



trinity @7

03.16.2025

## 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.

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## welcome

## a moment with nature

## a centering prayer

Let us pray.

O Love,  
Unfold me anew;  
For my spirit easily tightens  
Around yesterday's too much  
Sadness and loss and worry.

Stretch me open  
With an energy not my own  
But given as the gift of Life  
Revealing beauty within  
Already formed by You  
Before I even knew to notice.

Yes, Love, ground me  
In Your forming grace  
Always at work  
In ways unnameable  
Yet daring to name me  
And everyone, Beloved

O Love,  
Unfold me to this  
Noticing You in others  
Trusting Your desire  
To meet every resistance  
I hold as temporary truth  
Until at last again and again  
I am born anew  
Into a beauty I cannot yet see  
A birthright unbelievable  
Brought to life by You  
The One who is Life.

Yes, Love,  
Unfold me anew to this  
And let it be more  
Than enough for today.

**amen**

## interlude

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

This prayer is called "Unfolding" and is written by David Long-Higgins, a minister in the United Church of Christ.

# what can we do?

by Julia Fehrenbacher

Get closer. Don't decide. Ask  
questions, then listen  
like a tree listens—

still and rooted in your brave.  
Remember, what matters most  
in this wounded world  
can only be given, never taken away—

*never stop giving.*

Open arms as wide  
as they will open.  
then open them some more—

*Never stop opening.*

Keep saying:

*I hear you.*

*I see you.*

*I love you.*

Don't leave anyone out,  
never leave anyone out.

## interlude

### instructions for today (part 1)

by Julia Fehrenbacher

Try this:

Close your tired eyes, breathe  
deeply. Say thank you. Even if  
you're poor or sick  
or without hope

let shouts  
and whispers speak  
until the hard  
and stern  
fade

into a watery ripple  
of love

All of tonight's readings are by Julia Fehrenbacher, an author, poet, painter and mom who is always looking for ways to spread a little good around in this world. She lives in Corvallis, Oregon.

## interlude

### instructions for today (part 2)

by Julia Fehrenbacher

Sit and listen to a tree for longer  
than feels appropriate. Close eyes  
until the hurting demands  
settle, until only the invisible speaks.

Ask yourself the same questions  
you've been asking everyone else. Be still  
until you hear  
the answers. Trust me—  
they will come.

Tell the truth. The one that has simmered  
and boiled inside you. It is yours.  
No one can shape it  
or take it.

When words fall out notice how sure and steady your feet  
feel on the ground—it is meant  
to be this way.

Remember, there is no promise  
of tomorrow. Let this truth  
live inside you until you can't help but turn toward love.

You are not a victim. You are a truth-telling warrior  
who gets up again and again and again.  
Who stands in the middle of the mess and says:

*I don't know, but I'm ready to listen.*

Then open  
your eyes  
and head on home.

## interlude

### living awake

by Julia Fehrenbacher

It begins with an ache, a deep-belly breath,  
a cup of hot tea on the sun-soaked deck.

It begins with a prayer said aloud  
to the empty kitchen, space enough to hear  
the want beneath the want beneath the want.

It begins with a thank you  
for what is, a remembering that all  
of it is temporary, none of it guaranteed,  
every last bit of it precious.

It begins with slowing to the pace of silence,  
then getting closer, closer  
than you have ever gotten before. Then even  
a little bit closer. To breath, river, heartache,  
sunlight. Because, as Yeats said:

*The world is full of magical things patiently waiting  
for our senses to grow sharper.*

It begins, always, with a moment fully allowed.

It begins over and over and over again, new, every day— with the courage  
to persist, to do it differently, to walk  
the way only you can walk. The courage  
to stand all the way up for what holds  
and heals, to fiercely declare that enough  
is enough—no more excuses, no more holding in  
or back, no more pretending  
to be small, damn it. Because you are not  
small. You have never, ever been small.

*And God, how this sleeping world needs your bigness.*

It begins with picking up the light  
and dancing with it all night long, vowing  
to never put it down. And then scattering  
it like seed to every hurting heart.

It begins with a thank you for what is,  
a remembering that all  
of it is temporary, none of it guaranteed—  
every last bit of it precious.

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

**May today there be peace within.**

**May we trust God that we are exactly where we are meant to be.**

**May we not forget the infinite possibilities that are born of faith.**

**May we use those gifts that we have received,  
and pass on the love that has been given to us.**

**May we be content knowing we are each a child of God.**

**Let this presence settle into our bones,**

**and allow our soul**

**the freedom to sing, dance,**

**praise and love.**

**It is there for each and every one of us.**

**amen**

## postlude

## 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.

### **Food Pantry Open House**

The Creative Restorations food pantry at Trinity Church is inviting all Trinity members, friends, and neighbors to an open house on **Sunday, March 23**, immediately following the 10:30am service. The pantry is located next door in Trinity Center, 1st floor. Stop by, say hello, see the pantry supported by Trinity, and meet Chris Harzynski, founder of Creative Restorations.

### **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: 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](mailto:ncocerez@sayyesbuffalo.org) or (716)388-1572 for more information,

We have seen this prayer attributed to St. Teresa of Avila, St. Therese of Lisieux, and St. Teresa of Calcutta.

It is typically written in the 3rd person, "May you . . ." We changed it to 1st person for our service tonight.

#### PURCHASE TICKETS



#### HELPER SIGNUP



### 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](mailto:phoebemckay@gmail.com) Marie Keane, [MNMKeane@gmail.com](mailto:MNMKeane@gmail.com)  
Susie Green, [susie432@gmail.com](mailto:susie432@gmail.com) Sara Merritt, [smerrit172@gmail.com](mailto:smerrit172@gmail.com)  
Patti Nisbet, [tudorspace@aol.com](mailto: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/>

### Soup & Discussion Lenten Program Wednesdays @6pm

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 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=pRYCjRlUa1VWbiaklZMoJe9poW2Abs.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](http://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](mailto: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