



trinity @7

10.08.2023

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.

Enter with me that still place within,
where we find not only our inmost selves,
but also our connection to that
creative and transforming sacred mystery we call G-o-d.

(Silence)

We come into one another's presence seeking some part of ourselves,
knowing that we do not live alone,
knowing that we cannot live fully
if we are for ourselves alone.

We come as ordinary people,
each with strengths and each with weaknesses,
aware of our shortcomings.

Our lives set before us many tasks.
We are not always equal to them.
Too often we fall short of our best expectations of ourselves.

And yet, here we are,
not always perfect,
not always wise,
but always wondrously and mysteriously human.

May our time together renew our hope.
May the poems we share refresh our courage.
May the music we hear lift our spirits.

amen

interlude

Prayer excerpted
from a longer prayer
written by Rex A
E Hunt, a religious
naturalist and
progressive liturgist
from Australia. We
also changed the
ending reference to
poems and music to
fit Trinity @7.

Kindness poem

by Becky Goddard-Hill

It is easy when tired or scared or utterly desolate to speak words of bitterness about others, to think badly of them, to wish them undoing, to shove them around, to kick them hard even if it is just in your mind they feel it

It is easy when jealous and empty and confused by another's actions, to blame, point fingers, slander to unleash the heavy, staining, bad breath of unkindness onto another It is easy and it can feel good, righteous for a moment there. A release of all your own unhappiness, fear, torment.

Ah, but who are we kidding, We know inside our souls the absence of our kindness makes us so very ashamed how it hurts hearts and breaks bonds and fractures friendships To breathe words that are cruel upon others, to slam doors, shout, refuse to help, blame and belittle to isolate, ignore, use, abuse it makes us all feel so very small in the end.

We, more than ever, need to let our hearts boom and beat to the very beat with kindness, praise, gratitude, love, light, compassion and understanding We must lean in to hear the beat of that different drummer that may have grown faint and quiet but with our listening grows stronger, prouder

Then how we will rise (all of us) with the strong, fierce lightness of kindness like a beautiful cake filled with promise of the taste of delicious delight.

interlude

Red Brocade

by Naomi Shihab Nye

The Arabs used to say,
When a stranger appears at your door,
feed him for three days
before asking who he is,
where he's come from,
where he's headed.
That way, he'll have strength
enough to answer.

Becky Goddard-Hill is a British well-being author, presenter and children's therapist.

Naomi Shihab Nye (b. 1952 in St. Louis, Missouri) spent her adolescence in both Jerusalem and San Antonio, Texas. She has served as a Chancellor of the Academy of American Poets, and is the Poetry Foundation's Young People's Poet Laureate.

Or, by then you'll be
such good friends
you don't care.

Let's go back to that.
Rice? Pine nuts?
Here, take the red brocade pillow.
My child will serve water
to your horse.

No, I was not busy when you came!
I was not preparing to be busy.
That's the armor everyone put on
to pretend they had a purpose
in the world.

I refuse to be claimed.
Your plate is waiting.
We will snip fresh mint
into your tea.

interlude

Quotes from "A Year of Living Kindly"

by Donna Cameron

Three things in human life are important:
the first is to be kind;
the second is to be kind;
and the third is to be kind.

Henry James

interlude

Being kind is something most of us do when it's easy and when it suits us. Being kind when we don't feel like it, or when all of our buttons are being pushed, is hard. But that's also when it's most needed; that's when it can defuse anger and even violence, when it can restore civility in our personal and virtual interactions. Kindness has the power to profoundly change our relationships with other people and with ourselves. It can, in fact, change the world.

Donna Cameron

interlude

Your past mistakes are meant to guide you, not define you.

Donna Cameron

Donna Cameron spent many years in non-profit management, but now spends her time exploring the good life that has been described as "pursuing unanswerable questions in good company."

interlude

Be easily pleased. Accept compliments, take a seat on the bus if someone offers it to you, embrace any kindness that comes your way. This is graciousness, and it is a gift for someone else. You are giving another person the gift of being graceful.

Donna Cameron

interlude

If you want others to be happy, practice compassion. If you want to be happy, practice compassion.

Dalai Lama

interlude

The Most Important Thing

by Julia Fehrenbacher

I am making a home inside myself. A shelter
of kindness where everything
is forgiven, everything allowed—a quiet patch
of sunlight to stretch out without hurry,
where all that has been banished
and buried is welcomed, spoken, listened to—released.

A fiercely friendly place I can claim as my very own.

I am throwing arms open
to the whole of myself—especially the fearful,
fault-finding, falling apart, unfinished parts, knowing
every seed and weed, every drop
of rain, has made the soil richer.

I will light a candle, pour a hot cup of tea, gather
around the warmth of my own blazing fire. I will howl
if I want to, knowing this flame can burn through
any perceived problem, any prescribed perfectionism,
any lying limitation, every heavy thing.

I am making a home inside myself
where grace blooms in grand and glorious
abundance, a shelter of kindness that grows
all the truest things.

I whisper hallelujah to the friendly
sky. Watch now as I burst into blossom.

Julia Fehrenbacher is an author, a poet, a painter and a mom who is always looking for ways to spread a little good around in this world. She lives in Corvallis, Oregon.

interlude

reflection with guided 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

We draw near to each other in the presence of a Holy Weaver.
That we may see afresh.
That we may hear anew.
That we may act again with vigour.

May there be many new patterns woven among us:
patterns of peace between strangers,
patterns of love between friends,
patterns of hope among the hopeless,
patterns of joy among the sorrowful.

And may we be brokers of a spirit of new hope with all people,
to the ways we cope with life,
to the ways we embrace the present,
and the ways we think about the future.

amen

postlude

announcements

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

Trinity Discussion Group: Calming Your Inner Critic

Negative self-talk can produce several emotions and can affect our relationships with people and with God. On Wednesdays starting **October 18**, we will watch a short video and discuss how our lack of self-love can detract from the life we want to live and affects our love of neighbor. Join Tim Lane and Jeff Tooke on **Wednesdays @7pm** using the zoom link below: <https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

Questions? Please email Jeffrey Tooke at jeffreytooke@outlook.com.

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

Trinity Halloween Party - Friday, October 27

It's time to dust off your costumes and mark your calendars for "Trinitreat" on **Friday, October 27**, a night of fun and games for folks of all ages. Contact Tim Lane t.w.lane@outlook.com or Kayla Kisenwether kkisenwether@gmail.com if interested in helping make this event a spooktacular success.

Barbecue Chicken Dinner on November 5!

Order early, order often. Trinity will be selling Weidner's chicken for takeout on **Sunday, November 5**, from right after the morning service until 1pm. Dinners are \$15 and include macaroni and cheese and glazed baby carrots. Yum. We'll also have desserts available that day for cash sales. Dinners are pre-sale only. Order deadline is **Sunday, Oct 29** Proceeds to support Trinity!

Volunteers Needed

If you can help out on **Nov 5** by working at the chicken barbecue takeout or baking desserts for that same event, please email Teresa Maciocha at tmaciocha@aol.com. If you work the takeout, your shift would be from 11am to 1pm. If you bake a dessert, it can be delivered to church that morning. Of course, you are welcome to do both. Thanks very much.

Your Thoughts Needed Again! Followup Survey

On September 17, Trinity folks met in the Marfield Room to talk about the situation that we find ourselves in as a congregation and possible visions for what the future might look like. A major part of what guided that work was your feedback from this summer's Priorities survey. [You can watch the video of that presentation!](#) At the end of that meeting, we were all asked to reflect on where we heard God in these ideas, what parts brought us alive, and how we each would personally like to act on it. With the benefit of some time to think about these things more deeply, we once again ask you to share your thoughts with us and to commit yourself to the work we have to do. Please go [here](#) to share your opinions, your questions, but most importantly your gifts and talents in service of the work ahead.

Comfort and Care Team

The Comfort and Care Team is here to help and support to 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; Judy Atkinson-Miller, jatk1812@gmail.com; Susie Green, susie432@gmail.com; Patti Nisbet, tudospace@aol.com; Marie Keane, MNMKeane@gmail.com; Sara Merritt, smerrit172@gmail.com; Vickie Kearns, kearns.vr@gmail.com

Slow Down Yoga

Yoga is returning to Trinity! **Tuesdays @noon** we will 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 will move 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. For more information go to <https://www.groundedinbirdsong.org/yoga> 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 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.

Trinity Spaces for Rent

Our church has work space available for rent at 371 Delaware Ave. We hope to rent to an organization that shares our vision of community betterment. 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>.



QR for presentation



QR for survey





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

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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, 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