



trinity

@7

08.02.2020

## 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

# Transformation

by Rosemerry Wahtola Trommer

You need a rainstorm.  
—Paula Lepp

Rosemerry Wahtola Trommer is a published Colorado poet. Since 1999, she's performed with Telluride's seven-woman acappella group, Heartbeat, and since 2006, she's written a poem a day. Trommer's favorite one-word mantra: Adjust. Visit her at [www.wordwoman.com](http://www.wordwoman.com)

I need a rainstorm  
on the inside, the kind  
that relentlessly pours,

the kind that rearranges  
everything, leaves nothing  
untouched. I need a deluge

that drowns out any voices  
that would offer easy answers.  
I need a cloudburst to flood

everything I think I know,  
that carries me until I, too, am current.  
Have I gotten so dry inside,

so brittle and sure?  
Give me a gulley washer,  
the kind that scours

and remakes its path as it flows.  
I want it, and yet  
when I feel the first drops

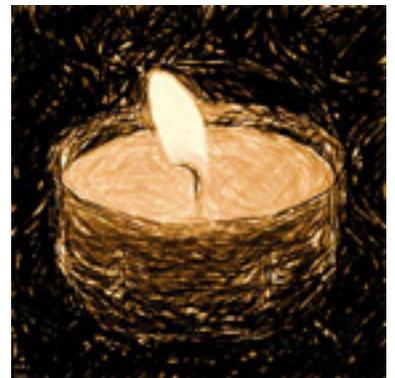
I scramble for the umbrella,  
as if it would do any good.  
There it is, petrichor—

earthy fragrance of change.  
The big rain will come when it comes.  
There will be no stopping it then.

## interlude

### the candle lighting

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



# Reason and Passion

by Kahlil Gibran

And the priestess spoke again and said: Speak to us of Reason and Passion.

And he answered, saying:

Your soul is oftentimes a battlefield, upon which your reason and your judgment wage war against your passion and your appetite.

Would that I could be the peacemaker in your soul, that I might turn the discord and the rivalry of your elements into oneness and melody.

But how shall I, unless you yourselves be also the peacemakers, nay, the lovers of all your elements?

Your reason and your passion are the rudder and the sails of your seafaring soul.

If either your sails or your rudder be broken, you can but toss and drift, or else be held at a standstill in mid-seas.

For reason, ruling alone, is a force confining; and passion, unattended, is a flame that burns to its own destruction.

Therefore let your soul exalt your reason to the height of passion, that it may sing;

And let it direct your passion with reason, that your passion may live through its own daily resurrection, and like the phoenix rise above its own ashes.

I would have you consider your judgment and your appetite even as you would two loved guests in your house.

Surely you would not honour one guest above the other; for he who is more mindful of one loses the love and the faith of both.

Among the hills, when you sit in the cool shade of the white poplars, sharing the peace and serenity of distant fields and meadows — then let your heart say in silence, "God rests in reason."

And when the storm comes, and the mighty wind shakes the forest, and thunder and lightning proclaim the majesty of the sky, — then let your heart say in awe, "God moves in passion."

And since you are a breath in God's sphere, and a leaf in God's forest, you too should rest in reason and move in passion.

## interlude

### blessing the boats

by Lucille Clifton

(at St. Mary's)

may the tide  
that is entering even now  
the lip of our understanding  
carry you out  
beyond the face of fear  
may you kiss  
the wind then turn from it

Kahlil Gibran (1883-1931) was born in Lebanon and emigrated to Boston with his mother when he was a child. He was an accomplished artist and writer. Many of his writings deal with Christianity, especially on the topic of spiritual love, but his mysticism is a convergence of several different influences: Christianity, Islam, Sufism, Judaism and theosophy.

Lucille Clifton (1936-2010) was born in Depew, NY and graduated from what was then Fredonia State Teachers College. Clifton was the first African-American recipient of the Ruth Lilly Poetry Prize for lifetime achievement. She served as Maryland's poet laureate from 1974 until 1985, and won the prestigious National Book Award for *Blessing the Boats: New and Selected Poems 1988-2000*. She was a Distinguished Professor of Humanities at St. Mary's College of Maryland (notably on the Chesapeake Bay) and a Chancellor of the Academy of American Poets.

Blessing of the fleet  
is a centuries-old  
tradition that began in  
predominantly Roman  
Catholic fishing  
communities to ensure  
safe passages and  
bountiful seasons for  
local watermen; it  
also commemorates  
the blessing of the  
boats that carried the  
first English settlers  
to Maryland on St.  
Clement's Island,  
home of nearby St.  
Mary's College.

certain that it will  
love your back may you  
open your eyes to water  
water waving forever  
and may you in your innocence  
sail through this to that

interlude

the 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.



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

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.

## 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