



trinity @7

10.13.2024

## 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

### Gratitude

by Mary Oliver

*What did you notice?*

The dew-snail;

the low-flying sparrow;

the bat, on the wind, in the dark;

big-chested geese, in the V of sleekest performance;

the soft toad, patient in the hot sand;

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

Prayer written by John Philip Newell.

the sweet-hungry ants;  
the uproar of mice in the empty house;  
the tin music of the cricket's body;  
the blouse of the goldenrod.

*What did you hear?*

The thrush greeting the morning;  
the little bluebirds in their hot box;  
the salty talk of the wren,  
then the deep cup of the hour of silence.

*When did you admire?*

The oaks, letting down their dark and hairy fruit;  
the carrot, rising in its elongated waist;  
the onion, sheet after sheet, curved inward to the pale green wand;  
at the end of summer the brassy dust, the almost liquid beauty of the flowers;  
then the ferns, scrawned black by the frost.

*What astonished you?*

The swallows making their dip and turn over the water.

*What would you like to see again?*

My dog: her energy and exuberance, her willingness,  
her language beyond all nimbleness of tongue,  
her recklessness, her loyalty, her sweetness,  
her strong legs, her curled black lip, her snap.

*What was most tender?*

Queen Anne's lace, with its parsnip root;  
the everlasting in its bonnets of wool;  
the kinks and turns of the tupelo's body;  
the tall, blank banks of sand;  
the clam, clamped down.

*What was most wonderful?*

The sea, and its wide shoulders;  
the sea and its triangles;  
the sea lying back on its long athlete's spine.

*What did you think was happening?*

The green breast of the hummingbird;  
the eye of the pond;  
the wet face of the lily;  
the bright, puckered knee of the broken oak;  
the red tulip of the fox's mouth;  
the up-swing, the down-pour, the frayed sleeve of the first snow—  
so the gods shake us from our sleep.

Mary Oliver (1935-2019) wrote verse that focused on the quiet occurrences of nature. In addition to such major awards as the Pulitzer and National Book Award, Oliver received fellowships from the Guggenheim Foundation and the National Endowment for the Arts. Much of Ms. Oliver's writing is based on her beloved Cape Cod where she lived for 40 years with her life partner, the photographer Molly Malone Cook.

## interlude

### A Prayer of Thanksgiving

by Joyce Rupp

May an abundance of gratitude burst forth  
as you reflect upon what you have received.

May thanksgiving overflow in your heart,  
and often be proclaimed in your prayer.

May you gather around the table of your heart  
the ardent faithfulness, kindness and goodness  
of each person who is true to you.

May the harvest of your actions  
bring forth plentiful fruit each day.

May you discover a cache of hidden wisdom  
among the people and events  
that have brought you distress and sorrow.

May your basket of blessings surprise you  
with its rich diversity of gifts and its opportunities for growth.

May all that nourishes and resources your life  
bring you daily satisfaction and renewed hope.

May you slow your hurried pace of life  
so you can be aware of, and enjoy,  
what you too easily take for granted.

May you always be open, willing,  
and ready to share your blessings with others.

May you never forget the Generous one  
who loves you lavishly and unconditionally.

## interlude

Gratitude can turn a meal into a feast, a house into a home, a stranger into a friend. It makes sense of our past, brings peace for today, and creates a vision for tomorrow.

Melody Beattie, author

interlude

Joyce Rupp (b. 1943) is well known for her work as a writer, a spiritual "midwife," and international retreat and conference speaker.

When we pause, we are able to observe our interdependence—from a harvest taken from the soil by a stranger’s hands to the electrician who keeps the lights and Wi-Fi on. We are surrounded by the abundance we create for each other.

Joe Primo, CEO of *Grateful Living*

interlude

If we only see the harvest as a time to be grateful, we miss the opportunity to be grateful for rest, planting, and caring.

Mike Martin, can’t find any info about him

interlude

Grief and gratitude are kindred souls, each pointing to the beauty of what is transient and given to us by grace.

Patricia Campbell Carlson, writer and former director of *Grateful Living*

interlude

Everything flourishes in the nourishment of our appreciation; plants, people, the Earth, moments. When we live with that appreciation, we flourish.

Kristi Nelson, writer, speaker and workshop director

interlude

## When Giving Is All We Have

by Alberto Rios

One river gives  
Its journey to the next.

We give because someone gave to us.  
We give because nobody gave to us.  
We give because giving has changed us.  
We give because giving could have changed us.  
We have been better for it,  
We have been wounded by it—  
Giving has many faces: It is loud and quiet,  
Big, though small, diamond in wood-nails.  
Its story is old, the plot worn and the pages too,  
But we read this book, anyway, over and again:  
Giving is, first and every time, hand to hand,  
Mine to yours, yours to mine.  
You gave me blue and I gave you yellow.  
Together we are simple green. You gave me  
What you did not have, and I gave you  
What I had to give—together, we made  
Something greater from the difference.

Alberto Rios (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

reflection with guided 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.  
With others and  
with ourselves.

**amen**

postlude

announcements



**Trinity Jazz Series**

Krista Seddon Presents Lecture-Performances Connecting Classical and Jazz Music @7pm

**October 18,** "War & Peace," An American Story of Music & Hope

**November 22,** "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 these evenings a success, please sign up [here](#)  
volunteer or scan the QR code to the right. There are various roles needed,  
including food and wine donations.



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

On **Wednesdays**, we explore creation care and environmental ministry using the Episcopal Church's *Love God, Love God's World* curriculum. Sessions include compelling readings and videos, faith-based reflections, and discussion questions. Participants discover ways to learn, pray, advocate, and conserve. Please sign up with Jeffrey Tooke at [jeffreytooke@outlook.com](mailto:jeffreytooke@outlook.com) to receive weekly course materials. Join Tim Lane and Jeffrey Tooke on

**Wednesdays @7pm** using the zoom link below:

<https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NUUowZz09>

Meeting ID: 816-6863-4672 Passcode: trintalk

### 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. There will be a Veteran appreciation pregame party (potluck style) leading up to 1pm kickoff. Contact Christian at [christian.eshelman@yahoo.com](mailto: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>.

### Did you know?

Jung Center Buffalo began hosting Allentown's "First Friday Gallery Walk" this year. 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](mailto:AnnaMarie@SinatraSolutions.com) today.

### 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](mailto:phoebemckay@gmail.com)

Marie Keane, [MNMKeane@gmail.com](mailto:MNMKeane@gmail.com)

Susie Green, [susie432@gmail.com](mailto:susie432@gmail.com)

Sara Merritt, [smerrit172@gmail.com](mailto:smerrit172@gmail.com)

Patti Nisbet, [tudorspace@aol.com](mailto:tudorspace@aol.com)

### Slow Down Yoga

**Tuesdays @noon** slow down, tune in, and take care with a gentle, mindful yoga class for any level of skill. Led by Heather Henry Rawlins, LMHC, RYT200, this Hatha yoga-based practice cultivates calm awareness, stability, and flexibility. Calm your nervous system and feel grounded in order to feel vividly present and full of ease. To sign up, click [here](#) or email Heather at [hhenryrawlins@gmail.com](mailto:hhenryrawlins@gmail.com)

The **Trinity Basket Raffle** was a big success, earning over \$3000. Trinity is so grateful to Jess Poleon for all the work and organizing behind the scenes and day of. Her efforts produced more than 130 baskets for bidders! The whole event went off without a hitch. Jess also pulled together an avid team of volunteers, so many thanks to them, too. Thank you to folks who attended. It was a fun afternoon.

### 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](https://www.facebook.com/Trinitybuffalo)

 YouTube: [Trinity Church Buffalo](https://www.youtube.com/TrinityChurchBuffalo)

 Instagram: [@trinitychurch.buffalo](https://www.instagram.com/trinitychurch.buffalo)

[www.trinitybuffalo.org](http://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](mailto: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