



trinity @7

06.14.2020

welcome

It's almost summer and we intend to keep meeting on Zoom for Trinity @7 all season. We still need to keep our physical distance for the sake of our safety, but we can be together in spirit. And on Zoom, we can at least see one another and smile. Let's proceed with our smiling and be glad to see one another.

Like any other Sunday night, tonight we will share some music and some words and hopefully, a little bit of peace. Tonight we welcome George Caldwell, the pianist who will join us this summer.

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 centering prayer

open our minds and hearts.

Lift the barriers, unbind the strong grasp of our demands
when we want everything to go our way.

God of spaciousness,
reach into our inward space,
sweep out all the old clutter,
enlarge our capacities to receive.

God of wisdom,
empty us of whatever impedes the growth of our relationship.
Help us to recognize and accept you as a source of our growth.
God of light,
be among us and within us this night.

amen

interlude

How Wonderful

by Irving Feldman

How wonderful to be understood,
to just sit here while some kind person
relieves you of the awful burden
of having to explain yourself, of having
to find other words to say what you meant,
or what you think you thought you meant,

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Irving Feldman
(b. 1928) was
born, raised, and
educated in New
York City, and has
since lived in Spain,
France, Puerto Rico,
and elsewhere.
In addition
to publishing
poetry, Feldman
was a professor
at numerous
institutions,
including the
State University
of New York at
Buffalo, where he
was Distinguished
Professor of English
until his retirement
in 2004.

and of the worse burden of finding no words,
of being struck dumb . . . because some bright person
has found just the right words for you — and you
have only to sit here and be grateful
for words so quiet so discerning they seem
not words but literate light, in which
your merely lucid blossoming grows lustrous.

How wonderful that is!

And how altogether wonderful it is
not to be understood, not at all, to, well,
just sit here while someone not unkindly
is saying those impossibly wrong things,
or quite possibly they're the right things
if you are, which you're not, that someone
— a difference, finally, so indifferent
it would be conceit not to let it pass,
unkindness, really, to spoil someone's fun.
And so you don't mind, you welcome the umbrage
of those high murmurings over your head,
having found, after all, you are grateful
— and you understand this, how wonderful! —
that you've been led to be quietly yourself,
like a root growing wise in darkness
under the light litter, the falling words.

interlude

You Know What I'm Saying

by Irving Feldman

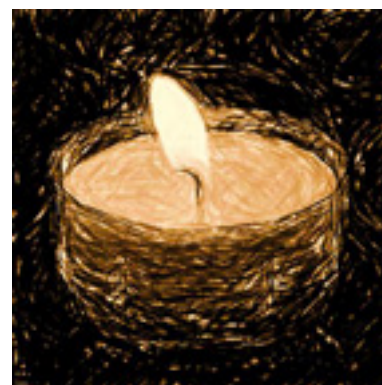
"I favor your enterprise," the soup ladle says
"And I regard you and your project with joy."
At Grand Forks where the road divides twice over,
the wet wooden squeegee handle poking out
of the bucket beside the red gas pump tells you,
"Whichever way — hey, for you they're all okay."
The stunted pine declares from someone's backyard
you happen to be passing, "I don't begrudge you
your good health. In fact, my blessing — you've got it, now."
An ironing board is irrepressible.
"Your success is far from certain, my friend,
and still it's vital to my happiness."
The yellow kernels in the dust, mere chickenfeed,
call out, "We salute you, and you can count on us."
We do not live in a world of things
but among benedictions given
and — do you know what I'm saying? — received.

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

interlude

the candle lighting

while George plays, let's take a moment to light our candles.



Always Home

by Rosemerry Wahtola Trommer

And on that Saturday morning
when you feel isolated, alone,
no matter the time, or even
if it's a Tuesday, call me.
I won't be able to fix anything,
but I will remind you that you
are home, right there in your body,
you are home. And I will listen
as you weep. I will listen.
And though I won't sing
in a way you can hear,
I will sing for you. I will sing
a circle around you,
I will sing you home.

interlude

the reflection

interlude

closing prayer

Beloved God,
our Mother,
our Guide,
our Father,
our Seed,
open the doors we need to pass through,
light the path we need to walk.

Gracious One,
dwell in our breath,
shine as our light,
look through our eyes
that we may see truth.

Amen.

interlude

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.

Welcome and thanks to George Caldwell for his music.

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.

**Next Sunday, June 21,
is the summer solstice.
We can't gather in a
field or anywhere else,
but we can gather on
Zoom. It's a special
event, and we'll have a
special guest, Owen
Ó Súilleabháin, so
please join in. Start
weaving your daisy
crowns now and expect
to enjoy the evening of
the Longest Day.**





important notice

In previous summers, Trinity @7 has taken a hiatus. This summer, however, we need to stay connected to one another, and to keep a spark lighted in our spirits, so the service will continue on Zoom. Come back next week. See you then.

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.

Trinity is an Episcopal Church in the Diocese of Western New York and Northwest Pennsylvania.

Online Services:

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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