



trinity @7

10.27.2024

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.

All things come from you, O God,
and to you we return.

All things emerge in your great river of life
and into you we vanish again.

At the beginning of each day
we wake

not as separate streams
but as countless currents in a single flow

the flow of the day's dawning

the flow of the day's delight

the flow of the day's sorrows

your flow, O God,

in the twisting and turnings of each new day.

amen

interlude

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

Prayer written by
John Philip Newell.

A House Called Tomorrow

by Alberto Rios

You are not fifteen, or twelve, or seventeen—
You are a hundred wild centuries
And fifteen, bringing with you
In every breath and in every step

Everyone who has come before you,
All the yous that you have been,
The mothers of your mother,
The fathers of your father.

If someone in your family tree was trouble,
A hundred were not:

The bad do not win—not finally,
No matter how loud they are.

We simply would not be here
If that were so.

You are made, fundamentally, from the good.
With this knowledge, you never march alone.

You are the breaking news of the century.
You are the good who has come forward

Through it all, even if so many days
Feel otherwise. But think:

When you as a child learned to speak,
It's not that you didn't know words—

It's that, from the centuries, you knew so many,
And it's hard to choose the words that will be your own.

From those centuries we human beings bring with us
The simple solutions and songs,

The river bridges and star charts and song harmonies
All in service to a simple idea:

That we can make a house called tomorrow.
What we bring, finally, into the new day, every day,
Is ourselves. And that's all we need
To start. That's everything we require to keep going.

Look back only for as long as you must,
Then go forward into the history you will make.

Be good, then better. Write books. Cure disease.
Make us proud. Make yourself proud.

And those who came before you? When you hear thunder,
Hear it as their applause.

Alberto Ríos (b. 1952) was born and raised in Nogales, Arizona. The Poetry Foundation says that he “has won acclaim as a writer who uses language in lyrical and unexpected ways in both his poems and short stories, which reflect his Chicano heritage and contain elements of magical realism.”

interlude

I Loved those Years When

by Rosemerry Wahtola Trommer

We sat in the grass
on my grandparents' lawn
and watched fireworks
above the lagoon,
and as the sky glittered
gold and red and silver
and the humid air boomed
with the rapture of celebration,
my family a chorus of awe.
And the fireflies put on a show
of their own, and no one I loved
had died. How magic it all was.
Oh, how we *ooohed*, we *ahhhed*.

interlude

Descendant

by C. Dale Young

Not, as some believe, from the word genesis,
the word gene came from the Greek genos
meaning origin or, more specifically, birth.
The two words sprang from the same source,

both a kind of instruction on how things
came to be. Both gene and genesis mask the magic
of the everyday world by the mere act of naming.
So the Church Fathers carefully instructed us.

On both sides of my family, I descend from
witches: one a curandera who was skilled at herbs
and making tonics, the other a woman who felt
she was the equal of men and therefore had to be

burned at the stake. This explains a great deal.
Having survived two health scares in two years,
a friend asked me quite seriously if I have magic
in my family. I said no, for fear of where

the conversation would lead. Friendships rarely
survive these kinds of conversations. You can
discuss anxiety, infidelity, but never the occult.
Funny how I have always seen the curandera

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

C. Dale Young (b 1969) writes poems and short fiction and wins lots of awards, including from the Guggenheim Foundation, the National Endowment for the Arts, and the Rockefeller Foundation. He practices medicine full time and teaches at the Warren Wilson College MFA Program for Writers. Young lives in San Francisco.

A curandera is a female healer who uses traditional medicine, plants, herbs, and spiritualism to treat illness and other ailments. The practice of curanderismo includes a variety of healing techniques, such as limpieas (spiritual/energetic body cleansings), temazcals (Mexican sweatlodges), and Dia de los Muertos (healing grief through Day of the Dead). Curanderas have been part of Hispanic communities in New Mexico for centuries.

as a bruja but rarely think of the one burned
at the stake. To be that bold, to see one's self as equal:
is that not a powerful kind of magic? I am
not sure. But to live against all odds, to walk

through this world instead of crawling because
told to crawl? Yes, a dark and powerful magic.
When told I would die within months from a tumor,
to which one do you think I prayed?

interlude

Remember

by Joy Harjo

Remember the sky that you were born under,
know each of the star's stories.
Remember the moon, know who she is.
Remember the sun's birth at dawn, that is the
strongest point of time. Remember sundown
and the giving away to night.
Remember your birth, how your mother struggled
to give you form and breath. You are evidence of
her life, and her mother's, and hers.
Remember your father. He is your life, also.
Remember the earth whose skin you are:
red earth, black earth, yellow earth, white earth
brown earth, we are earth.
Remember the plants, trees, animal life who all have their
tribes, their families, their histories, too. Talk to them,
listen to them. They are alive poems.
Remember the wind. Remember her voice. She knows the
origin of this universe.
Remember you are all people and all people
are you.
Remember you are this universe and this
universe is you.
Remember all is in motion, is growing, is you.
Remember language comes from this.
Remember the dance language is, that life is.
Remember.

interlude

reflection

Bruja is Spanish for
witch.

Joy Harjo (b. 1951)
is an internationally
renowned performer,
musician, and writer
of the Muscogee
(Creek) Nation. She
served three terms
as the Poet Laureate
of the United States
from 2019 to 2022.

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

We pray for the fragile ecology of the
heart and the mind. The sense of meaning
So finely assembled and balanced
and so easily overturned.
The careful, ongoing
construction of LOVE.

Prayer written
by Michael
Leunig

As painful and exhausting
as the struggle for truth
and as easily abandoned.
Hard fought and won
are the shifting sands of this sacred ground,
this ecology.

Easy to desecrate and difficult to defend,
this vulnerable joy, this exposed faith,
this precious order.
This sanity.

**We shall be careful. (ALL REPEAT 3 TIMES.)
With others and
with ourselves.**

amen

postlude

announcements



Trinity Jazz Series

Krista Seddon Presents Lecture-Performance Connecting Classical and Jazz Music

November 22 @7pm, "Why The Beatles Still Speak To Us"

Purchase tickets [here](#) or scan the QR code to the left.

If you'd like to help make this evening a success, please sign up [here](#) to volunteer or scan the QR code to the right. There are various roles needed, including food donations.



Trinity Discussion Group: Love God, Love God's World

Join Tim Lane and Jeffrey Tooke on **Wednesdays @7pm** via [Zoom](#) (Meeting ID: 816-6863-4672 Passcode: trintalk) to explore creation care and environmental ministry using the Episcopal Church's *Love God, Love God's World* curriculum. Sessions will include compelling readings and videos, faith-based reflections, and discussion questions. Participants will discover ways to learn, pray, advocate, and conserve. Please email Jeffrey Tooke at jeffreytooke@outlook.com to sign up and receive weekly course materials.

Buffalo Bills & Veterans Pregame Party Sunday, November 10

Come watch the Bills game with Trinity fans after the 10:30 service on Sunday, November 10. All are welcome to a veteran appreciation pregame party (potluck style) leading up to 1pm kickoff. Contact Christian at christian.eshelman@yahoo.com with any questions. Please sign up with your expected contribution for the potluck at <https://www.signupgenius.com/go/70A0C4FAFA629A3F58-52062766-bills>.

Hamlin Park School has requested the following items for a grab-and-go toiletry table at their November 16 Saturday Academy which serves entire families of Hamlin Park students.

deodorant	socks & underwear of any size
body lotion	toothpaste & toothbrushes
body wash	feminine products
hair products	

Please consider purchasing some of these items, and bring them to the bin in the red carpet area of the main church or the bin in the chapel by **Monday, November 11**. For questions, please email Patti Nisbet at tudorspace@aol.com.

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.



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)

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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