



trinity

@7

11.29.2020

welcome

Trinity @7 welcomes you. Via Zoom, we enjoy jazz combined with poetry and a thoughtful reflection. We're always glad to see you and to share this special time together.

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.

Set aside the noise.

Allow quiet prayer to enter my soul.

Silence creates a space for my:

Heartache to be felt

Anger to be heard

Tears to fall

Laughter to comfort

Gratefulness to flow

Joy to hold

Wonder to exist

Faithfulness to grow

Hear my intentions God:

Forgive my failings. See my intention to live in Your light.

To love as you love.

Help me feel the flow of your loving Spirit, I pray.

amen

interlude

Marge Piercy (b. 1936) has published 17 volumes of poetry and 17 novels. Her novels generally address larger social concerns through sharply observed characters and brisk plot lines. Tonight's poem is found in her award-winning collection, "The Art of Blessing the Day: Poems with a Jewish Theme."

Nishmat Kol Chai is a Jewish prayer of gratitude.

Nishmat

by Marge Piercy

taken from 'The Art of blessing the day.'

When the night slides under with the last dimming star
And the red sky lightens between the trees,
And the heron glides tipping heavy wings in the river,
When crows stir and cry out their harsh joy,
And swift creatures of the night run toward their burrows,
And the deer raises her head and sniffs the freshening air,
And the shadows grow more distinct and then shorten.
Then we rise into the day still clean as new snow.
The cat washes its paw and greets the day with gratitude.
Leviathan salutes breaching with a column of steam.
The hawk turning in the sky cries out a prayer like a knife.
We must wonder at the sky now thin as a speckled eggshell,
That now piles up its boulders of storm to crash down,
That now hangs a furry grey belly into the street.
Every day we find a new sky and a new earth
with which we are trusted like a perfect toy.
We are given the salty river of our blood
Winding through us, to remember the sea & our
Kindred under the waves, the hot pulsing that knocks
In our throats to consider our cousins in the grass
And the trees, all bright scattered rivulets of life.
We are given the wind within us, the breath
To shape into words that steal time, that touch
Like hands and pierce like bullets, that waken
Truth and deceit, sorrow and pity and joy,
That waste precious air in complaints, in lies,
In floating traps for power on the dirty air.
Yet holy breath still stretches our lungs to sing.
We are given the body, that momentary kibbutz
Of elements that have belonged to frog and polar
Bear, corn and oak tree, volcano and glacier.
We are lent for a time these minerals in water
And a morning every day, a morning to wake up,
Rejoice and praise life in our spines, our throats,
Our knees, our genitals, our brains, our tongues.
We are given fire to see against the dark,
To think, to read, to study how we are to live,
To bank in ourselves against defeat and despair
That cool and muddy our resolves, that make us forget
What we saw we must do. We are given passion
To rise like the sun in our minds with the new day
And burn the debris of habit and greed and fear.
We stand in the midst of the burning world,
Primed to burn with compassionate love and justice,
To turn inward and find holy fire at the core,

To turn outward and see the world that is all
Of one flesh with us, see under the trash, through
The smog, the furry bee in the apple blossom,
The trout leaping, the candles our ancestors lit for us.
Fill us as the tide rustles into the reeds in the marsh.
Fill us as the rushing water overflows the pitcher,
Fill us as light fills a room with its dancing.
Let the little quarrels of the bones and the snarling
Of the lesser appetites and the whining of the ego cease.
Let silence still us so you may show us your shining
And we can out of that stillness rise and praise.

interlude

The Facts of Life

by Pádraig Ó Tuama

That you were born
and you will die.
That you will sometimes love enough
and sometimes not.
That you will lie
if only to yourself.
That you will get tired.
That you will learn most from the situations
you did not choose.
That there will be some things that move you
more than you can say.
That you will live
that you must be loved.
That you will avoid questions most urgently in need of
your attention.
That you began as the fusion of a sperm and an egg
of two people who once were strangers
and may well still be.
That life isn't fair.
That life is sometimes good
and sometimes better than good.
That life is often not so good.
That life is real
and if you can survive it, well,
survive it well
with love
and art
and meaning given
where meaning's scarce.
That you will learn to live with regret.

Pádraig Ó Tuama is
a poet, theologian,
conflict mediator,
and the host of the
podcast, *Poetry
Unbound* with On
Being Studios. From
2014-2019, Pádraig
led the Corrymeela
Community,
Ireland's oldest
peace and
reconciliation
organization.

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That you will learn to live with respect.
That the structures that constrict you
may not be permanently constricting.
That you will probably be okay.
That you must accept change
before you die
but you will die anyway.
So you might as well live
and you might as well love.
You might as well love.
You might as well love.

interlude

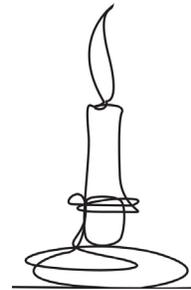
Oremus

by Pádraig Ó Tuama

So let us pick up the stones over which we stumble, friends, and build altars.
Let us listen to the sound of breath in our bodies.
Let us listen to the sounds of our own voices, of our own names, of our own fears.
Let us name the harsh light and soft darkness that surround us.
Let's claw ourselves out from the graves we've dug, let's lick the earth from our
fingers.
Let us look up, and out, and around.
The world is big, and wide, and wild and wonderful and wicked,
and our lives are murky, magnificent, malleable and full of meaning.
Oremus.
Let us pray.

the candle lighting

After Krista plays, let's take a moment to light our candles.



interlude

Travelling Light

by Pádraig Ó Tuama

Because sometimes we
travel heavy
and those heady times we
can barely
imagine the freebody
movement of
dance.
Because sometimes we
travel dark

and from those hard paths we
can't even
conjure an image of
sunrise
or moonrise
or starlight
or fire.

Because sometimes we
travel solo
and those lonely times we
forget all the others
we've travelled with
lovingly
travelled with
home.

Because sometimes we
need to be
traveling lightly
because sometimes we're in need of
regular reminding
that light comes in circles
and waves
and small moments
and light
comes to find us
and light comes with hope.

interlude

reflection

interlude

closing prayer

Beloved, send us
into the autumn months renewed and at peace;

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 we may return to our source.

And when it is time to stop at an unexpected moment,
or let go when we cannot see the consequences,
may we entrust ourselves to your love;

**Listening more than asking,
Hearing more than needing,
Opening our minds for knowing,
And healing 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.

announcements

Tim Lane and Jeffrey Tooke are facilitating the **Journeying the Way of Love: Advent** as a discussion group on **Tuesdays** at 7pm, starting December 1. Based on the Episcopal Church's Way of Love commitment to practices for a Jesus-Centered life, the Advent curriculum Journeying the Way of Love offers the opportunity to explore how we can live the Way of Love while we await the coming of Christ by exploring the first two chapters of Luke. We invite you to make this discussion group part of your spiritual practice for Advent.

Use this zoom link for the discussion group on Tuesdays at 7pm:

Zoom link: <https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONG1NlUowZz09>

Meeting ID: 816-6863-4672

Passcode: trintalk

Our journey during Advent will include the following focus:

December 1, 7pm: Advent One: The Annunciation: Saying "Yes" to the Journey.

Download the materials for Advent One for December 1:

https://1drv.ms/b/s!Al-L5d_LxgichtpgcNcwKe5FdirYQA?e=JhG3GE

December 8, 7pm: Advent Two: Mary and Elizabeth: Journeying with Family and Friends

December 15, 7pm: Advent Three: The Birth of John the Baptist: Journeying with Community

December 22, 7pm: Advent Four: The Birth of Jesus: Journeying with the World

If you are interested in joining the discussion group or have questions about the group, please send an email to Jeffrey Tooke at jeffrey@bayharboradvisors.com to receive more information. The full four-week curriculum is available [here](#).



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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 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 or by appointment. 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