



trinity @7

09.17.2023

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.

welcome

a centering prayer

Let us pray.

This moment of prayer and silent reflection
is an invitation to be calm in the midst
of the noise of the world
and our over-busy lives...

To bring together thought and feeling, mind and spirit,
and to find some centre, some
still point of perspective and peace..

(Silence)

We rejoice in the Spirit of Life around us and in us:
like wind in our faces and breath in our lungs,
like life in dormant daffodils bursting forth in spring.

We remember we are called to appreciate and protect
the whole of creation, always
cherishing,
nurturing and
renewing the earth.

(Silence)

We remember we are called to be in relationship,
living and working with one another,
supporting and healing one another...

We remember we are called into a community,
working for the common good of all,
making choices that bring hope, justice
and freedom to our world...

amen

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

interlude

Blackberry Eating

by Galway Kinnell

I love to go out in late September
among the fat, overripe, icy, black blackberries
to eat blackberries for breakfast,
the stalks very prickly, a penalty
they earn for knowing the black art
of blackberry-making; and as I stand among them
lifting the stalks to my mouth, the ripest berries
fall almost unbidden to my tongue,
as words sometimes do, certain peculiar words
like strengths or squinched,
many-lettered, one-syllabled lumps,
which I squeeze, squinch open, and splurge well
in the silent, startled, icy, black language
of blackberry-eating in late September.

interlude

Begging for More

by James Crews

I know it's summer when we wade out
into the field and pick these crisp wonders,
tiny cucumbers bleached of their green
as if they've already seen too much
of this dazzling light, and can take no more.
We eat them sprinkled with salt and pepper,
as their name suggests, crunching through
flesh so sweet it's like that of a melon.
I've never seen them for sale in grocery stores,
but they grow here in this soil out of which
my husband could coax almost anything
with his sure touch and sharp attention.
He snaps them from stems with flowers still
shriveled at the ends, then hands them to me
like the gifts they are, and I take each one
into the bowl of my hands, a wandering monk
finally at home among rolling mountains
swaddled in trees, and stones heaved up
as round as eggs from sandy loam. So much
already alive between us, so many blessings
threading our days like the gold of sun,
yet here I stand, holding this bounty,
begging for more.

Galway Kinnell
(1927 – 2014)
was an American
poet who won the
Pulitzer Prize in
1982. He published
ten books of poetry
and a novel, *Black
Light*.

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

interlude

Scratch, Sniff

by Katie Rubinstein

It was weeks ago now
that first September I spent here on this island,
still hot and balmy.

I wanted a scratch and sniff for you,
some clever little corner of the screen
so I could share this most perfect thing:
the smell of beach roses, all briney.

They were abundant outside of the cottage,
and each time I passed, I wondered how I'd gotten so lucky—
that they became like dandelions in my life.

Hardy, scrappy and perfectly soft all at the same time,
nestled in their rocky, sandy homes, smelling like heaven—
those round, round hips.

I wanted to eat them, be them,
and I wanted you to smell them
as if sharing them would somehow
exponentially increase the delight
or make the sense more real.

But it was mine alone
and exquisite all the same.

Katie Rubenstein serves as Associate Director for Seven Sisters Midwifery and Community Birth Center, Florence, MA. She has a passion for public health, social change and grateful living.

interlude

A Pot of Red Lentils

by Peter Pereira

simmers on the kitchen stove.
All afternoon dense kernels
surrender to the fertile
juices, their tender bellies
swelling with delight.

In the yard we plant
rhubarb, cauliflower, and artichokes,
cupping wet earth over tubers,
our labor the germ
of later sustenance and renewal.

Across the field the sound of a baby crying
as we carry in the last carrots,

Peter Pereira (b 1959) is a family physician in Seattle where he cares for an urban, underserved population of immigrants, refugees, housing project residents, and the elderly. He is also an award-winning poet and the founder of Floating Bridge Press.

whorls of butter lettuce,
a basket of red potatoes.

I want to remember us this way—
late September sun streaming through
the window, bread loaves and golden
bunches of grapes on the table,
spoonfuls of hot soup rising
to our lips, filling us
with what endures.

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.



interlude

closing prayer for the road

May you have the grace and wisdom
To act kindly, learning to distinguish between what is
Personal and what is not.

May you be hospitable to criticism.

May you never put yourself at the center of things.

May you act not from arrogance but out of service.

May you work on yourself

Building up and refining the ways of your mind.

May you learn to cultivate the art of presence
In order to engage with those who meet you.

When someone fails or disappoints you

**May the graciousness with which you engage
Be their stairway to renewal and refinement.**

This blessing was
written by John
O'Donohue.

May you treasure the gifts of the mind
Through reading and creative thinking
So that you continue to be a servant of the frontier
Where the new will draw its enrichment from the old,
And you never become a functionary.

**May you know the wisdom of deep listening,
The healing of wholesome words,
The encouragement of the appreciative gaze,
The decorum of held dignity,
The springtime of the bleak question.**

May you have a mind that loves frontiers So that you can evoke the bright
fields That lie beyond the view of the regular eye.

**May you have good friends
To mirror your blind spots.**

May leadership be for you
A true adventure of growth.

As we move our bodies to offer our prayers, move our hearts to have the
serenity, courage, and wisdom to embody your love in the world.

amen

postlude

announcements

Trinity Discussion Group: When We Get Angry at God

Do you ever get mad at God? Anger at God can produce several emotions and can affect our relationships with people and with God. On Wednesdays starting **September 20** with Tim Lane and Jeffrey Tooke, we will watch a short video and discuss the anger we can feel with God and how it can have a transforming effect on our lives.

You are invited to join Tim and Jeff on **Wednesdays @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, please email Jeffrey Tooke at jeffreytooke@outlook.com for more information.

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

Vickie Kearns, kearns.vr@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 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/>

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

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.

Donations to welcome asylum seekers to Buffalo

Justice for Migrant Families is collecting supplies to welcome asylum seekers to Buffalo. We are currently in need of:
socks, underwear, shorts (adult, all sizes), children's toiletries, children's summer clothing and fun supplies, grocery cards (Wegmans, Tops, Walmart, etc.) If you would like to donate supplies, please contact Jennifer@jfmfwny.org or EmilyRose@Jfmfwny.org to coordinate. You can also drop off supplies at Burning Books, 420 Connecticut St, Buffalo 14213, Monday-Sunday 11am-7pm. Thank you for your ongoing support!





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

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 YouTube: [Trinity Church Buffalo](https://www.youtube.com/Trinity Church Buffalo)

 Instagram: [@trinity.church.Buffalo](https://www.instagram.com/trinity.church.Buffalo)

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

371 Delaware Ave Buffalo, NY 14202

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 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