



trinity

@7

07.04.2021

welcome [back]

Trinity @7 welcomes you in person and via Zoom to 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! Matt is quickly getting past the learning curve for the technology, but you may still need to be patient, so thank you

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.

TWO IMPORTANT REMINDERS: While we are gathered in person and COVID has not been eradicated, we ask that you wear a mask whether or not you have been vaccinated. Thank you.

The remaining services for this summer's Trinity @7 are these dates:

July 18

August 1 and 15

a centering prayer

Let us pray.

Join your hands gently;
Let the world be placed
Beyond their reach,
Beyond their itch
Always to be doing;
Exempt from speech
This little space thus formed
Between your folded fingers,
Between your going
And your slow return—
This still enclosure
With its own high walls:
Join your hands gently, so,
No lovelier way this of letting go.
amen

interlude

Cover art by Danita who says of her work, "To me, creation is not a choice, but an imperative from the inscrutable exhortations from my soul. I must create to feel alive, and to let my mind flow in peace, exploring every corner of the worlds I create."

Centering prayer
written by
Jean Macdonald
Watt (1915 - 2011)

The Cost of Living

by Arundhati Roy

The only dream worth having is to dream that you will live while you are alive,
and die only when you are dead.
To love.
To be loved.
To never forget your own insignificance.
To never get used to the unspeakable violence and the vulgar disparity of life
around you.
To seek joy in the saddest places.
To pursue beauty to its lair.
To never simplify what is complicated or complicate what is simple.
To respect strength, never power.
Above all, to watch. To try and understand.
To never look away.
And never, never to forget.

interlude

He folded his fear
into a perfect rose.
He held it out
in the palm of his hand.
She took it from him
and put it in her hair.

interlude

And the air was full of Thoughts and
Things to Say.
But at times like these,
only the Small Things
are ever said.
Big Things lurk unsaid inside.

interlude

There's really no such thing as the voiceless. There are only the deliberately silenced,
or the preferably unheard.

interlude

Arundhati Roy (b. 1961) is an Indian author, actor, and political activist who was best known for the award-winning novel *The God of Small Things* (1997) and for her involvement in environmental and human rights causes. Roy writes essays, novels, nonfiction, and screenplays.

From *The God of Small Things*

From *The God of Small Things*

From a 2004 lecture, "Peace & The New Corporate Liberation Theology"

continued on next page

From *Power Politics*

This quote is attributed to Roy in numerous places on the Internet. However, we could not find the source of its origin. It may or may not have been said by Roy. Whoever did say it has a remarkable sense of hope.

The trouble is that once you see it,
you can't unsee it.
And once you've seen it,
keeping quiet, saying nothing,
becomes as political an act as speaking out.
There's no innocence.
Either way, you're accountable.

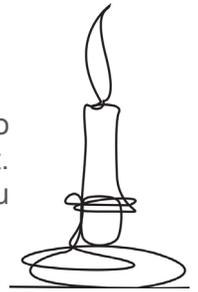
interlude

Another world is not only possible, she is on her way. On a quiet day, I can hear her breathing.

interlude

the candle lighting

While George 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.



Choice

by Lynn Ungar

There isn't a right answer.
There just isn't. The game show
where the bells ring and the points
go up and the confetti falls
because you got the answer
is a lie. The preacher who would assure you
of how to attain salvation
is making it all up. The doctor
who knows just how to fix
what ails you will be sure
of something else tomorrow.
Every choice will
wound someone, heal someone,
build a wall and open a conversation.
Things will always happen
that you can't foresee.
But you have to choose.
It's all we have—that little rudder
that we employ in the midst
of all the eddies and rapids,
the current that pulls us
inexorably toward the sea.

Lynn Ungar lives in the San Francisco Bay Area with her wife, teenaged daughter, two dogs and two cats. She serves as the minister for lifespan learning for the Church of the Larger Fellowship, an online Unitarian Universalist church.

The fact that you are swept along
by the river is no excuse.
Watch where you are going.
Lean in toward what you love.
When in doubt, tell the truth.

interlude

Boundaries

by Lynn Ungar

The universe does not
revolve around you.
The stars and planets spinning
through the ballroom of space
dance with one another
quite outside of your small life.
You cannot hold gravity
or seasons; even air and water
inevitably evade your grasp.
Why not, then, let go?
You could move through time
like a shark through water,
neither restless nor ceasing,
absorbed in and absorbing
the native element.
Why pretend you can do otherwise?
The world comes in at every pore,
mixes in your blood before
breath releases you into
the world again. Did you think
the fragile boundary of your skin
could build a wall?
Listen. Every molecule is humming
its particular pitch.
Of course you are a symphony.
Whose tune do you think
the planets are singing
as they dance?

interlude

reflection

interlude

closing prayer

We give thanks for places of simplicity and peace;
let us find such a place within ourselves.

We give thanks for places of refuge and beauty;
let us find such a place within ourselves.

We give thanks for places of nature's truth and freedom,
of joy, inspiration and renewal,
places where all creatures
may find acceptance and belonging.

Let us search for these places;
in the world, in ourselves and in others.

Let us restore them.

Let us strengthen and protect them
and let us create them.

May we mend this outer world
according to the truth of our inner life
and may our souls be shaped and nourished
by nature's eternal wisdom.

amen

postlude

REMINDER: July 18 is our next Trinity @7 gathering.

Closing prayer written
by Michael Leunig.



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

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

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

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

Thank you to our pianist, George Caldwell.

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.

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 church is open for private prayer or meditation on Thursday by appointment. You can chat quietly with one of the volunteers, or if you need, you can ask them to pray with you. You are required to sign a registry at the entrance to be used in the event contact tracing is necessary. On Thursdays or other private visits, masks are not required if you are fully vaccinated.



Trinity has worked so hard during the pandemic to keep people's spiritual lives refreshed and engaged. We kept the whole staff on payroll. We learned how to make Trinity services available online, either with Zoom or Facebook live streaming or both. We've made a commitment to continue with our communities—online and in person. Your donation can be an expression of your gratitude for Trinity and all the blessings in your life and your hope for health in the world. You can [donate online here](#), or initiate an online donation by texting 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
1st & 3rd Sundays during July and Aug

Wednesday @Noon Prayer and holy conversation

Thursday @7pm 12steps@Trinity, based on 12-step spirituality