



trinity @7

01.12.2025

Cover photo of painting by German artist Carl Kenzler.

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

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

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

Centering prayer written by Thandiwe Dale-Ferguson, ordained in the Christian Church as a Disciples of Christ, as well as being a liturgist and photographer.

The only thing that makes sense

by Julia Fehrenbacher

is to hold it all tenderly—
as if it can break, as if it won't be here forever,
as if the moment that is this moment
will give you everything if you let it.

The only thing that makes sense is to celebrate
the exactness of you, to take your own face
in your own hands and declare yourself worthy,
to wrap arms around the orphaned parts
that didn't fit, didn't follow, refused to march in straight little lines.

The only thing that makes sense
is to make art that is your art, art that swings, sways,
tangos its way through every midnight, as if life, this very exact,
disappearing life, depends on it. To scatter
kindness-confetti until walls become wings,
hard melts to soft, not-enough
becomes a feast of fabulous plenty—

a wild, belly-laughing celebration
where every tender, breakable thing
is invited, invited to the moment that is this
moment, the moment that will give you everything
if you let it.

interlude

What to do next

by Kayleen Asbo

Lie down in grass
and feel the sun on your face.
At night,
gaze at the stars.
Pick up your pen,
your paintbrush,
your instrument.
Weep.
Wail.
Sing.
Find the kindest poems you can lay your hands on
Repeat them over and over,
wrapping them around your aching heart
like a soft blanket,
and rock yourself
like you would a baby.

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.

Kayleen Asbo is a cultural historian, musician, writer, and teacher who weaves myth, music, psychology, history, and art with experiential learning. A past faculty member of the Pacifica Graduate Institute and the San Francisco Conservatory of Music, Kayleen also taught for the Osher Life Long Learning Institutes at UC Berkeley, Sonoma State University, and Dominican University. Her website is kayleenasbo.com

Bury your bare feet
in green grass or soft sand.
Remind yourself :
You still belong here,
no matter how bleak
today may seem.
Reach out to one person
more scared or suffering than you are.
Send a love note
Make a mandala.
Bake cookies.
Be extravagant
with praise.
The sorrow is vast:
Do not let it devour you.
As the darkness grows,
may each of us
become
a candle
of light.

interlude

Poem for the Winter Solstice

by Kayleen Asbo

Stones,
teach me how to still
reach for the stars
even when I am frozen with fear.
Teach me
how to rise in the darkness,
even when I am heavy with sorrow.
Even when there seems no hope
may light find a way to enter
each crack in my broken heart.
May the promise of tomorrow's sun
warm me back to life
again.

interlude

Prayer for the New Year

by Kayleen Asbo

May I open my heart
to what wishes to be born in the coming year,
Neither clinging to what has been,
Nor grasping too quickly what is to come.

Rather, may I have the presence
— here, now, always—
to inhabit my breath and body
in each fleeting moment I am given,
to open my eyes to the wonder and beauty
that is before me right now.

With the last light of the year,
May I surrender all that does not serve,
Casting out to sea
Any fear, shame or blame.

May I hold fast to kindness,
to compassion and the certainty
that we are all kin.
May I make of my life
a place where hope,
love and joy
can nest.

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