



trinity @7

10.26.2025

Trinity @7

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,
All things come from you, O God,
and to you we return.
All things emerge in your great river of life
and into you we vanish again.
At the beginning of each day
we wake
not as separate streams
but as countless currents in a single flow
the flow of the day's dawning
the flow of the day's delight
the flow of the day's sorrows
your flow, O God,
in the twisting and turnings of each new day.
amen

interlude

Margin note: You
can sign up to
receive a daily video
from nature365.
And it's free! Go
to [https://www.
nature365.tv](https://www.nature365.tv)

Prayer written by
John Philip Newell

A Nice Little Story excerpted from *Tuesdays with Morrie*

by Mitch Albom

"I heard a nice little story the other day," Morrie says. He closes his eyes for a moment and I wait.

"Okay. The story is about a little wave, bobbing along in the ocean, having a grand old time. He's enjoying the wind and the fresh air — until he notices the other waves in front of him, crashing against the shore. "

"My God, this is terrible,' the wave says, 'Look what's going to happen to me!'"

"Then along comes another wave. It sees the first wave, looking grim, and it says to him, 'Why do you look so sad?'"

"The first wave says, 'You don't understand! We're all going to crash! All of us waves are going to be nothing! Isn't it terrible?'"

"The second wave says, 'No, you don't understand. You're not a wave, you're part of the ocean.'"

I smile. Morrie closes his eyes again.

"Part of the ocean," he says. "Part of the ocean." I watch him breathe, in and out, in and out.

interlude

How I Became a Warrior

by Jeff Foster

Once, I ran from fear
so fear controlled me.
Until I learned to hold fear like a newborn.
Listen to it, but not give in.
Honor it, but not worship it.
Fear could not stop me anymore.
I walked with courage into the storm.
I still have fear,
but it does not have me.

Once, I was ashamed of who I was.
I invited shame into my heart.
I let it burn.
It told me, "I am only trying
to protect your vulnerability".
I thanked shame dearly,
and stepped into life anyway,
unashamed, with shame as a lover.

Mitchell (Mitch) David Albom (b 1958) is a best-selling author, sports journalist, screenwriter, playwright, radio and television broadcaster, musician, and philanthropist. His books have sold 40 million copies worldwide, in 45 languages. [Source: Wikipedia]
He operates the Have Faith Haiti orphanage in Port au Prince and also runs SAY Detroit, which provides paths to success for Detroiters in need. Two food businesses – Detroit Water Ice Factory and Brown Bag Popcorn – help raise funds for his Michigan charity. [Source: JewishJournal.com; Oct 2023]
"*Tuesdays with Morrie*" is a memoir of Albom's time spent weekly with his dying mentor.

Jeff Foster (b 1980) is a British writer and speaker who writes about healing from trauma, the ups and downs of spiritual awakening, and finding the sacred in the ordinary. His books are out in 15+ languages.

Once, I had great sadness
buried deep inside.
I invited it to come out and play.
I wept oceans. My tear ducts ran dry.
And I found joy right there.
Right at the core of my sorrow.
It was heartbreak that taught me how to love.

Once, I had anxiety.
A mind that wouldn't stop.
Thoughts that wouldn't be silent.
So I stopped trying to silence them.
And I dropped out of the mind,
and into the Earth.
Into the mud.
Where I was held strong
like a tree, unshakeable, safe.

Once, anger burned in the depths.
I called anger into the light of myself.
I felt its shocking power.
I let my heart pound and my blood boil.
Listened to it, finally.
And it screamed, "Respect yourself fiercely now!"
"Speak your truth with passion!"
"Say no when you mean no!"
"Walk your path with courage!"
"Let no one speak for you!"
Anger became an honest friend.
A truthful guide.
A beautiful wild child.

(to be continued)

interlude

How I Became a Warrior (continued)

Once, loneliness cut deep.
I tried to distract and numb myself.
Ran to people and places and things.
Even pretended I was "happy".
But soon I could not run anymore.
And I tumbled into the heart of loneliness.
And I died and was reborn
into an exquisite solitude and stillness.
That connected me to all things.
So I was not lonely, but alone with All Life.
My heart One with all other hearts.

Once, I ran from difficult feelings.
Now, they are my advisors, confidants, friends,
and they all have a home in me,
and they all belong and have dignity.
I am sensitive, soft, fragile,
my arms wrapped around all my inner children.
And in my sensitivity, power.
In my fragility, an unshakeable Presence.

In the depths of my wounds,
in what I had named "darkness",
I found a blazing Light
that guides me now in battle.
I became a warrior
when I turned towards myself.
And started listening.

interlude

Fear

by Kahlil Gibran

It is said that before entering the sea
a river trembles with fear.

She looks back at the path she has traveled,
from the peaks of the mountains,
the long winding road crossing forests and villages.

And in front of her,
she sees an ocean so vast,
that to enter
there seems nothing more than to disappear forever.

But there is no other way.
The river can not go back.

Nobody can go back.
To go back is impossible in existence.

The river needs to take the risk
of entering the ocean
because only then will fear disappear,
because that's where the river will know
it's not about disappearing into the ocean,
but of becoming the ocean.

Kahlil Gibran (1883-1931) was born in Lebanon and emigrated to Boston with his mother when he was a child. He was an accomplished artist and writer. Many of his writings deal with Christianity, especially on the topic of spiritual love, but his mysticism is a convergence of several different influences: Christianity, Islam, Sufism, Judaism and theosophy.

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

We pray for the fragile ecology of the
heart and the mind. The sense of meaning
So finely assembled and balanced
and so easily overturned.
The careful, ongoing
construction of LOVE.

Prayer written by
Michael Leunig

As painful and exhausting
as the struggle for truth
and as easily abandoned.
Hard fought and won
are the shifting sands of this sacred ground,
this ecology.

Easy to desecrate and difficult to defend,
this vulnerable joy, this exposed faith,
this precious order.
This sanity.

We shall be careful.
With others and
with ourselves.

amen

postlude

announcements

Krista Seddon Trinity Jazz Concert Blue Note Series Fall 2025

November 21 "Mood Indigo"

Performances start @7:00. Tickets are \$30, available at [Trinitybuffalo.org](https://trinitybuffalo.org) or use the QR code. Volunteers needed for reception and ticket table. Email Tim at t.w.lane@outlook.com or use the volunteer QR code to signup. Volunteers receive a complimentary ticket plus one for a friend.

From Rock to Bach and Back

Not your run-of-the-mill organ concert. Come hear Paul Cena play amazing arrangements featuring artists from contrasting eras and genres from Baroque to rock'n'roll on

Friday, November 7 @7:00pm in the main sanctuary. To purchase tickets [click here](#).

Two volunteers are needed to help with the reception which will follow the performance. You can sign up by [clicking here](#).

Free will donations to Trinity greatly appreciated!

Vet Appreciation / Bills Watch Party

Come watch the Bills game with Trinity fans noon-4:30 on **Sunday, November 9**. All are welcome, and veterans are encouraged to participate in our veterans appreciation pregame party (potluck style) leading up to 1pm kickoff. Email Christian at Christian.Eshelman@yahoo.com with any questions. Please sign up with your expected contribution for the potluck. Childcare is available as well.

Explore Buffalo - November 15 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 off Franklin Street. Parking is available for no fee during each of the weekly services (Sundays 10am-1pm and 6-9pm, Wednesdays 11:30am-1:30pm, and Thursdays 6-9pm) You can use the lot any other time you are in the neighborhood 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.

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

Susie Green, susie432@gmail.com

Patti Nisbet, tudorspace@aol.com

Marie Keane, MNMKeane@gmail.com

Sara Merritt, smerrit172@gmail.com

PURCHASE JAZZ
CONCERT TICKETS



HELPER SIGNUP



TRINITY @7 WILL CONTINUE TO MEET WEEKLY UNTIL CHRISTMAS.



Trinity is an Episcopal Church in the Diocese of Western New York.

 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 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 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