

A Service of Holy Communion June 30, 2024 Year B, Proper 8

If you would like to receive more information about Trinity Church, please sign our guest book located near the entrance. Everyone is welcome to enjoy refreshments and conversation after worship.

Trinity Church is an Episcopal Church in the Diocesan Partnership of Western New York and Northwest Pennsylvania and is a part of the Anglican Communion which is based in England but found worldwide.

Cover image: "Courtyard In Bloom" by Matt Lincoln, 2024

This centering prayer was written by Matt Lincoln, based on a quotation from Tirabassi & Grant, An Improbable Gift of Blessing.

Welcome to Trinity's gathered community! We are together on-site and online!

The people of Trinity Church gather around a table piled high with spiritual food, and there is a place for you and everyone at the table, whatever your religious practice may be. If you are at Trinity in person, know that this congregation supports anyone who wears a mask to reduce risk of infection. Please feel free to receive communion and participate in the service as fully as you want. If you are not on site, your presence online is felt and valued by the whole congregation. If you are watching the Facebook Live Stream, you may add comments, likes, etc. to the comment section at any time! If you are on-site, you can use your mobile device to join the Facebook Live Stream to connect with other worshippers in the comment section. Just make sure your volume is all the way down! WiFi internet access is publicly available. Use the "Trinity Open" network with the password "Welcome!"

In the courtyard, we are not able to light candles as we do indoors. Instead, we have a spiritual practice of using prayer stones during the service. You can do this either in person or at home online. Pick up a prayer stone as you come into the courtyard, and feel free to rub your prayers into the stone during the first part of the service. At the time of the community prayers, you will be invited to bring your stone and all your prayers to the altar.

Trinity Church is a metropolitan house of prayer, a community of worship and spiritual inquiry, welcoming all people. Recognizing our common brokenness, yet rejoicing in the reconciling love of God through Jesus Christ, we nurture one another in our spiritual life together.

During the summer when worship is outdoors in the courtyard, there are many ways for children to keep quietly occupied. While monitoring their safety, feel free to let your children explore and enjoy being outdoors, and do not worry about their activity being disrespectful or disruptive. Children, with all their sounds and movements, are a welcome part of the gathering for worship.

Name tags are not required, but they sure help! You'll find sticky tags and markers on a table near the entrance.

CENTERING PRAYER

Let us pray responsively.

This church is a field where mustard seeds are planted.

Oh, God, let our small faith grow.

This church is a loaf leavened with your hope.

Oh God, let our trust rise with your Spirit.

This church is prepared for a banquet.

Oh, God, let us come dressed in the garment of love, which holds all together in harmony. Amen.



Christopher Wordsworth, Anglican priest, wrote voluminously on the Bible and church history in addition to his hymn writing. This hymn is from his Holy Year, 1862.

Tune: ES FLOG EIN KLEINS WALDVÖGELEIN 7.6.7.6.D.

Memmingen manuscript, 17th century Harm. George R. Woodward, 1904

In spirit or in body, the congregation stands to sing hymns. FIRST READING PSALM 30

praise you, O God, because you raised me up and kept my enemies from gloating over me. I cried to you for help, O Lord my God, and you healed me. You brought me back from the realm of the dead, O God; you spared me from going down into the Pit. Sing to the Lord, you who love God!

The Bible readings are taken from The Inclusive Bible: The First Egalitarian Translation by *Priests for Equality.*

Praise God's holy Name! God's anger is fleeting, but God's favor endures forever. There may be tears during the night, but joy comes in the morning. When I presumed I was secure, I boasted, "I will never be defeated!" When I stood in your favor, O God, I stood as firm as a mountain.

But then you hid yourself from me, and I was filled with terror. So I called to you,

I pleaded for your help:

"What good will come from my destruction,

from my going to the grave?

Does dust praise you, O God?

Can the dead proclaim your unfailing goodness?

Hear me, O Lord,

and be merciful! Help me, O God!"

Then you changed my despair into a dance you stripped me of my death shroud and clothed me with joy.

That's why my heart sings to you, that's why I can't keep silent. O Lord, you are my God,

and I will thank you forever!

Hear what the Spirit is saying to God's people.

Thanks be to God.

Scriptures, some of which were letters written to a specific audience in response to specific needs and were then found to be helpful to the faithful even after fulfilling their original purpose.

Nobody set out to

were created over

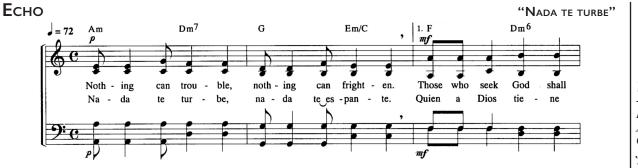
many centuries by many people to

record the Jewish

People's experience

of God. The same is true of the Christian

write The Bible. The Hebrew Scriptures





MIDDLE READING

"A SLICE OF ACTUAL LIGHT" BY JAMES CREWS

And then one day, life placed a slice of actual light on your plate instead of the usual portion of grief you thought would be your daily meal for the rest of your time on earth. You just turned and saw a patch of winter sun sliding up and down the wall beside the bed, last gasp of daylight so inviting, how could you not reach out and touch the heat that had slipped through a momentary crack in the clouds? Now, believe this will keep happening, these glimmers gathering to overtake the long shadow of sorrow for whole minutes, even hours at a time.

Hear what the Spirit is saying to God's People.

Thanks be to God.

ECHO See above

"NADA TE TURBE"

Words and Music
- ©1986 Taizé, Les
Presses de (North
America)
Contributors:
Jacques Berthier,
Taizé Community

The Middle Reading fills the role of a Bible reading, but it doesn't come from the Bible. It is our way of trying to listen for God's ongoing word as it is spoken outside the limits of the Bible. Most often, we turn to contemporary poets for this reading.

James Crews's work has appeared in Ploughshares, Christian Century, New Republic, and Crab Orchard Review, among other journals, and he is a regular contributor to the Times Literary Supplement. *His* first collection of poetry, The Book of What Stays, won the 2010 Prairie Schooner Book Prize. He lives with his husband on forty rocky acres in the woods of Southern Vermont.

It is customary (but not required) to stand for the Gospel reading because it symbolizes the mystical presence of Christ.

The four Gospels hold the core of Christian spiritual wisdom, reflecting the earliest stories and images of Jesus. Like all Scripture, they are not definitive prescriptions but narrative stories requiring endless interpretation.

GOSPEL READING MARK 5:21-43

hen Jesus had crossed again to the other shore in the boat, a large crowd gathered, and he stayed by the lakeside. Then one of the synagogue officials, Jairus by name, came up, and, seeing Jesus, fell down and pleaded earnestly saying, "My little daughter is desperately sick. Come and lay your hands on her to make her better and save her life." Jesus went with him and a large crowd followed, pressing from all sides.

Now there was a woman who had suffered from hemorrhages for twelve years; after long and painful treatment from various doctors, she had spent all she had without getting better—in fact, she was getting worse. She had heard about Jesus, and she came up behind him in he crowd and touched his cloak. "If I can touch even the hem," she had told herself, "I will be well again." Immediately the flow of blood dried up, and she felt in her body that she was healed of her affliction.

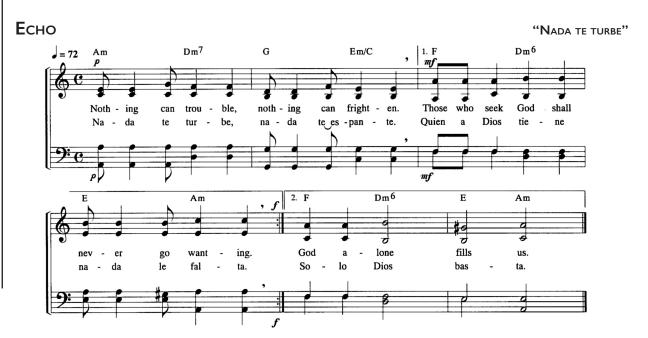
Immediately aware that healing power had gone out from him, Jesus turned to the crowd and said, "Who touched my clothes?" The disciples said, "You see how the crowd is pressing you and yet you say, 'Who touched me?" But Jesus continued to look around to see who had done it. Then the woman came forward, frightened and trembling because she knew what had happened to her, and she fell at Jesus' feet and told him the whole truth.

"My daughter," Jesus said, "your faith has saved you; go in peace and be free of your affliction." While Jesus was still speaking, some people arrived from the house of the synagogue official to say, "Your daughter is dead. Why put the Teacher to any further trouble?" But Jesus overheard the remark and said to the official: "Don't be afraid. Just believe." Jesus allowed no one to follow him except Peter and James and James' brother John. They came to the official's house and Jesus noticed all the commotion, with people weeping and wailing unrestrainedly. Jesus went in and said to them, "Why all this commotion and crying? The child is not dead, but asleep." At this, they began to ridicule him, and he told everyone to leave.

Jesus took the child's mother and father and his own companions and entered the room where the child lay. Taking her hand, he said to her, "Talitha, koum!" which means, "Little girl, get up!" Immediately the girl, who was twelve years old, got up and began to walk about. At this they were overcome with astonishment. Jesus gave the family strict orders not to let anyone know about it, and told them to give the girl something to eat.

Hear what the Spirit is saying to God's People.

Thanks be to God.



MUSICAL REFLECTION

Affirmation of Faith
We are not alone, we live in God's Creation.

We believe in God:
who has created and is creating,
who has come in Jesus,
the Word made flesh,
to reconcile and make new,
who works in us and others by the
Spirit.

We trust in God.

We are called to be the Church:

to celebrate God's presence,

to love and serve others,

to seek justice and resist evil,

to proclaim Jesus,

crucified and risen,

our judge and our hope.

In life, in death, in life beyond death,

God is with us.

We are not alone. Thanks be to God.

Amen.

COMMUNITY PRAYERS

The Lord be with you.

And also with you.

Abby Laettner

Adam Kreutinger

Let us pray for the Church and for the world. In particular, we have been asked to pray for:

Sheryl Merritt Weber - difficulties facing self and family
Karen Smallen
Mary Ann after the sudden losses of her husband & sister
Jeff Watson, John & Catherine Gillespie's son-in-law
Dale Worwa
Ed & Sherry Czechowski, recovering from a serious motor vehicle accident
Ellen Nichter, fighting health issues

stage 4 breast cancer
Bruce Nisbet - battling cancer
Celeste Richel
Margaret (Peggy) Rizzo - suffers from
Alzheimer's
Alberta Virginia Campbell
Alphonso & Marcia O'Neil-White - health
concerns
Harry Fackelman
Kathy Jerzewski - a return of lymphoma
Regina Glaser - in her battle with cancer
Betsy and Peter Curtis

Jessica De Oliveira E Silva (Quinn) - battling

The sermon invites your curiosity and thoughtfulness about the theme of worship, and is intended to evoke your thoughts rather than direct them. A recording of the sermon is posted to the parish website each week, usually by Tuesday.

In spirit or in body, please stand for the Affirmation of Faith..

This comes from the United Church of Canada. Like the Nicene Creed that it reflects, it is an expression of faith intended as a symbol of solidarity with other Christians throughout history but not as a pledge of allegiance required for membership.

Add your requests by scaning the QR code.



These prayers are an effort to pray with one voice even though we have a diversity of needs and hopes.

Now that we are outdoors, we can use a prayer practice that has been much loved by the Trinity community over the years. As these prayers are offered aloud, finish rubbing your prayers into your stone, and then, during the musical response, bring vour stone to leave it on the altar as a way of embodying your offering of prayer.

We also give thanks for the election of a new Presiding Bishop, and pray for Bishop Sean Rowe's new ministry in that role.

Loving God, you have set us in families and clans, in cities and neighborhoods. Our common life began in a garden, but our destiny lies in the city. You have placed us in and around Buffalo. This is our home. Your creativity is on display here through the work of human hearts and hands.

We pray for Buffalo today—for the East Side and the West Side, North Buffalo and South Buffalo. We pray for people from the First Ward and the Fruit Belt. We pray for our poorest neighbors and for powerful people in banks and businesses downtown.

We pray for neighboring communities from across our partnership: from Olcott to Olean, from Angola to Albion, from Erie to Edinboro, from Emporium to New Castle and a thousand other cities connected to our own.

In all our neighborhoods this day there will be crime and callous moneymaking; there will be powerful people unable or unwilling to see the vulnerable who are their neighbors. There will also be beautiful acts of compassion and creativity in all these places—forgiveness and generosity; neighbors working together for a more just community.

Help us see this place as something other than a battleground between us and them, where our imaginations are limited by win/lose propositions and endless rivalry. Show us a deeper reality, God: Show us your Beloved Community.

We pray for the protection of all people around the world from infections diseases and other illness. We pray for people who are hungry or homeless, and for all who are in danger of violent attack, especially those in the Ukraine, Israel and Gaza. We pray also for all who are lonely, all who are overwhelmed by difficult circumstances, or trapped in harmful relationships. We pray for all who grieve, and all who live in fear. We pray for all who are dependent on the compassionate care of others, and for those who work tirelessly to care for the ones who are in need. We pray for our beautiful planet, and for the wisdom and will to stop climate change.

Prosper our city, and help us to trust that you are God, we pray in the name of the one who wept over the Holy City, Jesus Christ, our Lord. **Amen.**

MUSICAL RESPONSE

This is the time you are encouraged to bring your prayer stone to the altar.

THE PEACE

The peace of the Lord be always with you.

And also with you.

Now would be a great time to add a comment to the Live Stream!

ANNOUNCEMENTS



In various nineteenth-century hymnals this hymn was attributed

source credits Robert Lowry as the composer, although Silas

Vail later claimed the music. The third stanza was written by Doris Plenn in the 1950s when her friends were imprisoned

during the McCarthy era.

to different poets, including Anna Warner. The earliest published

In spirit or in body, the congregation stands to sing hymns.

Your financial support is not only a practical necessity. It can also be a very meaningful symbolic gesture, expressing your gratitude for the blessings in your life and your hope for health in the world. You can place cash or a check in the collection plate when it is brought around during the offertory or donate online here, or initiate an online donation by texting TRINITYBUFFALO to 73256. You can also get there by scanning this OR code:



Tune: ENDLESS SONG 8.7.8.7.D.
Attrib. to Robert Lowry in Bright Jewels for the Sunday School, New York, 1869

SHARING THE OPEN TABLE

All are welcome to receive Communion at Trinity Church. No Exceptions!

All things come of thee, O Lord;

and of thine own have we given thee.

The Lord be with you.

And also with you.

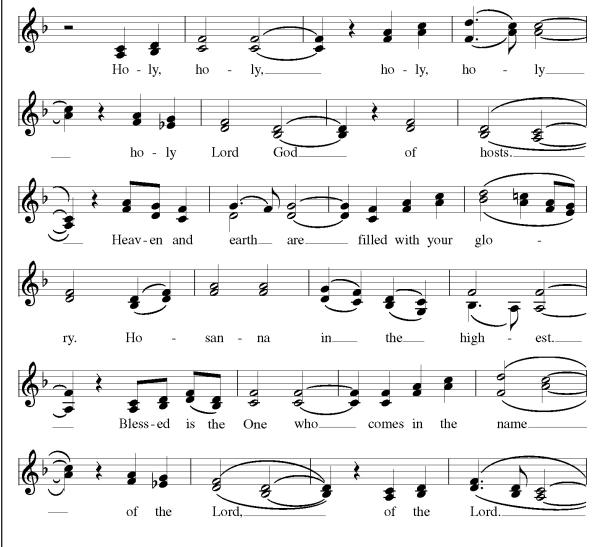
Lift up your hearts.

We lift them to the Lord.

Let us give thanks to the Lord our God.

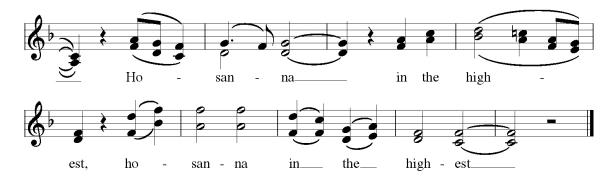
It is right to give God thanks and praise.

Eternal God, in the abundance of your love you have caused all things to be; from dust and spirit you have woven our humanity; in all our wanderings you never cease to call us to fullness of life. **You gave us Jesus, son of Mary, the bread of life broken for the world**; he fed us and feasted with us, he healed us and suffered for us; **his dying and rising have set us free from the poverty of sin and the famine of death**. Therefore, with all whom you have made, cherished and called, with all who hunger for your kingdom and will not rest until all your children are fed, with the broken saints and redeemed sinners of all the ages, we take up the song of your praise:



This Eucharistic Prayer is adapted from Steven Shakespeare's Prayers For An Inclusive Church, 2009.

Sanctus from Lift Every Voice and Sing, an African American hymnal.



We ask that your Holy Spirit will fall upon us and upon these gifts that they may be to us the body and blood of our lord and brother, Jesus Christ; who, on the night that he was betrayed, gathered with his faltering friends for a meal that tasted of freedom.

Calling them to his table, he took bread, gave thanks, broke it and said: "This is my body, which is given for you. Do this to remember me."

In the same way after supper, he took the cup, saying: "This cup is the new covenant in my blood. Do this, whenever you drink it, to remember me."

Therefore we proclaim him as creation's host, transforming poverty into plenty in the reckless generosity of love.

Inspire us with the hope that one day death and greed will be no more and people without number will come from east and west, north and south to share the kingdom meal. We ask this through Jesus Christ our Lord, by whom and with whom and in whom in the unity of the Holy Spirit all honor and glory are yours, Author of blessings, for ever and ever. **Amen.**

Now, as Christ has taught us, we are bold to say:

Heavenly Father, heavenly Mother,

Holy and blessed is your true name.

We pray for your reign of peace to come,

We pray that your good will be done,

Let heaven and earth become one.

Give us this day the bread we need,

Give it to those who have none.

Let forgiveness flow like a river between us,

From each one to each one.

Lead us to holy innocence

Beyond the evil of our days —

Come swiftly Mother, Father, come.

For yours is the power and the glory and the mercy:

Forever your name is All in One. Amen.

The disciples knew the Lord Jesus in the breaking of the bread.

Were not our hearts burning within us as we walked along the road?

We are following a pattern of going back and forth between using an alternative interpretation of the Lord's Prayer for a few weeks and then using the traditional Prayer Book version for a few weeks.

Parker J. Palmer is an American author, educator, and activist who focuses on issues in education, community, leadership, spirituality and social change. He has published ten books and numerous essays and poems, and is founder and Senior Partner *Emeritus of the* Center for Courage and Renewal. His work has been recognized with major foundation grants, several national awards. and thirteen honorary doctorates.

*Jesus revealed a new, personal sense of relationship with God by addressing God as something like "Papa." Always feel free to use your most meaningful name for God in saying the Lord's Prayer.

RECEIVING COMMUNION

For those of you online, provide yourself with a morsel of bread and a sip of wine or any suitable substitutes you have.

For those of you in person in the courtyard, form a large circle around the cross where you will be offered a morsel of bread dipped in wine. Please let the ministers of communion know if you prefer not to have your bread dipped in the wine. Also, let them know if you need a gluten-free wafer instead of wheat bread.

PRAYER FOR THE ROAD

Let us pray:

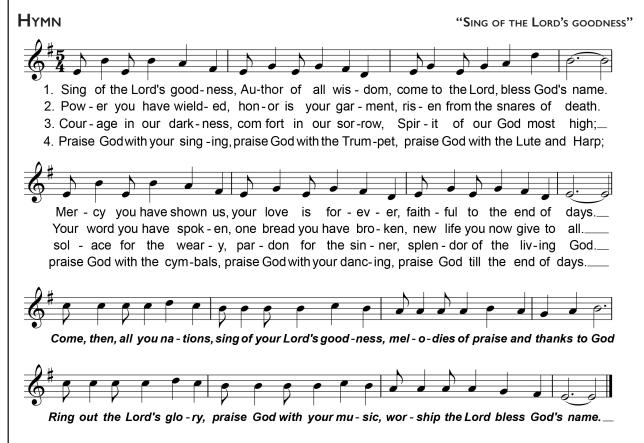
Loving God,
we give you thanks
for restoring us in your image
and remembering the body of Christ,
which has been broken for the life of the world.
Now give us grace to trust that we are
a people, forgiven, healed, renewed.
Give us the courage to proclaim your love to the world,
and to continue in the risen life of Christ our Savior. Amen.

This blessing is based on the words of Henri Frederic Amiel (1821-1881).

BLESSING

Life is short. We do not have too much time to gladden the hearts of those who make the journey with us. So be swift to love. Make haste to be kind. And may the blessing of God, who made us, who loves us, and who animates and guides us be with you now and always. **Amen.**

In spirit or in body, the congregation stands to sing hymns.



DISMISSAL

Go in peace to love others as God has loved you. Alleluia, alleluia! **Thanks be to God. Alleluia, alleluia!**

Our spiritual practice is renewed as we leave here and begin again to work the promises of the covenant.

ANNOUNCEMENTS

Family Fun Time - TODAY

Families with children are invited to stay after church for lunch and play time. Pizza and fruit will be provided. There is a bounce house and bubbles. All are welcome!

Save the Date: Trinity Treasures Rummage Sale on Saturday, Sept. 7

Trinity will be having a rummage sale on Saturday, Sept. 7. More details will be coming out over the next couple of weeks. For now, please hold on to any gently-used treasure you may want to donate to Trinity. We'll be ready to start collecting them at church soon.

Slow Down Yoga

Tuesdays @noon we learn and practice slowing down, tuning in, and taking care with a gentle, mindful yoga class for any level of skill. Facilitated by Heather Henry Rawlins, LMHC, RYT200, this Hatha yoga-based practice moves with care to cultivate calm awareness, stability, and flexibility as well as practices for calming the nervous system and feeling grounded in the body—a good practice for interrupting the accumulations of stress in mind and body and feeling vividly present and full of ease. To sign up, click here or email Heather at hhenryrawlins@gmail.com

Worship Helpers Needed

Are you willing to be involved with reading from the altar or greeting people at the door and helping direct them with what to expect? Please sign up at: https://www.signupgenius.com/go/70a0c4fafa629a3f58-trinity2. If you are interested in being more involved, but aren't interested in either of these roles, you can also plan on helping during services by bringing a device to connect to Facebook viewers and responding to comments during the service.

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
Susie Green, susie432@gmail.com
Sara Merritt, smerrit172@gmail.com

Patti Nisbet, tudorspace@aol.com

Computer Volunteer Ministry Opportunity

We are looking for a couple computer savvy volunteers who would be interested in volunteering as cyber sacristan to help with the livestream for the Sunday morning service and/or the Trinity @7 service. One only needs to be comfortable with using a computer and computer programs; the rest are easily learnable skills. If you'd like to know more or are interested in this volunteer ministry, please contact Jeffrey Tooke at jeffreytooke@outlook.com

Parking at Trinity's Franklin Street Lot

When you come to a church service, you can park in Trinity's Franklin Street lot for free. Neither will the parking fees be enforced during Trinity events. But you can use the lot any other time you are in the neighborhood, too! Park in your church's lot any time you would have to pay for parking in the neighborhood so that Trinity gets the parking fee! Use your smartphone to pay.

Friends of Night People

We are looking for volunteers to help out at Friends of Night People, which provides food, clothing, medical care, counseling, and other necessities to people in our community experiencing homelessness and poverty. We would love to have you join us on the **second Monday** of each month from 4:45-7. Questions? Speak to Emily Carlin or email: emily.g.carlin@gmail.com

Visiting Trinity

The church is open by appointment for private prayer or meditation. Contact our parish administrator, Colleen O'Neill, at coneill@trinitybuffalo.org to schedule an appointment.









LOCAL PARTNERS















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



www.trinitybuffalo.org • (716) 852-8314 Instagram: @trinity.church.buffa| Delaware Avenue, Buffalo, NY 14202

Facebook: @Trinitybuffalo





The Rev. Matthew R. Lincoln, Rector mlincoln@trinitybuffalo.org (716) 852-8314 ext. 2 Krista Seddon, Director of Ensembles; Pianist krista@kristaseddon.com

www.kristaseddon.com

STAFF

Paul Cena, Organist and Choir Director prcena@verizon.net

The Rev. Deacon Jeffrey Tooke, Curate The Rev. William Roberts, Assisting Priest

Colleen O'Neill, Parish Administrator and

Director of Children's Ministries coneill@trinitybuffalo.org (716) 852-8314 ext. I

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Sarah Caputi, Caretaker Denise Lanzilotta, Caretaker Jay Mpelezos, Caretaker

VESTRY

John Alduino, Senior Warden Erickson Contreras, Junior Warden

Bing Sherrill, Treasurer

Elaine "Gretchen" Lodick, Clerk

Clint Brown **Emily Carlin** Chris Cuccia Sue Doherty Connie Ervin Tim Lane Megan McElfresh Missy Stolfi

CHOIR MEMBERS

Laura Munson, Section Leader

Cheryl Fisher

Elaine "Gretchen" Lodick

Christina Kinney

Laura Schleicher, Section Leader

Sue Doherty Jocelyn Toennissen

John Clayton, Section Leader

Steve Shanley

Tim Lane, Section Leader

Tom Owen Ignacio Villa

The choir is on their summer break.

TODAY'S WORSHIP TEAM

Voice of Trinity (Facebook): | Julie Keller-Rizzo

Cyber Sacristans: Christian Eshelman, Barbara Hall-Griesmann

Greeters: David Devereux

Readers: John Alduino, David Devereux, Deacon Jeffrey Tooke

Prayers: Joanne Dunnigan Announcements: John Alduino

Altar Servers: leffrey Tooke, Missy Stolfi, Ed Fries

Guest musicians: George Caldwell, piano; Russ Carere, saxophone

Counter: Missy Stolfi **Emily Carlin** Baker:

All services are in person AND online:

Sunday @10:30am In-person worship while live streaming on Facebook and

> YouTube. The Sunday online Live Stream service remains accessible as a video recording on Trinity's Facebook and

YouTube pages after the service is over.

Sunday @7:00pm Featuring poetry and jazz, in person in the Chapel and on Zoom.

During the summer, we meet on the 1st and 3rd Sundays.

Wednesday @Noon Prayer and holy conversation, in person and on Zoom

Thursday @7pm The wisdom and fellowship of 12-Step recovery, in person and on

Zoom

Email your request for a link to the Zoom worship services here.