

# GREETINGS FROM EMMANUEL ROAD, 1ST MAY 2021

*Posted on May 1, 2021 by Andrew Brown*

Greetings.

As in previous weeks, I trust all remains as well as can be expected with you all.

Please remember that if you would like to speak with me during the week simply reply to this email and we can arrange a suitable time to talk properly either by telephone, Zoom or on a socially distanced one-to-one walk/talk. More people are getting in touch with me to arrange this kind of thing so please do be in touch if you'd like to do this.

In connection with the continued easing of the national lockdown please read the attached pdf of a press release from the City Council. It's an important reminder that we need to undertake this process slowly and with care.

For those interested in reading my blog and/or listening to my podcast please follow the usual links below my signature.

**And, lastly, as always, if on reading this you decide you would like to join us on Sunday morning for the service of mindful meditation and time of conversation following** and do not have the necessary Zoom link then please contact either our Church Secretary, Brendan Boyle, or the minister, Andrew Brown via the contact page of our website. Just look through the dropdown tabs to the appropriate person:

<https://www.cambridgeunitarian.org/contact/>

Please log in between 9.45 and 10am. The meditation starts at 10am sharp, and finishes at about 10.50. There will then be a short break to allow you to stretch your legs, compose

your thoughts, or put the kettle on. The Time for Conversation'will start at about 11am, and if you arent taking part in the meditation, feel free to sign in during the break for the conversation.

To get the most from the meditation, you will find it helpful to either print out the order of service, or display it in a second window. Here is the link:

### **Order of Service for the Mindful Meditation**

<https://www.cambridgeunitarian.org/wp-content/uploads/2020/03/Evening-Service.pdf>

You might also wish to have a small candle or tea-light to hand to light at a certain point during the meditation.

**A representative recorded version of the service is available for download via my podcast site here:**

<https://www.buzzsprout.com/1378024/7314817>

<https://open.spotify.com/episode/58kI7c6zviN3JgGqWmAync>

With love and best wishes as always,

Andrew

Andrew James Brown

Minister  
Cambridge Unitarian Church  
Emmanuel Road  
Cambridge  
CB1 1JW  
07305 089 951 (Church Office)

07477 462 110 (Mobile)

<http://www.cambridgeunitarian.org/>

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Other stuff . . .

<http://andrewjbrown.blogspot.com/> (Blog)

<https://twitter.com/caute> (Twitter)

<https://footprints.buzzsprout.com> (Making Footprints Not Blueprints Podcast)