



trinity @7

11.24.2024

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.

We will continue to have a candle lighting time, either at a candle wall in the chapel or in your home.

welcome

a moment with nature

a centering prayer

Let us pray.

Set aside the noise.

Allow quiet prayer to enter my soul.

Silence creates a space for my:

Heartache to be felt

Anger to be heard

Tears to fall

Laughter to comfort

Gratefulness to flow

Joy to hold

Wonder to exist

Faithfulness to grow

Hear my intentions God:

Forgive my failings. See my intention to live in Your light.

To love as you love.

Help me feel the flow of your loving Spirit, I pray.

amen

interlude

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

Prayer is from the Corymeela Community of Northern Ireland.

Cover photo by Matt Lincoln

you are the ocean

by Julia Fehrenbacher

Please, my god, please, do not
hold any of it back. Why
would you? It's like trying
to hold back the ocean
with the tip of your little finger.

This life, this force
this happy explosion that is you.

Come closer. Let wave
after wave tumble, let gust
after gust blow you entirely
to the ground.

Don't be afraid.
You are the ocean. Deep,
wild, fierce, infinitely bendable—
beyond compare. A thread of divinely
designed, intricately woven you-ness.

Not a thing can break you here
in your sweet hallelujah
depths. Not a single thing.

Let the hand that is whole reach for the one
that is broken. Stand up now. Spit out
the mountain.

Throw open your full moon wings

interlude

looking for home

by Julia Fehrenbacher

Is there anything more beautiful
than to sit inside this here
holding pen and notebook
bare feet resting
on the kind, green ground
watching clouds hum
above this homesick world

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.

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Is there anything more
beautiful than to stop, to empty mind
of before and afters—to listen
to the silent secrets
today holds, to hand over
the heavy
to bigger arms

Darling, one-of-a-kind
beloved, dying-to-be-free human
let your heart burst open wide
to this truth—
there is only one
you. There is only one
now. And—can you hear this? You are already
home.

Is there anything more beautiful?

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.

interlude

be still

by Julia Fehrenbacher

The urge is to want
to do something, I know. Reach
for this, reach for that, check
it off, get it done. This living
has taught you that more
is better, that busy is boss.

Do more.
Go faster.
Try harder.

But, just for now, Love,
may I suggest you empty
your tired arms and

be still.

Listen to the rain. Light
a candle. Maybe watch
a cloud wander
quietly by. Be

the witness. The one
who sees the sky full of grace
that is always always always

right where your good feet
are planted.

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, send us
into the November night renewed and at peace;

Center our hearts in your presence
even as we are surrounded by others;
that we may be patient with friends,
enemies, and ourselves.

Assist us in our mindfulness
toward the wholeness of life;
that we may return to our source.

And when it is time to stop at an unexpected moment,
or let go when we cannot see the consequences,
may we entrust ourselves to your love;

***Listening more than asking,
Hearing more than needing,
Opening our minds for knowing,
And healing our hearts for loving.
amen***

postlude

announcements

Creative Restorations invites Trinity to join their 2nd annual Thanksgiving dinner drive!

If you would like to donate any food items related to a traditional turkey dinner with all the fixings for those in need in Erie County, drop items off at church after the service OR contact Christopher at (716) 553-4886. They are hoping to help as many families in need as possible, and are accepting donations through November 27.

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.

Celebrate the season!

Trinity presents a free concert for children of all ages on **Sunday, December 8 @12:30pm**. Cookies and goodies will be served at 12:00 following service. Come and sing Christmas songs, played by Krista on piano, Matt Harris on saxophone, and Claire Fisher on violin!

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 INC 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

Did you know?

Jung Center Buffalo hosts Allentown's "First Friday Gallery Walk." Highlighting a different artist each month, many visitors have had the opportunity to not only see an amazing art show, but to enjoy our beautiful landmark church! Everyone is encouraged to attend the first Friday of every month from **6:00 - 8:30pm**. Also, if you are an artist, please consider reaching out to Anna Marie Sinatra to discuss possibilities to highlight your work in 2025. Send her an email: AnnaMarie@SinatraSolutions.com today.

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.

 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 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