers
To ask how they do it
So free to share with equanimity
Their finite beauty
Without hesitation
No questions asked, no disturbing borders.
I am your flower they say
You are my flower they say
We are here for you.
Springtime may just be
Humanity's other
best friend.

interlude

reflection

interlude

meditation

We could find no information about Gail Onion on the Internet. It does sound like a pseudonym so perhaps that explains the lack of information.



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

Let us pray:

We join with the earth and with each other.

To bring new life to the land

To restore the waters

To refresh the air

We join with the earth and with each other.

To renew the forests

To care for the plants

To protect the creatures

We join with the earth and with each other.

To celebrate the seas

To rejoice the sunlight

To sing the song of the stars

We join with the earth and with each other.

To recall our destiny

To renew our spirits

To reinvigorate our bodies

We join with the earth and with each other.

To create the human community

To promote justice and peace

To remember our children

We join together as many and diverse expressions of one loving mystery: for the healing of the earth and the renewal of all life.

amen

postlude

announcements

Trinity Discussion Group: Israel and Gaza from Multiple Perspectives

The situation of Israel and Gaza is a very complicated issue that has been in the news over recent months. On **Wednesdays** through May 8, we explore the land of Palestine's historical, religious, and cultural connections from both a Muslim and Jewish perspective.

Join Tim Lane and Jeffrey Tooke on Wednesdays at 7pm using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672

Passcode: trintalk

For more information, send an email to Jeffrey Tooke at jeffreytooke@outlook.com.

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, MNMKean@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@gmail.com

Patti Nisbet, tudorspace@aol.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

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/>



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.





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

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Many thanks to our gifted 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 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