



trinity @7

02.23.2025

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.

welcome

You can sign up to receive a daily video from nature365. And it's free! Go to <https://www.nature365.tv>

a moment with nature

a centering prayer

Let us pray.

O God, black can be beautiful!

Let us be aware of black blessings:

Blessed be the black night that nurtures dreams.

Blessed be the black hole out of which creation sprang.

Blessed be the black cave of imagination that births creativity.

Blessed be dark wombs that cradle us.

Blessed be black loam that produces nourishing food for our bodies.

Blessed be black jazz that nourishes our souls.

Blessed be black energy that swirls into gracefulness.

Blessed be black coal that heats us.

Blessed be black boiling clouds hurling down lightning and cleansing rain.

Blessed be even our own darkness, our raw, undeveloped cave of shadows.

O God, help us to befriend black and not deny its power.

Help us not to cover over the dark with fear but to open to it with your grace and to be open to your life within the dark.

May we discover the blessings that lie deep within our holy dark so that we may freely affirm that

Black is beautiful indeed!

amen

interlude

Centering prayer
written by William
John Fitzgerald

Hymn for the Hurting

by Amanda Gorman

Everything hurts,
Our hearts shadowed and strange,
Minds made muddled and mute.
We carry tragedy, terrifying and true.
And yet none of it is new;
We knew it as home,
As horror,
As heritage.
Even our children
Cannot be children,
Cannot be.

Everything hurts.
It's a hard time to be alive,
And even harder to stay that way.
We're burdened to live out these days,
While at the same time, blessed to outlive them.

This alarm is how we know
We must be altered —
That we must differ or die,
That we must triumph or try.
Thus while hate cannot be terminated,
It can be transformed
Into a love that lets us live.

May we not just grieve, but give:
May we not just ache, but act;
May our signed right to bear arms
Never blind our sight from shared harm;
May we choose our children over chaos.
May another innocent never be lost.

interlude

Sorrow is not my name

by Ross Gay

No matter the pull toward brink. No
matter the florid, deep sleep awaits.
There is a time for everything. Look,
just this morning a vulture
nodded his red, grizzled head at me,
and I looked at him, admiring
the sickle of his beak.

Amanda Gorman (b 1998) is a writer from Los Angeles. In 2017, she was appointed the National Youth Poet Laureate. Most notably, she is the youngest inaugural poet in US history. You may have seen her on television reading *The Hill We Climb* at the inauguration of Joe Biden.

Hymn for the Hurting was written after the school shooting in Uvalde, Texas in 2022 in which a former student fatally shot 19 students and 2 teachers, while injuring 17 others.

Ross Gay (b 1974) is the author of four books of poetry, one of which, *Catalog of Unabashed Gratitude*, won the 2015 National Book Critics Circle Award.

Then the wind kicked up, and,
after arranging that good suit of feathers
he up and took off.
Just like that. And to boot,
there are, on this planet alone, something like two
million naturally occurring sweet things,
some with names so generous as to kick
the steel from my knees: agave, persimmon,
stick ball, the purple okra I bought for two bucks
at the market. Think of that. The long night,
the skeleton in the mirror, the man behind me
on the bus taking notes, yeah, yeah.
But look; my niece is running through a field
calling my name. My neighbor sings like an angel
and at the end of my block is a basketball court.
I remember. My color's green. I'm spring.

interlude

An excerpt from *In This Place (An American Lyric)*

by Amanda Gorman

There's a poem in this place—
a poem in America
a poet in every American
who rewrites this nation, who tells
a story worthy of being told on this minnow of an earth
to breathe hope into a palimpsest of time—
a poet in every American
who sees that our poem penned
doesn't mean our poem's end.

There's a place where this poem dwells—
it is here, it is now, in the yellow song of dawn's bell
where we write an American lyric
we are just beginning to tell.

interlude

Heart to Heart

by Rita Dove

It's neither red
nor sweet.
It doesn't melt
or turn over,
break or harden,
so it can't feel
pain,
yearning,
regret.

It doesn't have
a tip to spin on,
it isn't even
shapely—
just a thick clutch
of muscle,
lopsided,
mute. Still,
I feel it inside
its cage sounding
a dull tattoo:

I want, I want—

but I can't open it:
there's no key.
I can't wear it
on my sleeve,
or tell you from
the bottom of it
how I feel. Here,
it's all yours, now—
but you'll have
to take me,
too.

interlude

reflection with 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.

Rita Dove (b. 1952) is an American poet, writer, and teacher who was the first African American to serve as poet laureate of the United States (1993–1995).



closing prayer for the road

O gracious Light
source of all light
source of all life
source of all love imbued in all things:

Now that we have come to the end of the day, and our eyes behold the
vesper light, we sing our gratitude,
our thanksgiving to you.

***In peace we come,
in peace we listen,
in peace we hope,
for peace we pray.
amen***

postlude

announcements

PURCHASE TICKETS



Krista Seddon's Trinity Jazz Series

"Four Crown Jewels of Buffalo's Musical Heyday: The Artists, Their Stories, Their Music"

March 14 @7pm "The Statler Downtown Room"

April 11 @7pm "Kleinhans Music Hall"

May 9 @7pm "Shea's Performing Arts Center"

All concerts are held in the Trinity Chapel, 371 Delaware Ave

[Purchase tickets here](#) or scan the QR code. Tickets also available at the door.

If you'd like to help make this evening a success, please [sign up here](#) to volunteer or scan the QR code.

There are various roles needed including tickets sales and reception setup and cleanup.

Hamlin Park School Monthly Community Event

Each event has a theme and is open to all. They are always looking for volunteers. The times and dates are:

Saturday Academy 10am-1pm: March 8, April 5, May 3

Thursday Evening 4:30-6pm: April 3

Trinity members would be welcome to any of these. You can contact the Say Yes To

Education coordinator Nikki Cocerez at ncocerez@sayyesbuffalo.org or (716)388-1572 for more information,

Volunteer Opportunities With One of our Partners

Creative Restorations is seeking dedicated volunteers to assist with the operation of their food pantry which serves those in need in our community. They are looking for help on **Mondays** from **9am-Noon**, **Wednesdays** from **12-3pm**, and **Fridays** from **3-6pm**. If you are interested in lending a hand and making a difference, please reach out to Chris Harzynski at 716-553-4886. Your support would be greatly appreciated!

HELPER SIGNUP



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, MNMcKeane@gmail.com
Susie Green, susie432@gmail.com Sara Merritt, smerrit172@gmail.com
Patti Nisbet, tudorspace@aol.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.

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/>



Lent is messy, but still worth sharing. All are welcome to travel through Lent together in a program that will be offered by five churches in the Buffalo deanery. Using Kate Bowler's Lenten program *The Hardest Part: Hurt We Carry, Hope We Find*, we will enjoy a light soup dinner before breaking into discussion on the program theme for the week. The location will rotate among the churches on Wednesdays during Lent starting @6pm. A hybrid online connection is available for those who are unable to join us in person.

The soup & in person discussion will rotate among the following churches:

- March 12: St. John's Grace: Terrible & Beautiful!
- March 19: St. Paul's Cathedral: Lament!
- March 26: St. Mark's & All Saints: Imagination!
- April 2: Trinity Buffalo: Wisdom!
- April 9: St. Philips: Love!

To join by Zoom:

<https://us02web.zoom.us/j/89387046182?pwd=pRYCjRIUa1VWbiaklZMoJe9poW2Abs.1>

Meeting ID: 8938 7046 182;

Pw: Lent

Need a location address? Click here: <https://episcopalpartnership.org/our-congregations/>
For more information contact one of the host parishes.



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

Many thanks to Krista Seddon, our gifted pianist.

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 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