



An Offering of Reflection, Prayer, and Music

Third Sunday after the Epiphany

01.24.2021

Welcome to Trinity's online community!

As you watch the Live Stream of this service, feel free to add comments, likes, etc. to the comment section at any time!

You might want to light a candle and place it near you. During the service, you will be invited to light a candle if you haven't already, so at least gather what you need for that moment if you wish to participate.

This service, streamed live on Facebook, is a complete offering in itself. Nevertheless, it is followed by an opportunity to participate in online communion via Zoom. A link to that Zoom meeting will appear in the comments on Facebook at the end of this service.

*Cover image:
Untitled aerial view
of swimmers by
Sergio Souza. Used
by permission.*

When we don't have to practice social distancing, the people of Trinity Church gather around a table piled high with spiritual food, and there is a place for you and everyone at the table, whatever your religious practice may be. For now, this is a time of sharing and connecting with one another, knowing that we are bound together by God's love. Trinity Church is a metropolitan house of prayer, a community of worship and spiritual inquiry, welcoming all people. Recognizing our common brokenness, yet rejoicing in the reconciling love of God through Jesus Christ, we nurture one another in our spiritual life together.

Trinity Church is an Episcopal Church and a member parish of the Diocesan Partnership of Western New York and Northwest Pennsylvania in the United States and is a part of the Anglican Communion, which is based in England, but found worldwide. If you would like to learn more about Trinity, see all our contact information on the last page.

PRELUDE

"PASTORALE" BY DON MICHAEL DICIE

CENTERING PRAYER

Let us pray together:

**I give thanks for arriving
Safely in a new dawn,
For the gift of eyes
To see the world,
The gift of mind
To feel at home
In my life,
The waves of possibility
Breaking on the shore of dawn,
The harvest of the past
That awaits my hunger,
And all the furtherings
This new day will bring.
Amen.**

*The Centering
Prayer is the poem
"On Waking" by
John O'Donohue.*

OPENING HYMN

"WILL YOU COME AND FOLLOW ME"



1. Will you come and fol - low me if I but
 2. Will you leave your - self be - hind if I but
 3. Will you let the blind - ed see if I but
 4. Will you love the "you" you hide if I but
 5. Lord, your sum - mons ech - oes true when you but



call your name? Will you go where
 call your name? Will you care for
 call your name? Will you set the
 call your name? Will you quell the
 call my name? Let me turn and



you don't know and nev - er be the
 cruel and kind and nev - er be the
 pris - oners free and nev - er be the
 fear in - side and nev - er be the
 fol - low you and nev - er be the



same? Will you let my love be
 same? Will you risk the hos - tile
 same? Will you kiss the lep - er
 same? Will you use the faith you've
 same. In your com - pan - y I'll



shown, will you let my name be
 stare should your life at - tract or
 clean and do such as this un-
 found to re - shape the world a-
 go where your love and foot - steps



known, will you let my life be
 scare, will you let me ans - wer
 seen and ad - mit to what I
 round through my sight and touch and
 show. Thus I'll move and live and



grown in you and you in me?
 prayer in you and you in me?
 mean in you and you in me?
 sound in you and you in me?
 grow in you and you in me.

The Bible readings are taken from The Inclusive Bible: The First Egalitarian Translation by Priests for Equality.

FIRST READING

JONAH 3:1-5, 10

The word of God came a second time to Jonah. "Get up! Go to the great city of Nineveh and preach to them as I told you to do." Jonah set out and went to Nineveh in obedience to the word of God. Nineveh was a city large beyond compare: it took three days to cross it. Jonah moved on into the city, making a day's journey. He proclaimed, "Only forty days more, and Nineveh is going to be destroyed!" So the people of Nineveh believed God; they proclaimed a fast and dressed in sackcloth, from the greatest to the least.

God saw their efforts to renounce their evil behavior. And God relented by not inflicting on them the disaster that threatened them.

Hear what the Spirit is saying to God's people.

Thanks be to God.

MIDDLE READING

"THE WAY UNDER THE WAY" BY MARK NEPO

For all that has been written,
for all that has been read, we
are led to this instant where one
of us will speak and one of us will
listen, as if no one has ever placed
an oar into that water.

It doesn't matter how we come
to this. We may jump to it or be
worn to it. Because of great pain.
Or a sudden raw feeling that this
is all very real. It may happen in a
parking lot when we break the eggs
in the rain. Or watching each other
in our grief.

But here we will come. With very
little left in the way.

When we meet like this, I may not
have the words, so let me say it now:
Nothing compares to the sensation
of being alive in the company of
another. It is God breathing on
the embers of our soul.

Stripped of causes and plans
and things to strive for,
I have discovered everything
I could need or ask for
is right here—
in flawed abundance.

The Middle Reading fills the role of a Bible reading, but it doesn't come from the Bible. It is our way of trying to listen for God's ongoing word as it is spoken outside the limits of the Bible. Most often, we turn to contemporary poets for this reading.

Mark Nepo (b. 1951 in Brooklyn, NY) is a poet, philosopher, author, and spiritual guide.

We cannot eliminate hunger,
but we can feed each other.
We cannot eliminate loneliness,
but we can hold each other.
We cannot eliminate pain,
but we can live a life
of compassion.

Ultimately,
we are small living things
awakened in the stream,
not gods who carve out rivers.

Like human fish,
we are asked to experience
meaning in the life that moves
through the gill of our heart.

There is nothing to do
and nowhere to go.
Accepting this,
we can do everything
and go anywhere.

Hear what the Spirit is saying to God's people.

Thanks be to God.

THE GOSPEL

MARK 1:14-20

After John's arrest, Jesus appeared in Galilee proclaiming the Good News of God: "This is the time of fulfillment. The reign of God is at hand! Change your hearts and minds, and believe this Good News!" While walking by the Sea of Galilee, Jesus saw the brothers Simon and Andrew casting their nets into the sea, since they fished by trade. Jesus said to them, "Follow me; I will make you fishers of humankind." They immediately abandoned their nets and followed Jesus. Proceeding a little further along, Jesus saw the brothers James and John Bar-Zebedee. They too were in their boat, putting their nets in order. Immediately Jesus called them, and they left their father Zebedee standing in the boat with the hired help, and went off in the company of Jesus.

Hear what the Spirit is saying to God's people.

Thanks be to God.

MUSICAL PRAYER

"MEDITATION" BY MARSHALL PORTNOY, PSALM 19:14

SERMON

THE REV. MATT LINCOLN

MUSICAL REFLECTION

The four Gospels hold the core of Christian spiritual wisdom, reflecting the earliest stories and images of Jesus. Like all Scripture, they are not definitive prescriptions but narrative stories requiring endless interpretation.

Nobody set out to write The Bible. The Hebrew Scriptures were created over many centuries by many people to record the Jewish People's experience of God. The same is true of the Christian Scriptures, some of which were letters written to a specific audience in response to specific needs—and were then found to be helpful to the faithful even after fulfilling their original purpose.

The sermon invites your curiosity and thoughtfulness about the theme of worship, and is intended to evoke your thoughts rather than direct them. An audio recording of the sermon is posted to the parish website each week, usually by Tuesday.

AFFIRMATION OF FAITH**We believe in God:**

**who has created and is creating,
 who has come in Jesus,
 the Word made flesh,
 to reconcile and make new,
 who works in us and others by the
 Spirit.**

We trust in God.**We are called to be the Church:**

**to celebrate God's presence,
 to love and serve others,
 to seek justice and resist evil,
 to proclaim Jesus,
 crucified and risen,
 our judge and our hope.**

In life, in death, in life beyond death,

God is with us.

We are not alone. Thanks be to God.

Amen.

COMMUNITY PRAYER: RECEIVING AND RELEASING THE LIGHT OF CHRIST

If you haven't already lit a candle near where you are seated, you are invited to do so now. For the next few moments, sit quietly and offer your prayers to God for yourself, those close to you and all of the human family. Today's invitation to pray for each other, the church and the world is based on a Shabbat prayer adapted from *Mishkan T'Filah: A Reform Siddur*, published by the Central Conference of American Rabbis in 2007. Words will alternate with music, giving you a chance to listen to the still small voice only you can hear, and to respond in the comment section if you wish.

The Lord be with you.

And also with you.

Let us pray for the Church and for the world.

There are days when we seek things
 for ourselves and measure failure
 by what we do not gain.
 On the Sabbath, we seek not to acquire
 but to share.

There are days when we exploit nature
 as if it were a horn of plenty
 that can never be exhausted.
 On the Sabbath, we stand in wonder
 before the mystery of creation.

Musical Response

*Like all summaries
 of historic and
 communal belief,
 this affirmation of
 faith is intended as a
 symbol of unity and
 continuity rather
 than a litmus test
 of one's individual
 commitment to a
 particular dogma.*

There are days when we act as if we
cared nothing for the rights of others.
On the Sabbath, we remember that justice is
our duty and a better world our goal.

So we embrace this Sabbath day:
day of rest, day of wonder, day of peace.

Musical Response

Gracious God, heal us and strengthen us this day
to love you with our whole heart and mind and strength
and to love our neighbors as ourselves
every day of our lives.

Sung Response: "Sow In Tears"

**Those who sow, who sow in tears
will reap in joy, will reap in joy.**

It's the song of the dreamer, from the dark place it grows.

Like a flower in the desert, the oasis of our souls.

Come back, come back where we belong,
you who hear our longing sighs.

Our mouths, our lips are filled with song.

You can see our tear filled eyes.

**Those who sow, who sow in tears
will reap in joy, will reap in joy.**

The peace of the Lord be always with you.

And also with you.

Now would be a great time to add a comment to the Live Stream!

ANNOUNCEMENTS

OFFERTORY ANTHEM

*Light of the world, you loose the bonds of night.
Once we walked in darkness; now bursts forth
your light.
Christ, in your glory, come to light the way;
Teach us how to follow.*

*Light of our paths, you walk with us in strife.
Where conflict darkens, bring the light of life.
Christ, in your mercy, come to show us love.
Teach us how to follow.*

"LIGHT OF THE WORLD" BY KAREN MARROLLI

*We must be your hands, lent to heal and bless.
We must be your light, rending wide the darkness.
Christ, in your image, we will greet the world;
This is how we follow.*

*Light of our days, we feel your dawning call;
Send us forth to serve and bring your light to all.
Christ, you have claimed us; you have made us
one.
We will always follow!*

*"Sow In Tears"
written by Debbie
Freidman, based on
Psalm 126.*

Your financial support is not only a practical necessity. It can also be a very meaningful symbolic gesture, expressing your gratitude for 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](#). You can also mail a check to Trinity at 371 Delaware Ave., Buffalo, NY 14202. Thank you!

CONCLUDING PRAYERS

This version of the Lord's Prayer was written by Monica Furlong (1930-2003), a British author, journalist, and activist.

Jesus revealed a new, personal sense of relationship with God by addressing God as something like "Papa." Always feel free to use your most meaningful name for God in saying the Lord's Prayer.

The prayer of St. Chrysostom is found in both Morning Prayer and Evening Prayer in the Book of Common Prayer.

This blessing is based on the words of Henri Frederic Amiel (1821-1881).

Now, as Christ has taught us, we are bold to say,

**God, who cares for us,
The wonder of whose presence fills us with awe.
Let kindness, justice and love shine in our world.
Let your secrets be known here as they are in heaven.
Give us the food and the hope we need for today.
Forgive us our wrongdoing
as we forgive the wrongs done to us.
Protect us from pride and from despair
and from the fear and hate which can swallow us up.
In you is truth, meaning, glory and power,
while worlds come and go. Amen.**

PRAYER OF ST. CHRYSOSTOM

**Gracious God, you have given us grace at this time
with one accord to make our common supplication to you;
and you have promised through your well-beloved Son
that when two or three are gathered together in his Name
you will be in the midst of them:
Fulfill now, O Lord, our desires and petitions as may be best for us;
granting us in this world knowledge of your truth,
and in the age to come life everlasting. Amen.**

BLESSING

Life is short. We do not have too much time to gladden the hearts of those who make the journey with us. So be swift to love. Make haste to be kind. And may the blessing of God, who made us, who loves us, and who animates and guides us be with you now and always..

Amen.

CLOSING HYMN

"PRAISE WITH JOY THE WORLD'S CREATOR"

1 Praise with joy the world's Cre - a - tor, God of jus - tice,
 2 Praise to Christ who feeds the hun - gry, frees the cap - tive,
 3 Praise the Spir - it sent a - mong us, lib - er - a - ting,
 4 Praise the Mak - er, Christ, and Spir - it, one God in Com -

love, and peace, Source and end of hu - man knowl - edge,
 finds the lost, Heals the sick, up - sets re - li - gion,
 truth from pride, Forg - ing bonds where race or gen - der,
 mu - ni - ty, Call - ing Christ - ians to em - bod - y

grace be - stow - ing with - out cease. Cel - e - brate the
 fear - less both of fate and cost. Cel - e - brate Christ's
 age or na - tion dare di - vide. Cel - e - brate the
 one - ness and di - ver - si - ty. Thus the world shall

Ma - ker's glo - ry, power to res - cue and re - lease.
 con - stant pres - ence— Friend and Strang - er, Guest and Host.
 Spir - it's trea - sure— fool - ish - ness none dare de - ride.
 yet be - lieve when shown Christ's vi - brant un - i - ty.

The Iona Community works and worships in a tenth-century abbey on the remote island of Iona, Scotland. Their output of hymns and songs includes this one written for the anniversary gathering of the World Student Christian Federation in Edinburgh in 1985.

Tune: LAUDA ANIMA (PRAISE MY SOUL)
 8.7.8.7.8.7.
 John Goss, 1869

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DISMISSAL

Take your leave, trusting that we are made one in Christ, to shine in the world with God's light. Alleluia, alleluia!

Thanks be to God. Alleluia, alleluia!

POSTLUDE

"SICILIENNE" OP. 78 BY GABRIEL FAURÉ

Tuesday, January 26, 2021 @ 7pm Tim Lane and Jeffrey Tooke will facilitate a podcast discussion group to discuss the most recent Way of Love podcast episode called "The Blessing of Mercy with Bryan Stevenson." In this episode, Bishop Curry talks with Bryan Stevenson – author, lawyer, and founder and executive director of the Equal Justice Initiative – about what it means to remember, reorient, and renew an active faith in Jesus and his Way of Love.

This podcast episode is available here and anywhere that your favorite podcasts are available:

<https://media.episcopalchurch.org/podcasts/podcast/the-blessing-of-mercy-with-bryan-stevenson/>

Discussion questions for the evening are available here:

https://1drv.ms/b/s!AI-L5d_Lxgjchut5vp8xcu82kxIQ5A?e=y6NUfV

Use this zoom link for the discussion group on Tuesday, January 26 @ 7pm:

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

Meeting ID: 816-6863-4672

Passcode: trintalk

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.



Wednesday, 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.

SERVICES @TRINITY

In the interest of staying connected and sharing what we can of our spiritual life together, here's our service lineup:

SUNDAY MORNING @10:30 Live streaming on Facebook. The Sunday online Live Stream service remains accessible as a video recording on Trinity's Facebook page and YouTube page after the service is over.

TRINITY @7 Zoom gatherings on Sunday night @7pm featuring poetry and jazz.

WEDNESDAY @NOON Zoom gatherings offering prayer and holy conversation.

THURSDAY @7 Zoom gatherings @7pm offering the wisdom and fellowship of 12-Step recovery.

THURSDAY @NOON TO 2PM OR BY APPOINTMENT The church will be open for private prayer or meditation. You can chat quietly with one of the volunteers, or if you need, you can ask them to pray with you. Please wear a mask. You are required to sign a registry at the entrance to be used in the event contact tracing is necessary.

This plan will be in place for the foreseeable future. It's clear we will not have any sizable groups for many months to come. If you have ideas about safe ways to use our building for spiritual enrichment, please contact the church office to share your ideas and plans for implementation. Please continue to read the newsletters to stay informed.

Click here to [find the readings](#).

Email your request for a [link to the Zoom worship services here](#).



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Judy Atkinson Miller, Junior Warden
Bing Sherrill, Treasurer
Susana Bernhardt, Clerk
John Alduino
Joe Chamberlain
Edward Fries
Karen Hall
Jane Kearns
Christina Kinney
Kayla Kisenwether
Elaine "Gretchen" Lodick
Tom Owen

CHOIR MEMBERS

Paul Cena, *Director*
Laura Munson, *Section Leader*
Betsy Curtis
Cheryl Fisher
Elaine "Gretchen" Lodick
Christina Kinney
Suzanne Fatta, *Section Leader*
Susana Bernhardt
Sue Doherty
Mimi Dow
Carol Case Siracuse
John Clayton, *Section Leader*
Peter Dow
Dan Galley
Steve Shanley
Tyler Mecklenburg, *Section Leader*
Peter Curtis
Tom Owen

TODAY'S WORSHIP TEAM

Vocalists: Laura Munson, Suzanne Fatta, John Clayton, Tyler Mecklenburg
Guest Musicians: Claire Fisher, violin; Nancy Baun, cello
Readers: David Brand, Leslie Charlier, Megan McElfresh Augspurge
Cyber Sacristan: Jeffrey Tooke

Sunday @10:30am Reflection, prayer, and music

Sunday @7:00pm An encounter with God through poetry and jazz

Wednesday @Noon Prayer and holy conversation

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

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