



trinity @7

04.06.2025

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

a moment with nature

a centering prayer

Days can bleed softly into one another and we so often miss being able to see and sense the sacred in the secular.

Holy and hallowed moments meeting with us in the mundane. Whispers of God's grace in the commonplace.

My heart longs to live with greater awareness. To have my eyes open to wonder. To be present to Presence.

To know that whether I feel anything or not, God is always present.

And God's active, living presence is what my soul needs most.

I desire to recognise holy in the everyday. God at home in my heart and mind, rooted in life's reality.

I want to live in the light of God's presence as I walk through this world, sense God's peace and love, know I am God's beloved.

And I want to make space for the entrance of grace to change and transform my mess.

amen

interlude

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

Tonight's centering prayer and closing prayer are written by Joy Lenton whose website is joylenton.com. Joy tells her readers that she is a wife, mother, grandma, and chronic illness sufferer who spends many days in her PJs penning poetry and prose. She has myalgic encephalomyelitis or chronic fatigue syndrome. She also says that she is a work in progress by God's grace.

Cover photo
by Matt Lincoln

Tenderness

by James Crews

You know how a half-buried stone
in the yard will clear all the snow
from around itself, little by little,
leaving only a hollow of warmth
and a cushion of moss you want
to rest on, until winter finally ends?
That's how tenderness works in us,
some heat rising up from beneath,
then spreading outward to touch
the lives of anyone who comes near—
slowly, softly, making a safe place
for them to stand in, melting away
the coldness that gathers around us.

interlude

Holy Ground

by James Crews

I know I should be able to find
holy ground wherever I am, even
kneeling on the spongy spring earth,
feeling mud soak into my jeans
as I gather up last year's leaves,
exposing the tiny yellow blossoms
of coltsfoot, like eyes blinking
awake in the sudden March sun.
But some days, praise is nowhere
to be found, and wonder is a secret
whispered in someone else's ear.
Still, I keep showing up, believing
the sacred is always right here—
inside each lichen-encrusted stick
I pick up as kindling for future fires,
or at the shrine of the kitchen sink,
rinsing out my husband's coffee mug
for perhaps the ten-thousandth time,
scrubbing the stained rim where he
places his lips each day and drinks.

interlude

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

Maya Spector is a poet, ritualist, SoulCollage® facilitator and retired children's librarian. She lives in Oakland, CA with her husband. Maya's poetry has appeared in several anthologies.

Jailbreak

by Maya Spector

It's time to break out —
Jailbreak time.
Time to punch our way out of
the dark winter prison.
Lilacs are doing it
in sudden explosions of soft purple,
And the jasmine vines, and ranunculus, too.
There is no jailer powerful enough
to hold Spring contained.
Let that be a lesson.
Stop holding back the blossoming!
Quit shutting eyes and gritting teeth,
curling fingers into fists, hunching shoulders.
Lose your determination to remain unchanged.
All the forces of nature
want you to open,
Their gentle nudge carries behind it
the force of a flash flood.
*Why make a cell your home
when the door is unlocked
and the garden is waiting for 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.
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.

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

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

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.



closing prayer for the road

Remind me
Living God,
Remind me as I go through my days
to know that You are in this place
Awaken me to wonder
Alert me to Your Love
Bring a deep, abiding sense
of Your peaceful Presence
Calm this restless heart
Still my anxious mind
And as I sit and absorb
may I rise and go forth
share the beauty and grace I see
witness to Your Life in me
amen

postlude

PURCHASE TICKETS



announcements

Krista Seddon's Trinity Jazz Series

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

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.

HELPER SIGNUP



Easter Flower Donations

You can help provide the beauty of flowers for Easter with a special donation. Write a check marked "Easter Flowers" in the memo line or make an online [donation here](#). If you donate by 5pm, Tuesday, April 15, we can include memorials in the Easter worship guide.

Easter Flowers



Holy Week Services- You are welcome to gather at church in person or online.

Wednesday 4/16 12pm

A celebration of Holy Communion including the readings for Easter, prayers for each other and the world, and an opportunity to reflect together, in person or on Zoom, as usual

Maundy Thursday 4/17 7pm

A service commemorating Jesus' last supper, in person or on Facebook or YouTube

Thursday 4/17 7pm

12-Step Service Based on the spirituality of the 12 Steps. There will be no Zoom this week.

Good Friday 4/18 Noon

The reading of the passion, solemn prayers for the word, in person or on Facebook or YouTube

Easter Sunday 4/20 10:30am

A full celebration of the hope of new life that overcomes death, in person or on Facebook or YouTube

Sunday 4/20 Trinity @7: NO SERVICE

Sunday 4/27 no childcare services during the 10:30 service.

Easter Donations



Partnership with Hamlin School Academy through Say Yes Buffalo

Trinity has a partnership with Hamlin School Academy, grades Pre-K through Grade 8.

A Wellness Fair organized by Say Yes Buffalo will be held for families at Hamlin School Academy on Saturday, May 3. Trinity will be collecting items for this fair. Taking into consideration the ages of the students, the following is a list of suggested items:

- | | | |
|---------------------|--------------------------------------|-----------------------------|
| Body wash | Hand wash | Dental hygiene products |
| Socks and underwear | Deodorant | Household cleaning products |
| Neosporin | Hand sanitizer | Cleansing wipes |
| Baby care products | First aid supplies such as Band-aids | |

Say Yes Buffalo's mission is to support a more equitable and thriving environment in which all Buffalo students have the opportunity to reach their full potential. A Say Yes representative is located in each school to support the school's mission and to provide special family programs.

If you are shopping, consider purchasing some of these items and bring them to the bin in the red carpet area of the main church or the bin in the chapel by **Sunday, April 27**.

Questions? Email Patti Nisbet, tudorspace@aol.com or

Sue Doherty susandoherty50@hotmail.com.

Volunteer at the Food Pantry 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!

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

Explore Buffalo - April 25 is the next scheduled date.

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/>



Parking at Trinity's Franklin Street Lot

Trinity has a parking lot behind the church on Franklin Street. Parking is available for no fee on Sundays from 9am - noon. You can use the lot any other time you are in the neighborhood, too! Park at Trinity any time you would have to pay for parking in the neighborhood. Park in your church's lot instead so that Trinity gets the parking fee! Use your smartphone to pay. You may wish to download the Premium Parking app ahead of time to make it easier to park and go.



Soup & Discussion Lenten Program Wednesdays @6pm

Lent is messy, but still worth sharing. All are welcome to travel through Lent together using Kate Bowler's Lenten program *The Hardest Part: Hurt We Carry, Hope We Find*. We enjoy a light soup dinner before breaking into discussion on the program theme for the week. A hybrid online connection is available for those who are unable to join us in person. This is the final week.

- **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

[Click here](#) for address. 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](#)
YouTube: [Trinity Church Buffalo](#)
Instagram: [@trinity.church.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