



trinity @7

07.12.2020

Cover photo:
Portrait of His
Holiness the
Dalai Lama is by
Nilay Sarkar.

The 14th Dalai
Lama (b. 1935) has
his own website,
and why not? His
name is Tenzin
Gyatso, and he
describes himself as
a simple Buddhist
monk. He is from
a farming family in
northeastern Tibet.
For decades, he was
the head of state and
spiritual leader of the
Tibetan government-
in-exile based in
Dharamshala, India.
In 2011, he retired
from his political
role, but continues in
his spiritual capacity
as the leader of
Tibetan buddhists.

welcome

It's summer! We intend to keep meeting on Zoom for Trinity @7 all season. We still need to keep our physical distance for the sake of our safety, but we can be together in spirit. On Zoom, we can at least see one another, smile, and chat. And of course, there's live music! We hope you find some gratification in that.

Like any other Sunday night, tonight we will share some music and some words and hopefully, a little bit of peace.

Before we get started, you're welcome to bring a candle and some matches for a brief candle lighting time. Place the candle near you so we'll see it on the screen.

If you'd like to stay online after the readings and music, we can check in with one another. If you'd rather leave the meeting, that's fine, too. Do what feels right.

a centering prayer

Let us pray.

Mother, Father, Creator of all, thank You for summer!

Thank you for the warmth of the sun
and the increased daylight.

Thank You for the beauty I see all around me
and for the opportunity to be outside and enjoy Your creation.

Thank You for the more casual pace of the summer season.

Draw me closer to You this summer.

Teach me to be mindful

no matter where I am or what I am doing.

Warm my soul with the awareness of Your presence
and light my path with Your Word and Counsel.

As I enjoy Your creation, create in me
a pure heart and a hunger and a thirst for You.

amen

interlude

Quote from the Dalai Lama,
who, when asked what surprised him most about humanity, said this:

Man surprises me most about humanity.

Because he sacrifices his health in order to make money.

Then he sacrifices money to recuperate his health.

And then he is so anxious about the future that he does not enjoy the
present;

the result being that he does not live in the present or the future;

he lives as if he is never going to die,

and then dies having never really lived.

interlude

Archbishop Desmond Tutu (b. 1931) is a South African Anglican cleric known for his opposition to the policies of apartheid, winning the 1984 Nobel Peace Prize for his efforts. South African President Nelson Mandela named the Archbishop to head the Truth and Reconciliation Commission, a court-like restorative justice body assembled in South Africa after the end of apartheid. Witnesses who were identified as victims of gross human rights violations were invited to give statements about their experiences, and some were selected for public hearings. Perpetrators of violence could also give testimony and request amnesty from both civil and criminal prosecution.

Derek Walcott (b. 1930) is from St Lucia, West Indies. He is a poet and a playwright. In 1992, he received the Nobel Prize for Literature.

Quotes from The Book of Joy:

Lasting Happiness in a Changing World

by His Holiness the Dalai Lama and Archbishop Desmond Tutu

Joy is the reward, really, of seeking to give joy to others. When you show compassion, when you show caring, when you show love to others, do things for others, in a wonderful way you have a deep joy that you can get in no other way. You can't buy it with money. You can be the richest person on Earth, but if you care only about yourself, I can bet my bottom dollar you will not be happy and joyful. But when you are caring, compassionate, more concerned about the welfare of others than about your own, wonderfully, wonderfully, you suddenly feel a warm glow in your heart, because you have, in fact, wiped the tears from the eyes of another.

Dalai Lama

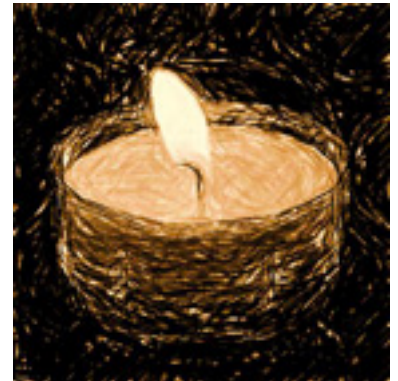
"What the Dalai Lama and I are offering," the Archbishop added, "is a way of handling your worries: thinking about others. You can think about others who are in a similar situation or perhaps even in a worse situation, but who have survived, even thrived. It does help quite a lot to see yourself as part of a greater whole. Once again, the path of joy was connection and the path of sorrow was separation. When we see others as separate, they become a threat. When we see others as part of us, as connected, as interdependent, then there is no challenge we cannot face—together."

Desmond Tutu

interlude

the candle lighting

while George plays, let's take a moment to light our candles.



Love After Love

by Derek Walcott

The time will come
when, with elation,
you will greet yourself arriving
at your own door, in your own mirror,
and each will smile at the other's welcome,
and say, sit here. Eat.
You will love again the stranger who was your self.
Give wine. Give bread. Give back your heart
to itself, to the stranger who has loved you
all your life, whom you ignored
for another, who knows you by heart.
Take down the love letters from the bookshelf,
the photographs, the desperate notes,
peel your own image from the mirror.
Sit. Feast on your life.

interlude

What Makes the Dalai Lama Loveable?

by Alice Walker

Alice Walker (b. 1944) is an American novelist, short story writer, poet, and social activist. In 1982, she wrote the novel *The Color Purple*, for which she won the National Book Award for hardcover fiction, and the Pulitzer Prize for Fiction.

His posture
From so many years
Holding his robe with
one hand
Is odd.

His gait
Also.

One's own body
Aches
Witnessing
The sloping
Shoulders
& Angled
Neck;

One hopes
He
Attends
Yoga class
Or does Yoga
On his own
As part
Of prayer.

He smiles
As he bows
To Everything:
Accepting
The heavy
Burdens
Of
This earth;

Its
Toxic
Evils
& Prolific
Insults.

Even so,
He sleeps
Through

The night
Like a child
Because
Thank goodness
That is something
Else
Daylong
Meditation
Assures.

You could cry
Yourself to sleep
On his behalf
& He
Has done that
Too.

Life
Has been
A great
Endless
Tearing away
For
Him.

From
Mother, Father, Siblings,
Country, Home.
And yet
Clearly
His mother
Loved him;
His brother & sister
Too:
Even his
Not so constant father,
Who
When Tenzin was
A boy
Shared
With him
Delicious
Scraps
Of

Succulent
Pork.

He laughs
Telling this
Story
Over half a century
Later
&

To who knows
How many
Puzzled
Vegetarians:
About
The way he sat
Behind
His father's chair
Like a dog,
Relishing
Each juicy
Greasy
Bite.

Whenever I see
The Dalai Lama
My first impulse
Is to laugh
I am so happy
To
Lay eyes
On
One
So effortlessly
Beautiful.

That balding head
That holds
A shine;
Those wire framed
Glasses
That might
Have come
From
Anywhere.

His look of having given All he has.	The Evolution Of the Soul.	The right path; The one with heart We may only Have heard About.
He is my teacher; Just staying alive.	A soul That Might Or might not Exist.	The Dalai Lama is Cool A modern word For "Divine" Because he wants Only Our collective Health & Happiness.
Other teachers I have had Resemble him In some way;	They too See all of us -Banker, murderer, gardener, thief - When they look Out across The world:	That's it!
They too Were & Are Smart And Humble; Fascinated By Science & things like Time, Eternity, Cause & Effect;	But that is not all They see. They see our suffering; Our striving To find	What makes Him Lovable Is His holiness.

interlude

the reflection

interlude

closing prayer

May the light of your soul guide you.
May the light of your soul bless the work
You do with the secret love and warmth of your heart.
May you see in what you do the beauty of your own soul.
May your work never weary you.
May it release within you wellsprings of refreshment, inspiration and excitement.
May you be present in what you do.
May you never become lost in the bland absences.
May the day never burden you.
May dawn find you awake and alert, approaching your new day with dreams,
Possibilities and promises.
May evening find you gracious and fulfilled.
May you go into the night blessed, sheltered and protected.
May your soul calm, console and renew you.

Amen.

The closing prayer
is a blessing from
John O'Donohue.

postlude

invitation

Please stay online if you'd like to say hello to others and/or to bring up something from the readings or the reflection that moved you or prompted a question.

So long, Farewell, Auf Wiedersehen, Adieu

Our own Tim Lane, who has been with Trinity @7 since its beginning, is leaving soon for a new career as a teacher in Fredericksburg, VA. We can't let him go without a proper, albeit socially distant, good-by.

Trinity will have an **Open Courtyard on Sunday, July 19, from 4 to 6 pm.** Stop by anytime between those hours to wish Tim well on this next part of his life. We will be abiding by diocesan social distancing guidelines, so sorry, there will be no refreshments. If you'd like to bring your own drink, please do so. Please wear your mask. The focus is to let Tim know how much his Trinity family cares for him.

Welcome and thanks to George Caldwell for his music.

Thanks to Matt Lincoln for his dogged determination in bringing us together and for his reflection. Thanks to tonight's readers.

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.



 www.facebook.com/TrinityBuffalo&TrinityatZ

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

 Twitter: [@trinitybuffalo1](https://twitter.com/trinitybuffalo1)

www.trinitybuffalo.org • (716) 852-8314

371 Delaware Ave Buffalo, NY 14202

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

Financial Support

Your financial support is not only a practical necessity. It can also be a very meaningful symbolic gesture, expressing your gratitude for all the blessings in your life and your hope for health in the world.

While the church is not open, Trinity has made a commitment to keep staff on the payroll. Plus, all the Trinity services are available online, either with Zoom or Facebook live streaming.

You can [donate online here](#), text the word "give" to (716) 221-8580, or send a check to the address at left.

Thank you for your participation and contribution. Peace.

Online Services:

Sunday @10:30am

Reflection, prayer, and music

Sunday @7:00pm

An encounter with God through poetry and jazz

Wednesday @Noon

Prayer and holy conversation

Thursday @7pm

12steps@Trinity, based on 12-step spirituality