



trinity @7

02.09.2025

Cover: Photo of a murmuration of starlings.

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

Centering prayer written by Michael Leunig, Australian cartoonist and author.

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

Let us pray.

We pray for another way of being:
another way of knowing.

Across the difficult terrain of our existence
we have attempted to build a highway
and in so doing have lost our footpath.

God lead us to our footpath:

Lead us there where in simplicity
we may move at the speed of natural creatures
and feel the earth's love beneath our feet.

Lead us there where step-by-step we may feel
the movement of creation in our hearts.

And lead us there where side-by-side
we may feel the embrace of the common soul.

Nothing can be loved at speed.

God lead us to the slow path; to the joyous insights
of the pilgrim; another way of knowing: another way of being.

amen

interlude

Herons in Winter in the Frozen Marsh

by Mary Oliver

All winter
two blue herons
hunkered in the frozen marsh,
like two columns of blue smoke.

What they ate
I can't imagine,
unless it was the small laces
of snow that settled
in the ruckus of the cattails,
or the glazed windows of ice
under the tired
pitchforks of their feet—
so the answer is
they ate nothing,
and nothing good could come of that.
They were mired in nature, and starving.
Still, every morning
they shrugged the rime from their shoulders,
and all day they
stood to attention
in the stubbled desolation.
I was filled with admiration,
sympathy,
and, of course, empathy.
It called for a miracle.
Finally the marsh softened,
and their wings cranked open
revealing the old blue light,
so that I thought: how could this possibly be
the blunt, dark finish?
First one, then the other, vanished
into the ditches and upheavals.
All spring, I watched the rising blue-green grass,
above its gleaming and substantial shadows,
toss in the breeze,
like wings.

interlude

a prayer for our feathered friends

by Michael Leunig

We give thanks for birds. All types of birds.
Small birds and large birds.
Domestic fowl, migratory birds and birds of prey,
hooting birds, whistling birds, shrikes,
coloured parrots and dark darting wrens.
Birds too numerous to mention.
We pray for them all.
We mourn the loss of certain species
and pray for the deliverance of endangered ones.
We pray, too, for farm birds,
that they may be released from cruelty and suffering.

Mary Oliver (1935-2019) wrote verse that focused on the quiet occurrences of nature. In addition to such major awards as the Pulitzer and National Book Award, Oliver received fellowships from the Guggenheim Foundation and the National Endowment for the Arts. Much of Ms. Oliver's writing is based on her beloved Cape Cod where she lived for 40 years with her life partner, the photographer Molly Malone Cook.

Michael Leunig (b.1945) is an Australian cartoonist, writer, painter, philosopher and poet. His commentary on political, cultural and emotional life spans more than forty years, and has often explored the idea of an innocent and sacred personal world.

The southern boobook, also known as the mopoke, is the smallest and most common native owl in Australia.

The frogmouths are a group of nocturnal birds related to owllet-nightjars, swifts, and hummingbirds. Species in the group are distributed in the Indomalayan and Australasian realms.

We give thanks for eggs and feathers,
for brave, cheerful songs in the morning
and the wonderful haunting, night prayers of owls,
mopokes, frogmouths and all nocturnal fowl.
We praise the character of birds, their constancy,
their desire for freedom, their flair for music and talent for flying.
May we always marvel at the ability to fly.
Especially we praise their disregard for human hierarchy
and the ease with which they leave their droppings
on the heads of commoners or kings regardless.
Grant them fair weather, fresh food and abundant materials
for building their nests in spring.
Provide them too with perches and roosts with pleasant aspects.
Dear God, guide our thoughts to the joy and beauty of birds.
Feathered angels.
May they always be above us.

interlude

White-Eyes

by Mary Oliver

In winter
all the singing is in
the tops of the trees
where the wind-bird
with its white eyes
shoves and pushes
among the branches.
Like any of us

he wants to go to sleep,
but he's restless—
he has an idea,
and slowly it unfolds

from under his beating wings
as long as he stays awake.
But his big, round music, after
all,
is too breathy to last.

So, it's over.
In the pine-crown
he makes his nest,
he's done all he can.

I don't know the name of this bird,
I only imagine his glittering beak
tucked in a white wing
while the clouds—

which he has summoned
from the north—
which he has taught
to be mild, and silent—

thicken, and begin to fall
into the world below
like stars, or the feathers
of some unimaginable bird

that loves us,
that is asleep now, and silent—
that has turned itself
into snow.

interlude

Starlings in Winter

by Mary Oliver

Chunky and noisy,
but with stars in their black feathers,
they spring from the telephone wire
and instantly

they are acrobats
in the freezing wind.
And now, in the theater of air,
they swing over buildings,

dipping and rising;
they float like one stippled star
that opens,
becomes for a moment fragmented,

then closes again;
and you watch
and you try
but you simply can't imagine

how they do it
with no articulated instruction, no pause,
only the silent confirmation
that they are this notable thing,

this wheel of many parts, that can rise and spin
over and over again,
full of gorgeous life.
Ah, world, what lessons you prepare for us,

even in the leafless winter,
even in the ashy city

I am thinking now
of grief, and of getting past it;

I feel my boots
trying to leave the ground,
I feel my heart
pumping hard, I want

to think again of dangerous and noble things.
I want to be light and frolicsome.
I want to be improbable beautiful and afraid of nothing,
as though I had wings.

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

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

Krista Seddon's Trinity Jazz Series

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

February 14 @7pm "Colored Musicians Club"

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.

Coldest Night of the Year

It's Year 4 of the Coldest Night of the Year Walk in Buffalo, supporting Compass House. This year's walk will take place on **Saturday, February 22**, kicking off at the Parkside Lodge. This all-ages walk raises funds and awareness for the mission of Compass House which is to support homeless and runaway youth and young adults in the Buffalo area. Visit cnoy.com/buffalo and search Team Trinity to join us at Delaware Park or to support with a donation to Compass House! Email Missy Stolfi at missy.stolfi@gmail.com with any questions.

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!

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, MNMKeane@gmail.com

Susie Green, susie432@gmail.com

Sara Merritt, smerrit172@gmail.com

Patti Nisbet, tudorspace@aol.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/>

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.

PURCHASE TICKETS



HELPER SIGNUP





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

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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, Christian, 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