



trinity @7

12.15.2024

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.

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."

How Wonderful

by Irving Feldman

How wonderful to be understood,
to just sit here while some kind person
relieves you of the awful burden
of having to explain yourself, of having
to find other words to say what you meant,
or what you think you thought you meant,
and of the worse burden of finding no words,
of being struck dumb . . . because some bright person
has found just the right words for you—and you
have only to sit here and be grateful
for words so quiet so discerning they seem
not words but literate light, in which
your merely lucid blossoming grows lustrous.
How wonderful that is!

And how altogether wonderful it is
not to be understood, not at all, to, well,
just sit here while someone not unkindly
is saying those impossibly wrong things,
or quite possibly they're the right things
if you are, which you're not, that someone
—a difference, finally, so indifferent
it would be conceit not to let it pass,
unkindness, really, to spoil someone's fun.
And so you don't mind, you welcome the umbrage
of those high murmurings over your head,
having found, after all, you are grateful
—and you understand this, how wonderful! —
that you've been led to be quietly yourself,
like a root growing wise in darkness
under the light litter, the falling words.

interlude

The Gift of Conversation

by Rosemerry Wahtola Trommer

There is that moment when,
after tugging and twisting,
the thick rind of the pomegranate
simply splits in half to reveal
the deep red seeds snuggled inside.
That's what it's like when you
meet me with your rich laugh
and gentle questions,

Irving Feldman (b. 1928) was born, raised, and educated in New York City, and has since lived in Spain, France, Puerto Rico, and elsewhere. In addition to publishing poetry, Feldman was a professor at numerous institutions, including the State University of New York at Buffalo, where he was Distinguished Professor of English until his retirement in 2004.

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

and whatever tough skin
I've developed cracks and gives,
and though there's a moment
of shock at the opening,
I'm astonished myself
to see the treasure hiding within—
how could I not have known?
For this we need each other.
There are parts of ourselves
we could never see alone.

interlude

Request

by Rosemerry Wahtola Trommer

I'm thinking of a woodland chapel
just beyond town standing tall
and straight as it can. Though
the floorboards sag and creak,
its doors open to receive whatever enters,
be it resistance or praise.
Its walls have witnessed
such laughter, such sorrow.
And the songs sung here for years
are now as integral to the structure
as the rafters. This is a place
made of love. I have found my way
again and again into its sanctuary.
I have knelt here to pray in ways
no one has taught me, prayers that rise
natural and primal as moan, as sigh,
never knowing what to expect except
that I will be safe here, that I belong.
Is it possible to make of the heart
such a generous space? A place
that generous, that sacred?
Make of my heart a woodland chapel
just beyond town standing tall and straight
as it can, a place you can enter
somehow certain you are wholly loved
no matter what you do.
I want to offer you refuge here.
Will you trust me to give that to you?

interlude

What a Friendship Can Do

by Rosemerry Wahtola Trommer

They know they are beautiful.
The way late-summer snapdragons
know they are beautiful, whether
they're budded or blossoming
or making new seed. The way
the sky knows it's beautiful whether
it's wearing the pink silks of dawn,
the deep blue shift of midday or
the soft black drapes of night.
They walk down the street and
a wake of laughter follows them.
Even their shadows, joined
by the hip, are beautiful.
Everywhere they go, the world
seems to open. They are not beautiful
the way cruelty is sometimes beautiful—
shiny, powerful, seductive.
They are beautiful the way only
love is beautiful—as if there is
a golden thread that connects them
to each other, to everything they touch.

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.**

Continued on next page

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

On **December 22 @7pm**, there will be a Darkness into Light service in lieu of Trinity @7. All are welcome to this time of poetry, Krista's music, meditation, and an open communion. The service is Trinity's way of reaching out to anyone who is struggling with the Christmas spirit or just plain struggling.

announcements

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.

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

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

Trinity Greeting Cards for Sale

Trinity window cards for sale after the 10:30 service on Sundays. \$15 for five cards, \$5 for one. They make great Christmas cards, hostess gifts, sympathy cards, etc. All proceeds benefit the restoration of our treasured windows.

Christmas Flower Donations

Many parishioners wish to donate to the decorating of the church at Christmas. This is gratefully accepted. To facilitate this, you can use the flower envelope found in the church pews or donate electronically <https://onrealm.org/TrinityEpiscopa93948/give/flowers>. Donations made by **December 16** will be included in the Christmas worship guide. Thank you for helping make Trinity the beautiful inviting place that it is with both the gifts of your presence and the gifts you donate.

Greening of the Church and Lessons & Carols

'Tis the Season to be... decorating and eating!

On **Sunday, December 22** @10:30 our Lessons & Carols service will be combined with the Greening of the Church. Join in for the transformation of the church as we light the trees and spread the greens. The cleaning of the church, such as brass polishing and window decorating, wreath hanging and more will be held on this day too. All hands are needed; the more the merrier and the lighter the load!

Christmas Eve Children's Pageant

Our Christmas Eve Pageant and Communion service will be offered @**3:00**. If you have a child or grandchild you would like to see in the pageant, please arrive by 2:30pm to get into costume. See Colleen O'Neill with any questions. All children will be included! No rehearsal needed!

Christmas Week Worship Schedule

Please join:

Sunday, December 22 10:30am service - 4th Sunday of Advent, Lessons and Carols and Greening of the Church

Sunday, December 22 7:00pm service - Darkness into Light Service

Tuesday, December 24 3:00pm service - Christmas Eve Service and Children's Pageant

As usual, there will be no services held on Christmas Day, including the weekly Wednesday noon service.

Thursday, December 26 7:00pm service - 12 Steps@Trinity based on 12-step spirituality

Sunday, December 29 10:30 service

Thursday, January 2 7:00pm service - 12 Steps@Trinity based on 12-step spirituality

Please note that on Sunday, December 29, there will be no nursery services or Creator Quest during the 10:30 service.

Sunday, Dec 29: NO Trinity @7

There is no Wednesday at noon service on December 25 or January 1.

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/>





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/trinitychurchbuffalo)

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