



trinity @7

01.05.2025

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.

Quietly the New Year slips in.

Are we now more fearful, the radio asks?

More careful?

More tired?

Are we now more aware of the suffering, the violence,
the inequality, the injustice in our world?

Holy God,

In this New Year,

We seek you

As we have always sought you.

We need you

As we have always needed you.

We hunger for your presence, your peace, your justice and your love.

Open our hearts afresh and anew.

Open our minds that we may know you.

Open our hands that we may care for you.

Open our ears and eyes that we may hear and see you

In our neighbor, in the foreigner, in the refugee,

Even in our enemy,

And, perhaps especially, in ourselves.

That we may know in the deepest part of ourselves

That you call us

And that we are capable

Of seeing and naming, doing and being

Your love, your peace, your hope and your justice

In this your world.

amen

interlude

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 Thandiwe Dale-Ferguson, who is ordained in the Christian Church (Disciples of Christ) is a liturgist and photographer.

i am running into a new year

by Lucille Clifton

i am running into a new year
and the old years blow back
like a wind
that i catch in my hair
like strong fingers like
all my old promises and
it will be hard to let go
of what i said to myself
about myself
when i was sixteen and
twenty-six and thirty-six
even thirty-six but
i am running into a new year
and i beg what i love and
i leave to forgive me

interlude

a letter from James Crews

(written in 2023)

Dear friends,

A few weeks back, I shared about a family of winter wrens who took over part of our tractor and lived there for as long as it took for their young to fledge. As news from around the world has grown more horrifying and distressing, I've been thinking about these wrens again, and the "soft place" for music they made inside one of our machines. Wrens choose their homes very carefully, based on the perceived safety and shelter of a possible nesting place, and luckily for them, my husband and I chose *not* to drive the tractor while they were in residence. We couldn't stand the idea of destroying that nest with its speckled eggs, or sending away those small sources of such boisterous song. Lately, what has surprised me most is the space for wonder and deep presence we each hold within ourselves--the space for grief and sorrow, as well as for joy and celebration. Allowing room for all of our humanness is what helps us say yes to the fullness of life, even as we know the dangers that have never seemed so ever-present. The poem that follows surprised me as I was writing it, especially when I came to the words at the end, which seemed to express some truth I didn't know I needed. In spite of the inexplicable brutality of our species at times, this space we carry inside also assures us: we are better and larger than this. We are capable of so much more, like tiny winter wrens sending their loud songs out across the yard.

interlude

Lucille Clifton (1936-2010) was born in Depew, NY and graduated from what was then Fredonia State Teachers College. Clifton was the first African-American recipient of the Ruth Lilly Poetry Prize for lifetime achievement. She served as Maryland's poet laureate from 1974 until 1985, and won the prestigious National Book Award for *Blessing the Boats: New and Selected Poems 1988- 2000*. She was a Distinguished Professor of Humanities at St. Mary's College of Maryland and a Chancellor of the Academy of American Poets.

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

So Much Space for Song

by James Crews

What made the winter wren say,
this is my home now, as it carried
stick after stick and tufts of grass
to the tractor, shaping a soft place
inside the arm that lifts the bucket?
What gave such a small body
so much space for song, belting out
notes from its perch on top of the seat,
chirping if we get too close to that
hollow where her young are now
hatching, calling out in hunger?
What fills any of us with care enough
to say yes to this difficult world,
taking our places in it, despite
the risks, knowing the dangers?
Watch how the wren shrinks itself
to fit inside the tractor we haven't
driven in weeks, where tiny beings
have just emerged from eggs the size
of marbles, each one filled with
the songs of their mother and father,
a music that's larger than this
one life we are given.

interlude

(untitled)

by Maya Stein

I am soft today. Soft as shortbread dough fresh off the mixer, liquored by an extract of vanilla and spun with siffuls of powdered sugar. And salt. Because when I say soft, I don't really mean sweet. I mean the feeling around a streetlight on a quiet road, that miasmic halo that reveals the season's lingering winged things aiming for the bulb's muted warmth. Or when the market vendor, handing me a sheaf of kale, said it was so much better because of the frost. I'm not saying I am the frost, or the leaves, purple-green and pliant, spread across the palms of our half-gloved hands, but whatever middle it was that we met. Palm-soft. Air-soft. Truth-soft. Soft as whatever the sky is doing right this minute, shedding the day behind it. And in-betweenness where what's next isn't here yet. Or it is, and if I keep my breath soft enough, I'll see it.

Maya Stein is a poet, artist, photographer, teacher, mentor, and pretty interesting individual. She was born in Nova Scotia, lived on an Israeli kibbutz as well as various places around the US. She currently lives in her caravan, traveling with her partner. From the age of 9, her instincts have been "the desire to capture that which is most fleeting, to locate the heart of its beauty and power, sustain its life through language, and share that language with others." Check out mayastein.com

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 we find hope in the lights we have kindled on this quiet night,
hope in one another and in all who form the web-work of peace and
justice that spans the world.

In the heart of every person on this Earth
burns the spark of luminous goodness;
in no heart is there total darkness.

May we who have gathered this winter evening,
by our lives and service, by our prayers and love,
call forth from one another the light and the love
that is hidden in every heart.

amen

postlude



announcements

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: February 1, March 8, April 5, May 3

Thursday 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, 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.





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

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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