



trinity

@7

02.07.2021

welcome

Trinity @7 welcomes you via Zoom 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. As we carry on through winter and the pandemic, 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 time brings you 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 minute for wilderness as we watch a brief video from nature365.tv

a centering prayer

Let us pray.

God of the stories that include us, God of the inclusions that restore us:
we need each other to thrive. Without the other we are incomplete.

In our fiercer independence we grow narrow and less true.

It is our inter-dependence that reveals what's best within us all.

If we should be cut off from our fullness,

stunted by a sin of self-assurance,

show us that the lack in ourselves is the space for something greater:

that our work with others is the discovery of the holy in ourselves.

amen

interlude

Prayer found on
the website of
the Corrymeela
Community,
"a movement of
people rallied
around one
inspirational idea:
'Together is better.'
Every year we
welcome over
8,000 people from
all walks of life,
to our beautiful
Ballycastle
home and into
our programmes
in communities
around Northern
Ireland."

Shoulders

by Naomi Shihab Nye

A man crosses the street in rain,
stepping gently, looking two times north and south,
because his son is asleep on his shoulder.

No car must splash him.
No car drive too near to his shadow.

This man carries the world's most sensitive cargo
but he's not marked.
Nowhere does his jacket say FRAGILE,
HANDLE WITH CARE.

His ear fills up with breathing.
He hears the hum of a boy's dream
deep inside him.

We're not going to be able
to live in this world
if we're not willing to do what he's doing
with one another.

The road will only be wide.
The rain will never stop falling.

interlude

For a New Year

by Holly Wren Spaulding

Let plain things please you again
and every ordinary Monday.
Bean soup in a white bowl,
firewood in your arms.
The weight of longing.
That you have survived is evidence
that nothing is assured
but you are lucky.
Looking up from this page
let all of it surprise you –
piled mail. other people, the air.

interlude

Naomi Shihab Nye (b. 1952) is an American poet about whom the Poetry Foundation says, "she is known for poetry that lends a fresh perspective to ordinary events, people, and objects. Nye has said that, for her, 'the primary source of poetry has always been local life, random characters met on the streets, our own ancestry sifting down to us through small essential daily tasks.'"

Holly Wren Spaulding is a writer, interdisciplinary artist, and teacher who catalyzes her collaborators, clients and students toward a more humane and intimate way of being in the world. She lives with her family in Southern Maine.

Mary Oliver (1935-2019) wrote verse that focused on the quiet occurrences of nature. In addition to such major awards as the Pulitzer and National Book Award, Oliver received fellowships from the Guggenheim Foundation and the National Endowment for the Arts. Much of Ms. Oliver's writing is based on her beloved Cape Cod where she lived for 40 years with her life partner, the photographer Molly Malone Cook.

Of Love

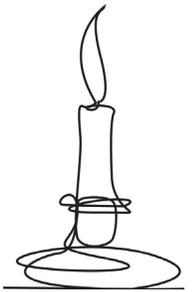
by Mary Oliver

I have been in love more times than one, thank the Lord. Sometimes it was lasting whether active or not. Sometimes it was all but ephemeral, maybe only an afternoon, but not less real for that. They stay in my mind, these beautiful people, or anyway beautiful people to me, of which there are so many. You, and you, and you, whom I had the fortune to meet, or maybe missed. Love, love, love, it was the core of my life, from which, of course, comes the word for the heart. And, oh, have I mentioned that some of them were men and some were women and some—now carry my revelation with you—were trees. Or places. Or music flying above the names of their makers. Or clouds, or the sun which was the first, and the best, the most loyal for certain, who looked so faithfully into my eyes, every morning. So I imagine such love of the world—its fervency, its shining, its innocence and hunger to give of itself—I imagine this is how it began.

the candle lighting

Before Krista plays, feel free to light a candle and recite the prayer with our host.

Host to read this prayer while people are lighting their candles and before the fourth reading:



O God, we gather today around this flame which represents the light of your love and your forgiveness:

- We ask that your light fill all the places of darkness in our hearts
- We ask that the warmth of your light melt those places in our hearts that have grown hard or cold.
- We ask that the energy of your light enliven those places within us that have felt dead or discouraged.
- We ask that the brightness of your light heal our blindness or close-mindedness to the goodness in ourselves and others.
- We ask that the gift of your light keep us grateful for the many blessings in our lives.

amen

interlude

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*.

Yes, We Can Talk

by Mark Nepo

Having loved enough and lost enough,
I am no longer searching,
just opening.
No longer trying to make sense of pain,
but trying to be a soft and sturdy home
in which real things can land.
These are the irritations that rub into a pearl
So we can talk awhile
but then we must listen,
the way rocks listen to the sea
And we can churn at all that goes wrong
but then we must lay all distractions down,
and water every living seed.
And yes, on nights like tonight
I too feel alone, but seldom do I
face it squarely enough
to see that it is a door
into the endless breath
that has no breather
into the surf that human shells
call god.

interlude

reflection

interlude

closing prayer

May we find hope in the lights we have kindled on this quiet night,
hope in one another and in all who form the web-work of peace and justice
that spans the world.

In the heart of every person on this Earth
burns the spark of luminous goodness;
in no heart is there total darkness.

May we who have gathered this winter evening,
by our lives and service, by our prayers and love,
call forth from one another the light and the love
that is hidden in every heart.

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.

announcements

February 24, 7pm

Trinity will host a Zoom appearance by Debby Irving, author of *Waking Up White: And Finding Myself in the Story of Race*. Irving, who is white and was raised in upper middle class Massachusetts, writes plainly and clearly about her discoveries of how much she had benefited over the years because she was white and how she began to question her long-held assumptions about race and culture. Her book is eye opening, possibly life changing in its revelations about white privilege. We encourage you to read the book though it is not a requirement for her appearance. To register, click on [kindridgiving link](#).



We encourage you to purchase your book locally from [Talking Leaves](#). It is also available at the public library and at a number of online venues.

If you've started the book and would like to discuss it before hearing Debby Irving OR if you just don't have a budget for book buying, read on.

Rev. Bruce and Phoebe McKay are hosting a Zoom discussion about *Waking Up White* this Wednesday, **February 10, @5:00pm**, to help prepare for meeting with the author on February 24. The discussion will focus on the first 60 pages of the book. [Register here](#) for this preliminary event.

If you or someone you know would like a copy of the book, contact Phoebe McKay at phoebemckay@gmail.com.



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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, Krista Seddon!

Thanks to Matt Lincoln for bringing us together virtually and for 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 building will be open on Thursdays from noon to 2pm or by appointment. Please wear a mask and sign the contact-tracing register at the entry.

Financial Support

Your financial support is meaningful in several ways. First it's a practical offering; Trinity has made a commitment to keep staff on the payroll during the pandemic. Plus, all the Trinity services are available online, either with Zoom or Facebook live streaming which requires just as much if not more work to carry out. Your donation can be a symbolic gesture, too, expressing your gratitude for 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.

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