



trinity @7

01.26.2025

## 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.

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welcome

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**

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

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.

# interlude

## Ice

by Gail Mazur

In the warming house, children lace their skates,  
bending, choked, over their thick jackets.

A Franklin stove keeps the place so cozy  
it's hard to imagine why anyone would leave,

clumping across the frozen beach to the river.  
December's always the same at Ware's Cove,

the first sheer ice, black, then white  
and deep until the city sends trucks of men

with wooden barriers to put up the boys'  
hockey rink. An hour of skating after school,

of trying wobbly figure-8's, an hour  
of distances moved backwards without falling,

then—twilight, the warming house steamy  
with girls pulling on boots, their chafed legs

aching. Outside, the hockey players keep  
playing, slamming the round black puck

until it's dark, until supper. At night,  
a shy girl comes to the cove with her father.

Although there isn't music, they glide  
arm in arm onto the blurred surface together,

braced like dancers. She thinks she'll never  
be so happy, for who else will find her graceful,

find her perfect, skate with her  
in circles outside the emptied rink forever?

# interlude

Gail Mazur (b. 1937) was Distinguished Writer in Residence at Emerson College and Founding Director of the Blacksmith House Poetry Series in Cambridge, a weekly poetry reading series she ran for 29 years. Gail Mazur lives in both Cambridge and Provincetown, Massachusetts.

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](http://www.wordwoman.com)

## The Snow People, Three Days Later

by Rosemerry Wahtola Trommer

Their hats are cockamamie.  
One has lost its carrot nose.  
Stone buttons and eyes  
have long since succumbed  
to gravity. But there is  
something yet dignified  
about the snow people in the yard,  
their knobby stick arms raised  
as if, in their declining state,  
there's still so much to praise.

### interlude

## Perfection

by Kay Sorbara

In the cold and dark between Christmas and equinox,  
wind and snow shift back and forth.  
The house creaks and feet are icy. Strawberries  
are sent from Chile and cost fifty cents apiece.  
Mornings I start a fire, fret over coffee.  
Birds are scarce, the cats stay close to home.  
The mailman runs through his route.  
Inside the house we are cranky and sullen,  
stingy and sour. We come and go  
alone, he takes his coffee in the car.  
On the green chairs in the hall the cats lie side by side,  
get up to wrestle, lick each other. They eat together.  
Now and then the little children come to pull their tails.  
Low winter sun slants across the quiet room,  
touches my face on its path. Warmth and light  
from somewhere. There is a silent opening into hope.  
Not hope of change. Nothing will be different.  
Yet every mote that rides the air belongs.

### interlude

Kate Sorbara is a mother, a farmer, and a lover of rivers. Her chapbook, *Burnt River*, is in its second printing.

# On the Necessity of Snow Angels for the Well-Being of the World

by Grace Butcher

Wherever there is snow, I go  
making angels along the way  
Luckily angels have no gender  
and are easier to make  
than you might think.  
All you have to do is let go,  
fall on your back,  
look up at the sky as if in prayer.  
Move your arms like wings.  
Move your legs to make a robe.  
Rise carefully so as to do no harm,  
and walk away.  
All the angels along the path behind you  
will sparkle in sunlight, gleam under the stars.  
In spring the angels will be invisible  
but really they are still there,  
their outlines remain on the earth  
where you put them, waiting  
for you and the snow to return.  
Keep walking,  
towards the next beautiful thing  
you will do.

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.

Grace Butcher's multi-faceted biography includes her titles as a writer, teacher, horsewoman, motorcyclist, actor, and runner. She competed nationally and internationally in track since 1949, winning championships and setting records, and in 2003, she won a Masters Indoor 400 meters title. We could not find a date of birth, but based on a variety of online articles, infer that she is at least 88 years old.



## 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

### **Krista Seddon's Trinity Jazz Series**

Presents "Four Crown Jewels of Buffalo's Musical Heyday: The Artists, Their Stories, Their Music"

February 14 @7pm "Colored Musicians Club"

March 14 @7pm "The Statler Downtown Room"

April 11 @7pm "Kleinhans Music Hall"

May 9 @7pm "Shea's Performing Arts Center"

All concerts are held in the Trinity Chapel 371 Delaware Ave

[Purchase tickets here.](#) Tickets also available at the door.

If you'd like to help make this evening a success, please [sign up here](#) to volunteer or scan the QR code. There are various roles needed including tickets sales and reception setup and cleanup.



### **Coldest Night of the Year**

It's Year 4 of the Coldest Night of the Year Walk in Buffalo, supporting Compass House. This year's walk will take place on **Saturday, February 22**, kicking off at the Parkside Lodge. This all-ages walk raises funds and awareness for the mission of Compass House which is to support homeless and runaway youth and young adults in the Buffalo area. Visit [cnoy.com/buffalo](http://cnoy.com/buffalo) and search Team Trinity to join us at Delaware Park or to support with a donation to Compass House! Email Missy Stolfi at [missy.stolfi@gmail.com](mailto:missy.stolfi@gmail.com) with any questions.

### **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. You can contact the Say Yes To Education coordinator Nikki Cocerez at [ncocerez@sayyesbuffalo.org](mailto:ncocerez@sayyesbuffalo.org) or (716)388-1572 for more information,

### **Volunteer Opportunities With One of our Partners**

Creative Restorations is seeking dedicated volunteers to assist with the operation of their food pantry which serves those in need in our community. They 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)

## 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/>



**Vestry Elections and Annual Meeting on Sunday, Feb 2.** You can vote for our new Vestry members now through Sunday, Feb 2 @10:30am. Everyone who considers themselves to be a member of Trinity is welcome to vote. This year we are electing 1 warden and 3 vestry members. Be sure to attend the annual meeting on February 2 @11:30am in the Marfield Room to learn what's been going on at Trinity. You may notice that there are the same number of candidates as there are vestry openings. It is still important that you take the time to vote. Your vote indicates that you do support these people representing you on the vestry. Click [here](#) to vote.



## JoAnne Sundell - Warden

I'm a mom of two college-aged sons, small business owner with my husband Dan, and an adjunct history instructor at SUNY Erie's City campus. I've been a member and greeter at Trinity for about 20 years. Since 2019, I've served on two committees formed to help Trinity to become economically sustainable in an era of declining church membership. I believe that I have a clear understanding of our obstacles and opportunities. As Warden, my intention is to support Matt and the vestry as Trinity transforms into the best, sustainable version of itself.



## Jane Kearns

I am honored to be asked to put my name up for vestry! I have been an active member since 1976. Trinity has been an important part of my life all of these years. I taught the Sunday school nursery for more than 8 years, served on vestry 2 terms, leader of the kitchen area for the White Elephant Sale for many years and since its demise, have offered assistance in various fundraisers as I have been able. I have just retired from Hunt REC after 42 years and have enough energy left to assist Trinity in any way needed. Thank you for considering me.



## Jess Poleon

My background in public service (I work for Erie County) will assist me in serving the congregation as a vestry member. I am a good listener and will listen to what the members want. I bring a fresh set of eyes and perspective to the table. Everyone's voice is essential. No matter how large or small someone believes themselves to be, we are all equal and must be part of the conversations carrying the church into the future. I currently serve on the WNY ASIS [American Society of Industrial Securities] as co-vice chair, having served five terms as chair. I live in the Blackrock section of Buffalo with my husband Paul, who I've shared 21 blissful years of marriage and counting, our teenage son PJ (Paul Jr.), and our two dogs, Harley and Jack. If anyone has any questions, feel free to reach out.



## Cynthia J. Stroud

I am affectionately known as Cindy, and I work as a staff member of the Clean Air Coalition, based here at Trinity. I have been asked by the nominating committee to bring a Trinity partner perspective to the vestry. I am a proud Buffalonian who graduated from the Buffalo Public School system. I am always ready to lend a helping hand to my community and anyone in need. I am deeply committed to community health. Additionally, I have experience working with individuals with intellectual and/or physical disabilities, negotiating contracts with a labor union, and ensuring a complete count during each census cycle, including the homeless population. In all of these efforts, inclusion and reducing disparities are priorities.





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

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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