



trinity @7

12.01.2024

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.

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."

But I Write This Poem, So We Know It's Not Gone

by Rosemerry Wahtola Trommer

While worrying
about tomorrow,
I make soup.
Sliver the onion,
thin white crescent moons,
and then peel the carrots,
slice them on the bias,
sauté, add dashi, add miso, add scallion,
and boil the udon,
till the whole house
smells of the rich golden broth
and that sharp little mouth
that ceaselessly sings
what if, what if,
is so busy observing
the tang of the ginger—
so pungent, so silver—
it (almost) forgets to insist.

interlude

A message from James Crews

There is so much to be afraid of these days. And for those of us whose minds tend toward anxiety, we might be feeling even more layers of fear and worry on top of what was already there. If we are caught in the grips of fear and uncertainty right now, however, it might be hard to accept the premise of this poem—that a clearing waits at the center of each of our fears, whether we choose to enter it or not. I'll admit, sometimes this is impossible for me to believe, or I don't see it until after the fear passes, and I realize I was standing in that clearing the whole time. This happened to me recently on a series of flights, when I simply could not quiet the voice of my fear and resistance. I had three hours to wait for my next flight, and felt surrounded on all sides by noise and people and a rushed energy that made me feel even more anxious. Then I came upon a cafe that served coffee and food, and though they were blaring music, I knew this would be the place where I stepped into that calm center waiting inside myself. I just needed to be still and present enough to slip into it.

Perhaps the whole next poem—and so much of our lives—hinges on the phrase that comes in the second stanza: "if felt completely." We may never reach that clear center unless we choose to feel our fear completely, let it pass through. And once we do, we may then be able to move beyond agitation, into a greater engagement with our senses and the physical world around us. Once fear moves through, or even while we're feeling it, we might notice wind tickling the hairs on the back of the neck, then wrapping around us as if

Rosemerry Wahtola Trommer is a published Colorado poet and acappella singer. She wrote a poem a day from 2006 until the death of her son in August 2021. After taking a break from writing, she resumed her practice of a poem a day. Visit her at www.wordwoman.com

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

placing an arm around the shoulder. Isn't this how it works when we agree to feel anything completely? We emerge from the emotion with a wakefulness that wasn't there before, ready to believe we can love the world again, ready to believe that the world—broken and beautiful, frightening and comforting—can love us, too.

interlude

The Clearing

by James Crews

At the center of every fear
is a clearing, and though you must
trudge for miles in the dark woods
to get there, it's worth the trip:
now you can sit down for a while
among grass and hawkweed, you can
bask in unfiltered light, and see
the heavy clouds shifting overhead.

At the center of every fear,
if felt completely, is an empty
space where the wind tickles
the hairs on your neck, then arcs
an arm around your shoulder,
pulling you closer like a father
at last unafraid to show affection,
here to let you know you're not alone.

interlude

Amen

by Rosemerry Wahtola Trommer

When I forget that the whole world
is holy, even the tiny dark bugs
that slip through window screens
and flock and stick to kitchen lights,
even the charred black remains of forest,
even the river as it floods bright red,
even when my cheeks are tear-stained
and my body tightens with fear,
that is when a kind letter from a stranger
arrives in the mail, or the rabbit will stand
on his back legs to nibble on mint,
or the meadow will blaze with the day's
last slant of sunlight and my heart opens
so wide that inside the fear rises praise.

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

postlude

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.

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!

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, 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](#)
YouTube: [Trinity Church Buffalo](#)
Instagram: [@trinity.church.Buffalo](#)
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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