

GREETINGS FROM EMMANUEL ROAD, 29TH MAY AND A VIDEO INTRODUCING THE SERVICE OF MINDFUL MEDITATION

Posted on May 29, 2021 by Andrew Brown

Greetings.

As in all previous weeks, I trust things remain 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.

For those interested in reading this week's blog and/or listening to the associated 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 for the Sunday morning 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>

I have also just recorded a video introducing this service and, should you wish, you can watch that here:

<https://www.youtube.com/watch?v=qfmVH34meck&t=948s>

With love and best wishes as always,

Andrew

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Other stuff . . .

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

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

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