

trinity @7

10.11.2020

## welcome

*Trinity @7 welcomes you via Zoom! We've turned the corner on summer and we're now into fall, but we still need to keep our physical distance for the sake of our safety. On Zoom, people who enjoy the jazz combined with poetry can tune in on Sunday night whether they're in California or the West Side of Buffalo.*

*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.

Generous God,

Awaken me each day to gratitude for all that I so easily take for granted. Let my eyes do more than just read the stories in the daily paper or watch them on the evening news. Let my eyes take those stories to my heart where I am one with all who dwell on the Earth. Touch my compassion so that I know the pain of the hungry, the violated, the homeless, the burdened, and all those who yearn for some of my riches.

Compassionate Creator, stir in my soul. Call to me again and again, to be a true child of the universe. May I be attentive and alert to how you would have me live my abundant life. Grant me the generosity to share it with others.

**amen**

## interlude

The centering  
prayer is excerpted  
from a longer  
prayer by  
Joyce Rupp.

Chief Yellow Lark  
(ca 1850) was a  
Lakota chief in the  
late 19th century.  
He is said to have  
translated several  
Lakota prayers  
into English. On  
some websites, he  
is named as John  
Yellow Lark of the  
Ute tribe.

## Teach us to remember

by Chief Yellow Lark or John Yellow Lark

Earth teach us stillness  
as the grasses are stilled with light.  
Earth teach us suffering  
as old stones suffer with memory.  
Earth teach us humility  
as blossoms are humble with beginning.  
Earth Teach us caring  
as the mother who secures her young.  
Earth teach us courage  
as the tree which stands alone.  
Earth teach us limitation  
as the ant which crawls on the ground.  
Earth teach us freedom  
as the eagle which soars in the sky.  
Earth teach us resignation  
as the leaves which die in the fall.  
Earth teach us regeneration  
as the seed which rises in the spring.  
Earth teach us to forget ourselves  
as melted snow forgets its life.  
Earth teach us to remember kindness  
as dry fields weep in the rain.

## interlude

### Attuned

by Rosemerry Wahtola Trommer

I want to meet the world  
the way these calendula blossoms  
meet the cold.  
While everything around them  
has wilted or browned,  
they lift up their gold and orange faces  
like bright earthbound suns—  
not with some agenda  
to make the world a better place,  
but because they are doing  
what they are made to do—  
to be soft yet resilient,  
beautiful and tough,  
to carry inside themselves  
the seeds for more beauty,  
and, when the time comes,  
spill them everywhere.

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)

## interlude

### Why I smile at strangers

by Rosemerry Wahtola Trommer

In difficult times, carry something beautiful in your heart.

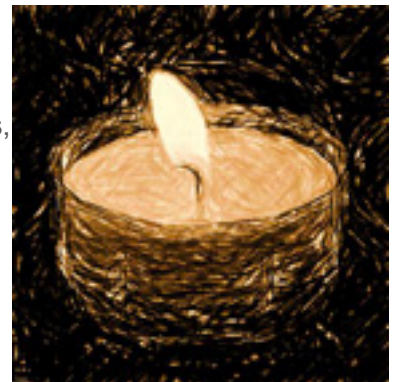
Blaise Pascal

And so today, I walk the streets  
with vermillion maple leaves inside me,  
and the deep purple of late-blooming larkspur  
and the lilting praise of meadowlark.  
I carry with me thin creeks with clear water  
and the three-quarters moon  
and the spice-warm scent of nasturtiums.  
And honey in the sunlight.  
And words from Neruda and  
slow melodies by Erik Satie.  
It is easy sometimes to believe  
that everything is wrong.  
That people are cruel and the world  
destroyed and the end of it all  
imminent. But there is yet goodness  
beyond imagining—the creamy  
white flesh of ripe pears  
and the velvety purr of a cat in my lap  
and the white smear of milky way—  
I carry these things in my heart,  
more certain than ever that one way  
to counteract evil is to ceaselessly honor what's good  
and share it, share it until  
we break the choke hold of fear  
and at least for a few linked moments,  
we believe completely in beauty,  
growing beauty, yes, beauty.

## interlude

### the candle lighting

Today is the birthday of Thích Nhất Hạnh. As we light our candles, let us remember him and all spiritual leaders who teach us by gentleness and wisdom, and especially by example of how they live their lives.



Thích Nhất Hạnh  
(born October 11,  
1926) is a Zen Master,  
a global spiritual  
leader, poet, and peace  
activist, renowned  
for his powerful  
teachings and  
bestselling writings  
on mindfulness and  
peace. As this program  
is being prepared,  
there is news that  
Thay (his nickname)  
now lives in his native  
Vietnam; his health  
is frail.

There's a revolution that needs to happen and it starts from inside each one of us. We need to wake up and fall in love with Earth. Our personal and collective happiness and survival depends on it.

interlude

Peace is not simply the absence of violence; it is the cultivation of understanding, insight and compassion, combined with action.

interlude

So for a school teacher the first thing to do is to come home to himself or herself. The way out is in. Go back to oneself and take care of oneself. Learning how to generate a feeling of joy, learning how to generate a feeling of happiness, learning how to handle a painful feeling, a painful emotion.

interlude

We have to walk in a way that we only print peace and serenity on the Earth. Walk as if you are kissing the Earth with your feet.

interlude

It is possible to live happily in the here and now. So many conditions of happiness are available—more than enough for you to be happy right now. You don't have to run into the future in order to get more.

interlude

When you plant lettuce, if it does not grow well, you don't blame the lettuce. You look for reasons it is not doing well. It may need fertilizer, or more water, or less sun. You never blame the lettuce. Yet if we have problems with our friends or family, we blame the other person. But if we know how to take care of them, they will grow well, like the lettuce. Blaming has no positive effect at all, nor does trying to persuade using reason and argument. That is my experience. No blame, no reasoning, no argument, just understanding. If you understand, and you show that you understand, you can love, and the situation will change.

interlude

reflection

interlude

The closing prayer is often associated with Francis of Assisi, but is, according to a number of websites, including Wikipedia, “entirely absent from his writings, the prayer in its present form has not been traced back further than 1912. Its first known occurrence was in French, in a small spiritual magazine called “La Clochette” (The Little Bell), published by a Catholic Church organization in Paris . . . The Franciscan Order does not include the prayer in its official “Prayers of St. Francis,” and a church historian has noted that the phrasing of the first half of the text (“let us...”) is atypically self-oriented for Francis.” Tonight’s version is taken from the original French, but has replaced “me” with “us.”

## closing prayer

Beloved, make us an instrument of your peace.

**Where there is hatred, let us bring love.**

**Where there is offense, let us bring pardon.**

**Where there is discord, let us bring union.**

**Where there is error, let us bring truth.**

**Where there is doubt, let us bring faith.**

**Where there is despair, let us bring hope.**

**Where there is darkness, let us bring light.**

**Where there is sadness, let us bring joy.**

**O Master, let us not seek as much**

**to be consoled as to console,**

**to be understood as to understand,**

**to be loved as to love,**

**for it is in giving that one receives,**

**it is in self-forgetting that one finds,**

**it is in pardoning that one is pardoned,**

**it is in dying that one is raised to eternal life.**

**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

### **Supplies Needed for Hamlin Park School**

Support Hamlin Park School by donating school supplies! Indicate what you will donate and drop off items at Trinity in the red carpet area when the sanctuary is open on Thursdays between 12 and 2pm. If it's not possible to make a church drop off and you're local, please contact Susie Green at [susie432@gmail.com](mailto:susie432@gmail.com) to arrange a time to drop the items by her house or for her to pick them up from you.

**School supplies are needed by Monday, October 26** to be delivered to Hamlin Park. Click [here](#) to see what's needed.





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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