

GREETINGS FROM EMMANUEL ROAD, 24TH APRIL

Posted on April 24, 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.

For those interested in my own current personal musings on life, the universe and everything please follow the 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 either reply to this email or contact our Church Secretary, Brendan Boyle, via the contact page of our website. Just look through the dropdown tabs to find "Secretary":

<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 aren't 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

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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)