



trinity @7

11.10.2024

## 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.*

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## welcome

### a moment with nature

### a centering prayer

Let us pray.

Set aside the noise.

Allow quiet prayer to enter my soul.

Silence creates a space for my:

Heartache to be felt

Anger to be heard

Tears to fall

Laughter to comfort

Gratefulness to flow

Joy to hold

Wonder to exist

Faithfulness to grow

Hear my intentions God:

Forgive my failings. See my intention to live in Your light.

To love as you love.

Help me feel the flow of your loving Spirit, I pray.

**amen**

## interlude

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

Prayer is from the Corymeela Community of Northern Ireland.

# A letter from James Crews to his readers (That's you!)

Dear friends,

We so often cling to those rare, unexpected moments that bring us joy. It is a very human thing to want to preserve them, make them last a little longer as we take out our phones, snap photos, and instantly share them with friends and loved ones. Yet I have noticed lately that if I walk the fields around my house or hike a nearby trail without my phone in my pocket, I am able to take in my surroundings all the more. As I stare up at the trees and perhaps spot a red-tail hawk perched on a branch as I did on this autumn day, I feel much more alive to what I'm seeing without the filter of a device affecting my experience. We have to be fully there to receive the gift, for it is only the watched hawk that bares the soft, white undersides of its wings as it flies away. It is only the watched rye grass that parts tall blades for a gust of wind to pass through. It is only the watched crows whose black feathers glisten in the gloaming, whose caws reach us like a complex language we can't quite decipher.

I believe that the world wants nothing more than our undivided attention and is, in fact, nourished by it as much as we are fed by the deep affection of our loved ones. Listening and watchfulness are the two main parts of any creative or spiritual practice, since they place us in a state of total receptivity and openness. It's up to us to stay in that state as often as we can, and to notice those habits that can lift us out of the sacred space of noticing.

## interlude

### The Watched Hawk

by James Crews

Only the watched hawk—  
the one I see now, startled  
from his perch in a maple—  
bares the white undersides  
of his wings as he glides  
between trees in the gloaming  
over this autumn field,  
darkness clinging to every part  
of him except those pale,  
soft feathers that flash  
for an instant, then vanish  
with him into the distance.

I might never have looked up  
to catch the point of his beak  
slicing through chilly air  
or perked my ears to hear  
his piercing, ancient cry  
as it echoed across the sky,  
and so I carry his presence  
with me back inside like  
a lit votive around which  
I am cupping a hand to keep  
the moment alive.

## interlude

James Crews is a Vermont poet who also leads workshops and retreats on mindfulness and writing.

Woody Guthrie (1912 – 1967) was an American singer-songwriter and composer who was one of the most significant figures in American folk music. He also wrote poetry.

# I Hate A Song That Makes You Think That You Are Not Any Good.

by Woody Guthrie

I hate a song that makes you think that you are not any good. I hate a song that makes you think that you are just born to lose. Bound to lose. No good to nobody. No good for nothing. Because you are too old or too young or too fat or too slim or too ugly or too this or too that. Songs that run you down or poke fun at you on account of your bad luck or hard travelling. I am out to fight those songs to my very last breath of air and my last drop of blood. I am out to sing songs that will prove to you that this is your world and that if it has hit you pretty hard and knocked you for a dozen loops, no matter what color, what size you are, how you are built, I am out to sing the songs that make you take pride in yourself and in your work. And the songs that I sing are made up for the most part by all sorts of folks just about like you.

I could hire out to the other side, the big money side, and get several dollars every week just to quit singing my own kind of songs and to sing the kind that knock you down still farther and the ones that poke fun at you even more and the ones that make you think that you've not got any sense at all. But I decided a long time ago that I'd starve to death before I'd sing any such songs as that. The radio waves and your movies and your jukeboxes and your songbooks are already loaded down and running over with such no good songs as that anyhow.

## interlude

### An Excerpt from *For Calling The Spirit Back from Wandering the Earth in Its Human Feet*

by Joy Harjo

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.

Put down that bag of potato chips, that white bread, that bottle of pop.

Turn off that cellphone, computer, and remote control.

Open the door, then close it behind you.

Take a breath offered by friendly winds. They travel the earth gathering essences of plants to clean.

Give back with gratitude.

If you sing, it will give your spirit lift to fly to the stars' ears and back.

Acknowledge this earth who has cared for you since you were a dream planting itself precisely within your parents' desire.

Let your moccasin feet take you to the encampment of the guardians who have known you before time, who will be there after time. They sit before the fire that has been there without time.

Let the earth stabilize your postcolonial insecure jitters.

Be respectful of the small insects, birds and animal people who accompany you. Ask their forgiveness for the harm we humans have brought down upon them.

Don't worry. The heart knows the way though there may be high-rises, interstates, checkpoints, armed soldiers, massacres, wars, and those who will despise you because they despise themselves.

The journey might take you a few hours, a day, a year, a few years, a hundred, a thousand or even more.

Watch your mind. Without training it might run away and leave your heart for the immense human feast set by the thieves of time.

Do not hold regrets.

When you find your way to the circle, to the fire kept burning by the keepers of your soul, you will be welcomed.

You must clean yourself with cedar, sage, or other healing plant.

Cut the ties you have to failure and shame.

Let go the pain you are holding in your mind, your shoulders, your heart, all the way to your feet. Let go the pain of your ancestors to make way for those who are heading in our direction.

Ask for forgiveness.

Call upon the help of those who love you. These helpers take many forms: animal, element, bird, angel, saint, stone, or ancestor.

Call yourself back. You will find yourself caught in corners and creases of shame, judgment, and human abuse.

You must call in a way that your spirit will want to return. Speak to it as you would to a beloved child.

*Continued on next page*

Welcome your spirit back from its wandering. It will return in pieces, in tatters. Gather them together. They will be happy to be found after being lost for so long.

Your spirit will need to sleep awhile after it is bathed and given clean clothes.

Now you can have a party. Invite everyone you know who loves and supports you. Keep room for those who have no place else to go.

Make a giveaway, and remember, keep the speeches short.

Then, you must do this: help the next person find their way through the dark.

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

Beloved, send us  
into the November night renewed and at peace;

Center our hearts in your presence  
even as we are surrounded by others;  
that we may be patient with friends,  
enemies, and ourselves.

Assist us in our mindfulness  
toward the wholeness of life;  
that we may return to our source.

And when it is time to stop at an unexpected moment,  
or let go when we cannot see the consequences,  
may we entrust ourselves to your love;

**Listening more than asking,  
Hearing more than needing,  
Opening our minds for knowing,  
And healing our hearts for loving.  
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](mailto:jeffreytooke@outlook.com) to sign up and receive weekly course materials.

**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](mailto:tudorspace@aol.com).

## Creative Restorations invites Trinity to join their 2<sup>nd</sup> annual Thanksgiving dinner drive!

If you would like to donate any food items related to a traditional turkey dinner with all the fixings for those in need in Erie County, drop items off at church after the service OR contact Christopher at (716) 553-4886. They are hoping to help as many families in need as possible, and are accepting donations through November 27.

## 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, [MNMKKeane@gmail.com](mailto:MNMKKeane@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)

## 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](mailto:AnnaMarie@SinatraSolutions.com) today.



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

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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