



trinity

@7

08.16.2020

## welcome

*Trinity @7 welcomes you all summer long via Zoom! 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.

Light  
golden light  
fresh from the source.

Colors  
creation's colors  
calling our senses.

Life  
life in its oneness  
life in its manifold oneness  
all from you.

You are the Sun from whom the morning shines  
You are the River in whom each life-form flows  
each face  
each race  
each cell within our ever-living soul.  
On this quiet evening we greet you.

**amen**

## interlude

## This Day

by Jimmy Santiago Baca

I feel foolish,

like those silly robins jumping on the ditch boughs  
when I run by them.

Those robins do not have the grand style of the red tailed hawk,  
no design, no dream, just robins acting stupid.

They've never smoked cigarettes, drank whiskey, consumed drugs  
as I have.

In their mindless

fluttering about

filled with nonsense,

they tell me how they

love the Great Spirit,

scold me not to be self-pitying,

to open my life

and make this day a bough on a tree

leaning over infinity, where eternity flows forward

and with day the river runs

carrying all that falls in it.

Be happy Jimmy, they chirp,

Jimmy, be silly, make this day a tree

leaning over the river eternity

and fuss about in its branches.

## interlude

### Understanding Leaves

by Mark Nepo

The leaves do what we can't.

They wait their whole lives.

At first they dream of air

and wait to slip from wood.

Then they dream of openness

and wait to stretch in light.

Then they dream of thirst

and wait to soften in the rain.

At last they dream of nothing

and simply unfurl.

Photosynthesis is how this waiting

is described in the physical world.

The mystery of waiting is what

turns light into food.

To wait beyond what we think

we can bear is how things

within turn sweet.

Jimmy Santiago Baca (b. 1952) is an American poet and writer of Apache and Chicano descent. While incarcerated for five years in a maximum security prison, he decided to turn his life around; he taught himself to read and write, and left prison as a writer, having published some of his work in *Mother Jones Magazine* whose editor at the time was Denise Levertov.

Mark Nepo (b. 1951) is a poet and spiritual adviser who has taught in the fields of poetry and spirituality for over 30 years. Nepo is best known for his New York Times #1 bestseller, *The Book of Awakening*.

# The Copper Beech

by Marie Howe

Immense, entirely itself,  
it wore that yard like a dress,

with limbs low enough for me to enter it  
and climb the crooked ladder to where

I could lean against the trunk and practice being alone.

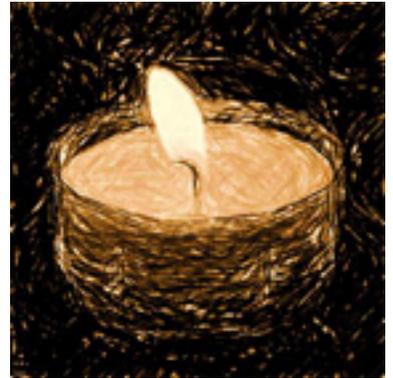
One day, I heard the sound before I saw it, rain fell  
darkening the sidewalk.

Sitting close to the center, not very high in the branches,  
I heard it hitting the high leaves, and I was happy,

watching it happen without it happening to me.

## the candle lighting

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



## Nothing Twice

by Wisława Szymborska

Nothing can ever happen twice.  
In consequence, the sorry fact is  
that we arrive here improvised  
and leave without the chance to practice.

Even if there is no one dumber,  
if you're the planet's biggest dunce,  
you can't repeat the class in summer:  
this course is only offered once.

No day copies yesterday,  
no two nights will teach what bliss is  
in precisely the same way,  
with precisely the same kisses.

One day, perhaps some idle tongue  
mentions your name by accident:

I feel as if a rose were flung  
into the room, all hue and scent.

The next day, though you're here with me,  
I can't help looking at the clock:

A rose? A rose? What could that be?  
Is it a flower or a rock?

Marie Howe (b 1950)  
in Rochester, New  
York. She has worked  
as a newspaper  
reporter and teacher  
and currently serves  
on the faculty of  
Sarah Lawrence  
College.

Wisława Szymborska  
(1923 – 2012) was a  
Polish poet who spent  
much of her career  
as a columnist for a  
Polish literary review  
magazine. Many of  
her essays have been  
gathered together  
and published in  
book form. In 1996,  
Szymborska was  
awarded the Nobel  
Prize for Literature.  
Although her poetry  
is loved throughout  
the world, she has  
published fewer than  
250 poems.

Why do we treat the fleeting day  
with so much needless fear and sorrow?  
It's in its nature not to stay:  
Today is always gone tomorrow.  
With smiles and kisses, we prefer  
to seek accord beneath our star,  
although we're different (we concur)  
just as two drops of water are.

interlude

reflection

interlude

closing prayer

Beloved, send us  
into the night renewed  
and at peace  
As you are nearer to us than we are to ourselves.

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 in becoming simple in action and in thought,  
we return to our source.  
and when it is time to stop  
at an unexpected moment, or let go when we cannot see  
the consequence, may trust ourselves to your love.  
Open our minds for knowing,  
Heal our hearts for loving.  
**amen.**

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.

### **Trinity's Chicken Barbecue Fundraiser**

...will be **next Sunday, Aug 23**, from 4 - 5:30PM. Weidner's signature barbeque 1/2 chicken, with sides of their buttered spuds and classic macaroni salad, fresh baked roll and butter. Served up to go by friendly Trinity volunteers. \$15.00 a dinner. Help support your Trinity community! Presales only [[click here](#)], please order by Sunday, Aug 16, (that's today!) so you don't miss out. Buy one for yourself and one for a neighbor who wants to stay safe at home!

### **Postscript to the Chicken Barbecue**

You could make a young woman happy by treating her to a chicken dinner plus additional support to Trinity. Please consider ordering an extra dinner to donate to residents of Homespace. This organization was founded by Trinity and provides transitional housing and other services to girls aged 14 to 20 who are in the foster care system. You buy the dinner, we'll make sure it gets delivered Sunday evening, August 23. On the order form, check the box that indicates your donation. Thanks very much.

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.

If you'd like to visit Trinity Church in person for some quiet contemplation or to view the stunning stained glass windows, the building will be open on Thursdays from noon to 2pm and Mondays from 5 to 7pm. Please wear a mask and sign the contact-tracing register at the entry.



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*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 - Facebook live.

**Sunday @7:00pm**

An encounter with God through poetry and jazz - Zoom

**Wednesday @Noon**

Prayer and holy conversation - Zoom

**Thursday @7pm**

12steps@Trinity, based on 12-step spirituality - Zoom