

A Service of Holy Communion August 4, 2024 Year B, Proper I3

If you would like to receive more information about Trinity Church, please sign our guest book located near the entrance. Everyone is welcome to enjoy refreshments and conversation after worship. Trinity Church is an Episcopal Church in the Diocesan Partnership | of Western New York and Northwest Pennsylvania and is a part of the Anglican Communion which is based in England but found worldwide.

Cover image: Photo by Matt Lincoln, 2021

This centering prayer was written by Matt Lincoln, based on a quotation from Tirabassi & Grant, An Improbable Gift of Blessing.

In spirit or in body, the congregation stands to sing hymns.

# Welcome to Trinity's gathered community! We are together on-site and online!

The people of Trinity Church gather around a table piled high with spiritual food, and there is a place for you and everyone at the table, whatever your religious practice may be. If you are at Trinity in person, know that this congregation supports anyone who wears a mask to reduce risk of infection. Please feel free to receive communion and participate in the service as fully as you want. If you are not on site, your presence online is felt and valued by the whole congregation. If you are watching the Facebook Live Stream, you may add comments, likes, etc. to the comment section at any time! If you are on-site, you can use your mobile device to join the Facebook Live Stream to connect with other worshippers in the comment section. Just make sure your volume is all the way down! WiFi internet access is publicly available. Use the "Trinity Open" network with the password "Welcome!"

In the courtyard, we are not able to light candles as we do indoors. Instead, we have a spiritual practice of using prayer stones during the service. You can do this either in person or at home online. **Pick up** a prayer stone as you come into the courtyard, and feel free to rub your prayers into the stone during the first part of the service. At the time of the community prayers, you will be invited to bring your stone and all your prayers to the altar.

Trinity Church is a metropolitan house of prayer, a community of worship and spiritual inquiry, welcoming all people. Recognizing our common brokenness, yet rejoicing in the reconciling love of God through Jesus Christ, we nurture one another in our spiritual life together.

During the summer when worship is outdoors in the courtyard, there are many ways for children to keep quietly occupied. While monitoring their safety, feel free to let your children explore and enjoy being outdoors, and do not worry about their activity being disrespectful or disruptive. **Children, with all their sounds and movements, are a welcome part of the gathering for worship.** 

**Name tags** are not required, but they sure help! You'll find sticky tags and markers on a table near the entrance.

#### CENTERING PRAYER

Let us pray responsively.

This church is a field where mustard seeds are planted.

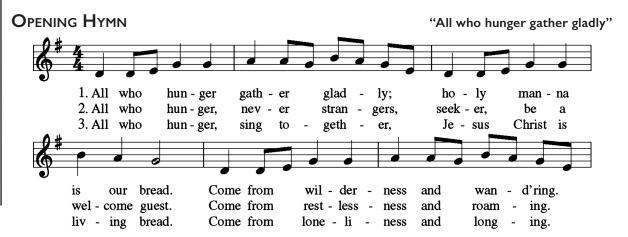
Oh, God, let our small faith grow.

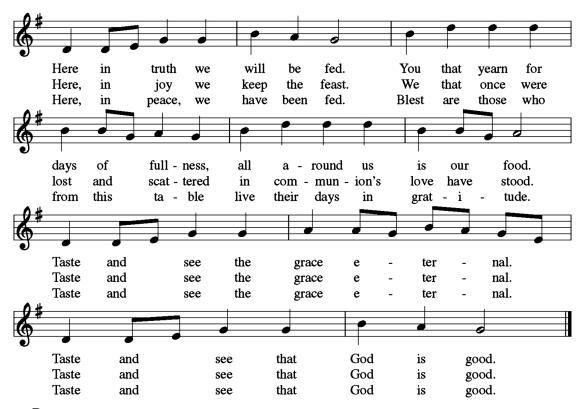
This church is a loaf leavened with your hope.

Oh God, let our trust rise with your Spirit.

This church is prepared for a banquet.

Oh, God, let us come dressed in the garment of love, which holds all together in harmony. Amen.





FIRST READING Exodus 16: 2-4; 9-15

hey began to complain against Moses and Aaron there in the wilderness. The people of Israel said to them, "If only we had died by God's hand in the land of Egypt when we sat next to pots of meat and ate our bread till we were filled! But now you have brought the whole community out into this wilderness to die of hunger!"

Then Moses said to Aaron, "Tell the whole Israelite community, 'Present yourselves before God who has heard your complaints.' "As Aaron was speaking to the whole Israelite community, they looked toward the desert and there was the glory of God appearing in the form of a cloud. Then God spoke to Moses and said, "I have heard the complaining of the people of Israel. Say this to them, 'In the evening you will eat meat, and in the morning you will have your fill of bread. Then you will know that I, God, am your God.'"

So it came about that in the evening quail flew in and all around the camp. And in the morning there was a layer of dew all over the camp; when the layer of dew evaporated, there on the surface of the desert were flakes of something delicate, powdery, fine as frost. When they saw this, the people of Israel said to each other, "What is it?"—not knowing what it was. But Moses told them, "This is the bread God has given you to eat."

Hear what the Spirit is saying to God's people.

Thanks be to God.

Nobody set out to write The Bible. The Hebrew Scriptures were created over many centuries by many people to record the Jewish People's experience of God. The same is true of the Christian Šcriptures, some of which were letters written to a specific audience in response to specific needs—and were then found to be helpful to the faithful even after fulfilling their original purpose.

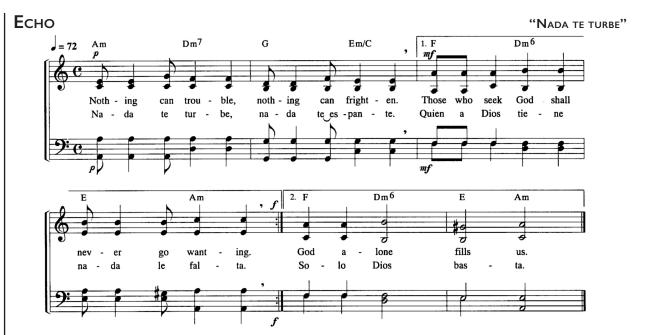
The Bible readings are taken from The Inclusive Bible: The First Egalitarian Translation by Priests for Equality.

Words and Music
- ©1986 Taizé, Les
Presses de (North
America)
Contributors:
Jacques Berthier,
Taizé Community

The Middle Reading fills the role of a Bible reading, but it doesn't come from the Bible. It is our way of trying to listen for God's ongoing word as it is spoken outside the limits of the Bible. Most often, we turn to contemporary poets for this reading.

Amanda S. C. Gorman (b.1998) is an American poet and activist; she was the first person to be named National Youth Poet Laureate. Her work focuses on issues of oppression, feminism, race, and marginalization, as well as the African diaspora. She rose to fame in 2021 for writing and delivering her poem The Hill We Climb at the presidential inauguration of Joe Biden.

It is customary (but not required) to stand for the Gospel reading because it symbolizes the mystical presence of Christ.



#### MIDDLE READING

May this be the day
We come together.
Mourning, we come to mend,
Withered, we come to weather,
Torn, we come to tend,
Battered, we come to better.
Tethered by this year of yearning,
We are learning
That though we weren't ready for this,
We have been readied by it.
We steadily yow that no matter

How we are weighed down,

This hope is our door, our portal.

Even if we never get back to normal,

Someday we can venture beyond it,

To leave the known and take the first steps.

We must always pave a way forward.

"New Day's Lyric" by Amanda Gorman

So let us not return to what was normal, But reach toward what is next.

What was cursed, we will cure.

What was plagued, we will prove pure.

Where we tend to argue, we will try to agree, Those fortunes we forswore, now the future we foresee,

Where we weren't aware, we're now awake;

Those moments we missed

Are now these moments we make,

The moments we meet,

And our hearts, once all together beaten,

Now all together beat.

Hear what the Spirit is saying to God's people. **Thanks be to God.** 

"**N**ada te turbe"

ECHO See above

GOSPEL READING JOHN 6:24-35

hen the people saw that neither Jesus nor the disciples were there, they got into those boats and crossed to Capernaum looking for Jesus. When they found Jesus on the other side of the lake, they said, "Rabbi, when did you get here?" Jesus answered them, "The truth of the matter is you're not looking for me because you have seen signs, but because you've eaten your fill of the bread. You shouldn't be working for perishable food, but for life-giving food that lasts for all eternity; this the Chosen One can give you, for the Chosen One bears the seal of Abba God." At this they said, "What must we do to perform the works of God?" Jesus replied, "This is the work of God: to believe in the one

whom God has sent." So they asked Jesus, "What sign are you going to give to show us that we should believe in you? What will you do? Our ancestors had manna to eat in the desert; as scripture says, 'God gave them bread from heaven to eat.'

Jesus said to them, "The truth of the matter is, Moses hasn't given you bread from heaven; yet my Abba gives you the true bread from heaven. For the bread of God is the one who comes down from heaven and gives life to the world." "Teacher," they said, "Give us this bread from now on." Jesus explain to them, "I am the bread of life. No one who comes to me will ever be hungry; no one who believes in me will be thirsty."

Hear what the Spirit is saying to God's People.

Thanks be to God.

ECHO "Nada te turbe"

See previous page

SERMON THE REV. JOHN SEIB

The Rev. John Seib is a priest from the Anglican Church in Canada who retired after serving the Episcopal Church in North Tonawanda. He and this wife Kathy Chase now live in Kenmore. They are both great friends of Trinity and frequent readers for the Trinity@7 service on Sunday evenings.

#### MUSICAL REFLECTION

Affirmation of Faith

We are not alone, we live in God's Creation.

We believe in God:

who has created and is creating, who has come in Jesus, the Word made flesh, to reconcile and make new, who works in us and others by the Spirit.

We trust in God.
We are called to be the Church:
to celebrate God's presence,
to love and serve others,
to seek justice and resist evil,
to proclaim Jesus,
crucified and risen,
our judge and our hope.
In life, in death, in life beyond death,
God is with us.
We are not alone. Thanks be to God.
Amen.

#### COMMUNITY PRAYERS

The Lord be with you.

And also with you.

Let us pray for the Church and for the world.

The four Gospels hold the core of Christian spiritual wisdom, reflecting the earliest stories and images of Jesus. Like all Scripture, they are not definitive prescriptions but narrative stories requiring endless interpretation.

The sermon invites your curiosity and thoughtfulness about the theme of worship, and is intended to evoke your thoughts rather than direct them. A recording of the sermon is posted to the parish website each week, usually by Tuesday.

In spirit or in body, please stand for the Affirmation of Faith.

This comes from the United Church of Canada. Like the Nicene Creed that it reflects, it is an expression of faith intended as a symbol of solidarity with other Christians throughout history but not as a pledge of allegiance required for membership.

Add your requests by scaning the QR code.



These prayers are an effort to pray with one voice even though we have a diversity of needs and hopes.

Now that we are outdoors, we can use a prayer practice that has been much loved by the Trinity community over the years. As these prayers are offered aloud, finish rubbing your prayers into your stone, and then, during the musical response, bring your stone to leave it on the altar as a way of embodying your offering of prayer.

In particular, we have been asked to pray for:

Marie Keane & her dog Stanley

Cassandra & Michael

Content Knowles, sister of Meg Knowles -

recovering from a car accident

Jack Giardina Karen Smallen

Mary Ann after the sudden losses of her

husband & sister

Jeff Watson, John & Catherine Gillespie's

son-in-law

Dale Worwa

Ed & Sherry Czechowski - recovering from a

serious motor vehicle accident

Ellen Nichter - fighting health issues

Abby Laettner Adam Kreutinger

Jessica De Oliveira E Silva (Quinn) - battling

stage 4 breast cancer

Celeste Richel

Margaret (Peggy) Rizzo - suffers from

Alzheimer's

Alberta Virginia Campbell Kendzierski Alphonso & Marcia O'Neil-White - health

concerns

Harry Fackelman

Kathy Jerzewski - a return of lymphoma

Regina Glaser - in her battle with cancer

Betsy and Peter Curtis

We pray for the needs of Trinity, our Diocese, and the national church as our Bishop, Right Reverend Sean Rowe prepares to assume his newly elected position as Presiding Bishop and we continue to embrace adaptive change to meet the challenges of local circumstances.

Loving God, you have set us in families and clans, in cities and neighborhoods. Our common life began in a garden, but our destiny lies in the city. You have placed us in and around Buffalo. This is our home. Your creativity is on display here through the work of human hearts and hands.

We pray for Buffalo today—for the East Side and the West Side, North Buffalo and South Buffalo. We pray for people from the First Ward and the Fruit Belt. We pray for our poorest neighbors and for powerful people in banks and businesses downtown.

We pray for neighboring communities from across our partnership: from Olcott to Olean, from Angola to Albion, from Erie to Edinboro, from Emporium to New Castle and a thousand other cities connected to our own.

In all our neighborhoods this day there will be crime and callous moneymaking; there will be powerful people unable or unwilling to see the vulnerable who are their neighbors. There will also be beautiful acts of compassion and creativity in all these places—forgiveness and generosity; neighbors working together for a more just community.

Help us see this place as something other than a battleground between us and them, where our imaginations are limited by win/lose propositions and endless rivalry. Show us a deeper reality, God: Show us your Beloved Community.

We pray for the protection of all people around the world from infectious diseases and other illness. We pray for people who are hungry or homeless, and for all who are in danger of violent attack, especially those in the Ukraine, Israel and Gaza. We pray also for all who are lonely, all who are overwhelmed by difficult circumstances, or trapped in harmful relationships. We pray for all who grieve, and all who live in fear. We pray for all who are dependent on the compassionate care of others, and for those who work tirelessly to care for the ones who are in need. We pray for our beautiful planet, and for the wisdom and will to stop climate change.

Prosper our city, and help us to trust that you are God, we pray in the name of the one who wept over the Holy City, Jesus Christ, our Lord. **Amen.** 

#### MUSICAL RESPONSE

This is the time you are encouraged to bring your prayer stone to the altar.

### THE PEACE

The peace of the Lord be always with you.

## And also with you.

Now would be a great time to add a comment to the Live Stream!

## **A**NNOUNCEMENTS



Words: Sts. 1-3, Philip Doddridge (1702-1751), alt.; st. 4, Isaac Watts (1674-1748), alt. Music: Rockingham, melody from Second Supplement to Psalmody in Miniature, ca. 1780; adapt. Edward Miller (1731-1807); harm. Samuel Webbe (1740-1816)

#### SHARING THE OPEN TABLE

All are welcome to receive Communion at Trinity Church. No Exceptions!

All things come of thee, O Lord;

and of thine own have we given thee.

The Lord be with you.

And also with you.

In spirit or in body, the congregation stands to sing hymns.

Your financial support is not only a practical necessity. It can also be a very meaningful symbolic gesture, expressing your gratitude for the blessings in your life and your hope for health in the world. You can place cash or a check in the collection plate when it is brought around during the offertory or donate online here, or initiate an online donation by texting TRINITYBUFFALO to 73256. You can also get there by scanning this *QR* code:



Lift up your hearts.

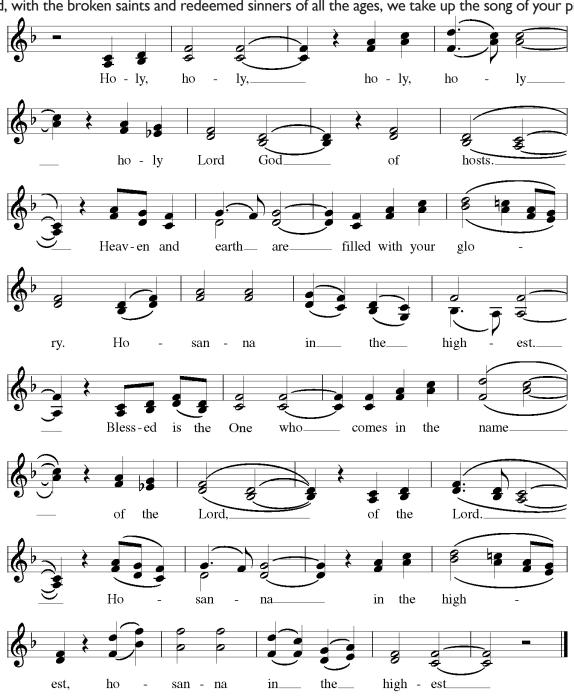
#### We lift them to the Lord.

Let us give thanks to the Lord our God.

# It is right to give God thanks and praise.

Eternal God, in the abundance of your love you have caused all things to be; from dust and spirit you have woven our humanity; in all our wanderings you never cease to call us to fullness of life. **You gave us Jesus, son of Mary, the bread of life broken for the world**; he fed us and feasted with us, he healed us and suffered for us; **his dying and rising have set us free from the poverty of sin and the famine of death**. Therefore, with all whom you have made, cherished and called, with all who hunger for your kingdom and will not rest until all your children are fed, with the broken saints and redeemed sinners of all the ages, we take up the song of your praise:

This Eucharistic Prayer is adapted from Steven Shakespeare's Prayers For An Inclusive Church, 2009.



Sanctus from Lift Every Voice and Sing, an African American hymnal. We ask that your Holy Spirit will fall upon us and upon these gifts that they may be to us the body and blood of our lord and brother, Jesus Christ; who, on the night that he was betrayed, gathered with his faltering friends for a meal that tasted of freedom.

Calling them to his table, he took bread, gave thanks, broke it and said: "This is my body, which is given for you. Do this to remember me."

In the same way after supper, he took the cup, saying: "This cup is the new covenant in my blood. Do this, whenever you drink it, to remember me."

Therefore we proclaim him as creation's host, transforming poverty into plenty in the reckless generosity of love.

Inspire us with the hope that one day death and greed will be no more and people without number will come from east and west, north and south to share the kingdom meal. We ask this through Jesus Christ our Lord, by whom and with whom and in whom in the unity of the Holy Spirit all honor and glory are yours, Author of blessings, for ever and ever. **Amen.** 

Now, as Christ has taught us, we are bold to say:

Our Father,\* who art in heaven,
hallowed be thy Name,
thy kingdom come,
thy will be done,
on earth as it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
as we forgive those
who trespass against us.
And lead us not into temptation,
but deliver us from evil.
For thine is the kingdom,
and the power, and the glory,
for ever and ever. Amen.

The disciples knew the Lord Jesus in the breaking of the bread.

Were not our hearts burning within us as we walked along the road?

#### RECEIVING COMMUNION

For those of you online, provide yourself with a morsel of bread and a sip of wine or any suitable substitutes you have.

For those of you in person in the courtyard, form a large circle around the cross where you will be offered a morsel of bread dipped in wine. Please let the ministers of communion know if you prefer not to have your bread dipped in the wine. Also, let them know if you need a gluten-free wafer instead of wheat bread.

PRAYER FOR THE ROAD

Let us pray:
Loving God,
we give you thanks
for restoring us in your image
and remembering the body of Christ,
which has been broken for the life of the world.

We are following a pattern of going back and forth between using an alternative interpretation of the Lord's Prayer for a few weeks and then using the traditional Prayer Book version for a few weeks.

*This version of the* Lord's Prayer is what many of us grew up learning. It is also the version shared at the end of many 12 Step meetings. Although it is important to stay fresh and engaged by the words of our prayers, it is also important to be reminded that we as individuals are part of a great cloud of witnesses who have been inspired to turn to God in prayer throughout the ages.

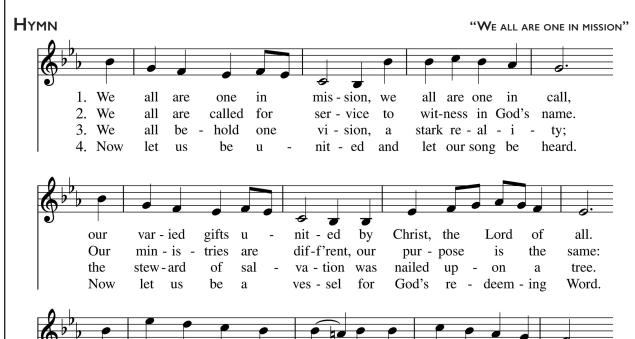
\*Jesus revealed a new, personal sense of relationship with God by addressing God as something like "Papa." Always feel free to use your most meaningful name for God in saying the Lord's Prayer. Now give us grace to trust that we are a people, forgiven, healed, renewed.

Give us the courage to proclaim your love to the world, and to continue in the risen life of Christ our Savior. Amen.

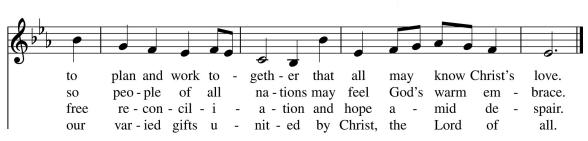
This blessing is based on the words of Henri Frederic Amiel (1821-1881). BLESSING

Life is short. We do not have too much time to gladden the hearts of those who make the journey with us. So be swift to love. Make haste to be kind. And may the blessing of God, who made us, who loves us, and who animates and guides us be with you now and always **Amen.** 

In spirit or in body, the congregation stands to sing hymns.



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Words: Rusty Edwards (b. 1955). Music: Nyland, Finnish folk melody; adapt. and harm. David Evans (1874-1948).

#### **DISMISSAL**

Let us go in peace to love others as God has loved us. Alleluia, alleluia!

Thanks be to God. Alleluia, alleluia!

Our spiritual practice is renewed as we leave here and begin again to work the promises of the covenant.



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Sign up here to get Trinity's eNews to stay in touch!

#### **A**NNOUNCEMENTS

#### First Sunday Brunch

Join Trinity friends following the service **TODAY** for brunch at Mexican restaurant Taqueria Ranchos Dos. Located at 445 Delaware Avenue, 1½ blocks north from the church.

#### Trinity Treasures Rummage Sale on Saturday. September 7

Trinity is having a rummage sale on Saturday, Sept. 7 from 10am to 2pm in the chapel. Make this event a success by donating your gently-used treasures. No clothing, shoes or furniture please. You can drop off items at church on Sunday mornings 10am - noon, Tuesday and Thursdays 4pm-6pm. Please take your donations to the glass atrium in the courtyard and someone will be there to accept them. Items will be collected until Sunday, August 31. For questions about donations and to volunteer for this sale, please contact Erickson (ehc@buffalo.edu) or Missy (missy.stolfi@gmail.com).

#### **Trinity Jazz Series**

Krista Seddon Presents Lecture-Performances Connecting Classical and Jazz Music **September 20**, "One Person Can Change The World" The Contributions of George Gershwin **October 18**, "War & Peace" An American Story of Music & Hope **November 22**, "Why The Beatles Still Speak To Us" Purchase tickets <a href="here">here</a> or scan the QR code.



Trinity will be having its first annual (hopefully) basket raffle this fall. Mark your calendars for **October 5!** We will need many helpers the day of the event for running the winning baskets and some prior to the event to help create baskets from donations received and organize everything for the day of. Anyone interested in helping please reach out to Jess Poleon at <a href="mailto:iesspoleon@gmail.com">iesspoleon@gmail.com</a> or Sharon Hirsch via phone 716-875-4683 or 716-480-5160. We are asking each member of the congregation to bring in a basket or gift card for the raffle. Additionally, we request each member to bring in a bottle of alcohol or wine for a special liquor raffle which will take place at the basket raffle. If you have a connection with a local business you think would be willing to donate, please reach out to Jess, she has already reached out to a number of local businesses. We don't want to double up on requests, so let her know and she will get you the request letter and mark you down as seeking the donation from that business/organization. We appreciate everyone's assistance and look forward to a fun event. Thank you, Jess Poleon, Basket Raffle Chair.

#### **Worship Helpers Needed**

Are you willing to be involved with reading from the altar or greeting people at the door and helping direct them with what to expect? Please sign up at: <a href="https://www.signupgenius.com/go/70a0c4fafa629a3f58-trinity2">https://www.signupgenius.com/go/70a0c4fafa629a3f58-trinity2</a>. If you are interested in being more involved, but aren't interested in either of these roles, you can also plan on helping during services by bringing a device to connect to Facebook viewers and responding to comments during the service.

#### **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

#### Parking at Trinity's Franklin Street Lot

When you come to a church service, you can park in Trinity's Franklin Street lot for free. Neither will the parking fees be enforced during Trinity events. But you can use the lot any other time you are in the neighborhood, too! Park in your church's lot any time you would have to pay for parking in the neighborhood so that Trinity gets the parking fee! Use your smartphone to pay.

#### **Explore Buffalo is back!**

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 listed below or scan the QR code for the schedule. <a href="https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/">https://explorebuffalo.org/sacred-spaces/trinity-episcopal-church/</a>











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



www.trinitybuffalo.org • (716) 852-8314 Instagram: @trinity.church.buffal Delaware Avenue, Buffalo, NY 14202

Facebook: @Trinitybuffalo



The Rev. Matthew R. Lincoln, Rector mlincoln@trinitybuffalo.org (716) 852-8314 ext. 2

Krista Seddon, Director of Ensembles; Pianist krista@kristaseddon.com

www.kristaseddon.com

Paul Cena, Organist and Choir Director

prcena@verizon.net

The Rev. Deacon Jeffrey Tooke, Curate The Rev. William Roberts, Assisting Priest

Colleen O'Neill, Parish Administrator and

Director of Children's Ministries coneill@trinitybuffalo.org (716) 852-8314 ext. I

Jennifer Frey, Office Volunteer clerical@trinitybuffalo.org

Rich Mpelezos, Facility Manager rmpelezos@trinitybuffalo.org

Sarah Caputi, Caretaker Denise Lanzilotta, Caretaker Jay Mpelezos, Caretaker

#### **V**ESTRY

John Alduino, Senior Warden Erickson Contreras, Junior Warden

Bing Sherrill, Treasurer

Elaine "Gretchen" Lodick, Clerk

Clint Brown **Emily Carlin** Chris Cuccia Sue Doherty Connie Ervin Tim Lane Megan McElfresh

Missy Stolfi

#### CHOIR MEMBERS

Laura Munson, Section Leader

Cheryl Fisher

Elaine "Gretchen" Lodick

Christina Kinney

Laura Schleicher, Section Leader

Sue Doherty Jocelyn Toennissen

John Clayton, Section Leader

Steve Shanley

Tim Lane, Section Leader

Tom Owen Ignacio Villa

The choir is on their summer break.

#### TODAY'S WORSHIP TEAM

Thursday @7pm

Voice of Trinity (Facebook): Julie Keller-Rizzo

Cyber Sacristan: Barbara Hall-Griesmann, Jeffrey Tooke

JoAnne Sundell, Jane Kearns Greeters:

Cheryl Fisher, Emily Carlin, Patti Nisbet Readers:

**Prayers:** Kristine Caughell Announcements: **Erickson Contreras** 

Altar Servers: Cheryl Fisher, Jill Hilburger, Judy Fitzgerald Guest musicians: George Caldwell, piano; Matt Harris, saxophone

Counters: Emily Carlin, Erickson Contreras Kristine Caughell, Jane Kearns Bakers:

# All services are in person AND online:

Sunday @10:30am In-person worship while live streaming on Facebook and

> YouTube. The Sunday online Live Stream service remains accessible as a video recording on Trinity's Facebook and

YouTube pages after the service is over.

**Sunday @7:00pm** Featuring poetry and jazz, in person in the Chapel and on Zoom.

During the summer, we meet on the 1st and 3rd Sundays.

The wisdom and fellowship of 12-Step recovery, in person and on

Wednesday @Noon Prayer and holy conversation, in person and on Zoom

Zoom

Email your request for a link to the Zoom worship services here.