



trinity @7

12.08.2024

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.

welcome

a moment with nature

a centering prayer

Let us pray.

May the angels of light
glisten for us this night.

May the sparks of God's beauty
dance in the eyes of those we love.

May the universe
be on fire with Presence for us this night.

May the evening sun's setting
grace us with gratitude.

Let earth's greenness shine
and its waters breathe with Spirit.

Let heaven's winds stir the soil of our soul
and fresh awakenings rise within us.

May the mighty angels of light
glisten in all things this night.

May they summon us to reverence,
may they call us to life.

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 written by John Philip Newell. For our service tonight, we took the liberty of replacing the word "day" for "night," and the "new sun's rising" was changed to "evening sun's setting."

Hope Waits Inside

by James Crews

The day dawned as it always does,
milky light nuzzling the drapes
then leaking through the cracks like love
in a time of grief. I want to meet
this moment with arms swung wide open,
a gate that welcomes everything—
but dread rusts the hinges, and fear keeps
the latch from popping free. As usual,
I'm called to see hope where it seems
there is none, just as I must trust that
inside rain-slick, stripped-bare branches
wait the buds of new leaves, ready to
burst forth, like a happiness that doesn't
depend on what happens.

interlude

A prayer offered by

Kamilah Lynette Penafiel

If you are swimming in a sea
of unanswered questions,
may you find courage to be silent.
And while the waves
fall over one another
in a splash of black and blue,
slowly drowning out your thoughts
leaving you with nothing else to do
but fall helplessly
under the body
of rolling water,
If you are swimming in a sea
do not think you must rush on.
It is okay to spend some time here.
It is okay to be the only one here.
The shore is calling, but today, you're in this water.
Find its purpose,
its substance.

Wait in silence.
Fall into a place of listening
and surrender,
and trust that even here,
these whirling waters
will not carry you on forever.

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

Kamilah Lynette Penafiel is a blogger and self-identified entrepreneur.

And when the current comes
you will be lifted up,
carried to the shore,
and you will be better
for having been here,
embracing silence amidst
the water's roar.

For maybe, just maybe you do not
have to go very far to encounter
something meaningful that will
make the wait worthwhile.
And this mind of yours that has
pulled you back to the worst of things
is the same mind that is capable
of remembering the better things.

interlude

Quotes from Winnie the Pooh and Friends

by AA Milne

"What's wrong with knowing what you know now and not knowing what
you don't know until later?" WTP

interlude

"Could be worse. Not sure how, but it could be." Eeyore

interlude

"You're braver than you believe, stronger than you seem and smarter than
you think." Christopher Robin

interlude

"People say nothing is impossible, but I do nothing every day." WTP

interlude

"You can't stay in your corner of the Forest waiting for others to come to
you. You have to go to them sometimes." WTP

interlude

"When you are a Bear of Very Little Brain, and you Think of Things, you
find sometimes that a Thing which seemed very Thingish inside you is quite
different when it gets out into the open and has other people looking at it."

WTP

Alan Alexander
Milne (1882-1956)
was a British
humorist and
playwright who
created two classic
books for his son
Christopher Robin:
Winnie-the-Pooh
and *The House at
Pooh Corner*.

interlude

"It's snowing still. And freezing. However, we haven't had an earthquake lately."
Eeyore

interlude

I Give You Back

by Joy Harjo

I release you, my beautiful and terrible
fear. I release you. You were my beloved
and hated twin, but now, I don't know you
as myself. I release you with all the
pain I would know at the
death of my children.

You are not my blood anymore.

I give you back to the soldiers
who burned down my home, beheaded my children,
raped and sodomized my brothers and sisters.
I give you back to those who stole the
food from our plates when we were starving.

I release you, fear, because you hold
these scenes in front of me and I was born
with eyes that can never close.

I release you
I release you
I release you
I release you

I am not afraid to be angry.
I am not afraid to rejoice.
I am not afraid to be black.
I am not afraid to be white.
I am not afraid to be hungry.
I am not afraid to be full.
I am not afraid to be hated.
I am not afraid to be loved.

to be loved, to be loved, fear.

Oh, you have choked me, but I gave you the leash.
You have gutted me, but I gave you the knife.
You have devoured me, but I laid myself across the fire.



Joy Harjo (b. 1951) is an internationally renowned performer, musician, and writer of the Muscogee (Creek) Nation. She served three terms as the Poet Laureate of the United States from 2019 to 2022.

I take myself back, fear.
You are not my shadow any longer.
I won't hold you in my hands.
You can't live in my eyes, my ears, my voice
my belly, or in my heart my heart
my heart my heart

But come here, fear
I am alive and you are so afraid
of dying.

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

Beloved God,
stay with us this night
in our work and play and sleep.
**Stay with us, Beloved,
And grant us peace.**

Unfold our wings...in your time;
Slow us down to real time, your time;
that we might see life
with no strings attached.
**Stay with us, Beloved,
and grant us peace.**

Be present, gracious God;
hold our thoughts,
keep our breath,
Remind us of who we are and whose we are.
**Stay with us, Beloved,
and grant us peace.
amen**

announcements

Angel Tree - Opportunities to Share Your Blessings

As you prepare for the holiday season, please consider sharing your blessings with Compass House, Hamlin Park Academy, and Justice for Migrant Families. In the 1970s, Trinity helped establish Compass House, which provides a safe space for runaway and homeless youth and teens. Justice for Migrant Families is not just another tenant at Trinity. As a sanctuary church, Trinity embraces the mission of this organization as our own. We support their important work by providing office space for them and participating as volunteers in some of their activities. Through Say Yes Buffalo, Trinity has had a partnership with Hamlin Park Academy since the fall of 2016. Trinity has provided school supplies, clothing, books, and volunteers to assist the students in the school. Trinity is collecting \$25 gift cards for these organizations now through Sunday, **December 15**. Hamlin Park prefers Tops gift cards but any gift cards would be appreciated. If you want to donate cash we would be happy to purchase gift cards for you. There will be envelopes in the back of the church if you want to make a donation during our Sunday offerings or mail in a donation. Thank you for your generosity.
Missy Stolfi (716) 998-6816 or missy.stolfi@gmail.com
Patti Nisbet (716) 698-2834 or tudorspace@aol.com
Sue Doherty (716) 725-7471 or susandoherty50@hotmail.com

Trinity Discussion Group: Exploring Advent Through Poetry

Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** via [Zoom](#) (Meeting ID: 816-6863-4672 Passcode: trintalk) starting December 4. Explore Advent with poems from notable poets including Rowan Williams, T. S. Eliot, Gerard Manley Hopkins, and George Herbert in Janet Morley's *Haphazard by Starlight* poetry anthology. Sessions will include readings of poems, faith-based reflections, and discussion questions. Please email Jeffrey Tooke at jeffreytooke@outlook.com to sign up and for more information.

Darkness into Light: When the Christmas Spirit Eludes You

On **Sunday, December 22 @7 pm**, Trinity will hold a special evening service for persons who are struggling with Christmas this year. You may be experiencing grief or loss, sadness or depression. For any reason, if you can't quite conjure up Christmas joy, Trinity would like to meet you where you are, give you some empathy, and share this evening of readings, Krista's music, and a communion service. Simple reception to follow. Service also available on Zoom.

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:

December 14, February 1, March 8, April 5, May 3

Evening 4:30-6pm:

January 30, April 3

Trinity members would be welcome to any of these. For more information, you can contact the Say Yes To Education coordinator Van Daniel at vdaniel@sayyesbuffalo.org or (716) 388-1572.

Volunteer Opportunities With One of our Partners

Creative Restorations is seeking dedicated volunteers to assist with the operation of our food pantry which serves those in need in our community. We 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



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: [@trinity.church.buffalo](https://www.instagram.com/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, 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