



trinity

@7

11.01.2020

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.

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 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

Jan Richardson is an artist, writer, and ordained minister in the United Methodist Church. Residing in Florida, she serves as director of The Wellspring Studio, LLC, and has traveled widely as a retreat leader and conference speaker.

A Blessing for Traveling in the Dark

by Jan Richardson

Go slow
if you can.
Slower.
More slowly still.
Friendly dark
or fearsome,
this is no place
to break your neck
by rushing,
by running,
by crashing into
what you cannot see.
Then again,
it is true:
different darks
have different tasks,
and if you
have arrived here unawares,
if you have come
in peril
or in pain,
this might be no place
you should dawdle.
I do not know
what these shadows
ask of you,
what they might hold
that means you good
or ill.
It is not for me
to reckon
whether you should linger
or you should leave.
But this is what
I can ask for you:
That in the darkness
there be a blessing.
That in the shadows
there be a welcome.
That in the night
you be encompassed
by the Love that knows
your name.

interlude

Blessing for the Broken-Hearted

by Jan Richardson

There is no remedy for love but to love more.
– Henry David Thoreau

Let us agree
for now
that we will not say
the breaking
makes us stronger
or that it is better
to have this pain
than to have done
without this love.

Let us promise
we will not
tell ourselves
time will heal
the wound,
when every day
our waking
opens it anew.

Perhaps for now
it can be enough
to simply marvel
at the mystery
of how a heart
so broken
can go on beating,
as if it were made
for precisely this—
as if it knows
the only cure for love
is more of it,
as if it sees
the heart's sole remedy
for breaking
is to love still,
as if it trusts
that its own
persistent pulse
is the rhythm
of a blessing
we cannot
begin to fathom
but will save us
nonetheless.

interlude

Blessing for Waiting

by Jan Richardson

Who wait
for the night
to end

bless them.

Who wait
for the night
to begin

bless them.

Who wait
in the hospital room
who wait in the cell
who wait
in prayer

bless them.

Who wait
for news
who wait
for the phone call
who wait
for a word
who wait
for a job
a house
a child

bless them.

Who wait
for one who
will come home
who wait
for one who will not
come home

bless them.

Who wait with fear
who wait with joy
who wait with peace
who wait with rage
who wait for the end
who wait for the
beginning
who wait alone
who wait together

bless them.

Who wait
without knowing
what they wait for
or why

bless them.

Who wait
when they
should not wait
who wait
when they should be
in motion
who wait
when they need
to rise
who wait
when they need
to set out

bless them.

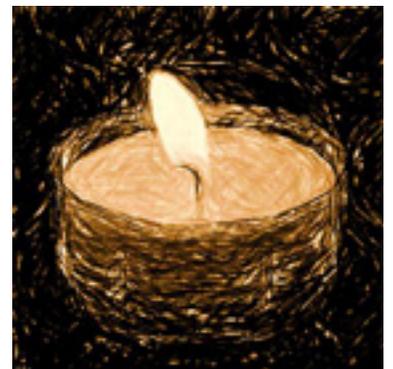
Who wait
for the end
of waiting
who wait
for the fullness
of time
who wait
emptied and
open and
ready
who wait
for you,

o bless.

interlude

the candle lighting

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



Drawing Near: A Blessing to Begin Advent

by Jan Richardson

While it is not yet
Advent, why limit
a perfectly good
blessing to one
season?

It is difficult to see it from here, I know,
but trust me when I say this blessing is inscribed on the horizon.
Is written on that far point you can hardly see.
Is etched into a landscape whose contours you cannot know from here.
All you know is that it calls you,
draws you, pulls you toward what you have perceived only in pieces,
in fragments that came to you in dreaming or in prayer.
I cannot account for how, as you draw near,
the blessing embedded in the horizon begins to blossom upon the soles of your
feet,
shimmers in your two hands.
It is one of the mysteries of the road,
how the blessing you have traveled toward,
waited for, ached for suddenly appears as if it had been with you all this time,
as if it simply needed to know how far you were willing to walk
to find the lines that were traced upon you
before the day that you were born

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;

Continued on next page

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

Moved to Write

Calling on folks interested in freeing up their creativity to make the connection of body, mind, and spirit. This is a **60 to 90-minute session** on Zoom that starts with gentle, yoga-like movement to stimulate and relax (don't you love a good paradox?), followed by a creative writing session. You do not need to know yoga nor do you need to aspire to be a writer. Curiosity and appreciation for an inward-looking experience are all that's needed. Well, that plus a Zoom account and paper and pencil. Teresa Maciocha will host the Zoom session. The class will be taught by Kathy Shoemaker. Kathy continues her a life-long inquiry into creativity both collaboratively and individually through yoga, poetry, dance, meditation and Nature. As a certified yoga teacher of many years, she has taught children and adults as well as persons with special needs in Western New York, Long Island, and Massachusetts. She has co-taught workshops that help the participants access their creativity through guided movement and writing. There will be two sessions: **Monday, Nov 9 @ 7pm and again on Saturday, Nov 14 @ 1pm**. Send an email to Teresa asking for the Zoom link in either timeslot: tmaciocha@aol.com. Class is free.

Everything Happens: Kate Bowler Podcast Discussion

The Everything Happens – Kate Bowler Podcast Discussion group will start this **Tuesday, November 3, at 7pm**, facilitated by Tim Lane and Jeffrey Tooke, and will run for four consecutive Tuesdays at 7pm.

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

Zoom link: <https://us02web.zoom.us/j/81668634672?pwd=eTVJZXFoNzVYdHZvSHZONGlNUUowZz09>

Meeting ID: 816-6863-4672

Passcode: trintalk

This week's podcast for November 3 – **Mia Birdsong: Community as a Verb** - is listed below along with a link to the podcast and discussion questions for that evening. The discussion questions can be downloaded as pdf from the linked page for easy use. The podcasts can also be found on any of your favorite podcast platforms.

NOVEMBER 3, 2020: Mia Birdsong: Community as a Verb

Podcast Link: <https://katebowler.com/podcasts/mia-birdsong-community-as-a-verb/>

Discussion questions: <https://katebowler.com/resources/discussion-questions-for-mia-birdsong-community-as-a-verb/>

NOVEMBER 10, 2020: Vivek Murthy: The Loneliness Epidemic

Podcast Link: <https://katebowler.com/podcasts/vivek-murthy-the-loneliness-epidemic/>

NOVEMBER 17, 2020: Lanecia Rouse Tinsely: When Hope Seems Lost

Podcast Link: <https://katebowler.com/podcasts/lanecia-rouse-tinsely-when-hope-seems-lost/>

NOVEMBER 24, 2020: Bishop Curry: The Power of Ordinary Love

Podcast Link: <https://katebowler.com/podcasts/bishop-michael-curry-the-power-of-ordinary-love/>

If you are interested in joining the podcast discussion group or have questions about the group, please send an email to Jeffrey Tooke at jeffrey@bayharboradvisors.com to receive more information.



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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