

GREETINGS FROM EMMANUEL ROAD AND A NEW RECORDING OF THE SERVICE OF MINDFUL MEDITATION, 16TH JANUARY 2021

Posted on January 16, 2021 by Andrew Brown

Greetings to you all.

This week, in place of the usual address/podcast I have added, as a supplement to last week's offering a representative version of our Sunday morning service of Mindful Meditation, the service which, until the beginning of lockdown in March was our regular evening service.

You can listen to and or/download it by clicking on the following link:

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

As I mentioned last week I fully appreciate that Sunday mornings are not good for some of you so I hope this properly recorded version of the mindful meditation might prove both of interest and even some use to you as we try to find good, positive and creative ways through this difficult time.

As in all previous weeks, please remember that if you would like to speak with me during the week please be in touch by replying to this email and we can arrange a suitable time to talk properly either by telephone or Zoom. Alas, the new strain of the coronavirus is clearly so infectious that, for the moment, it seems best to put on hold my offer of taking a socially distanced walk somewhere in and around town except for the most pressing reasons. It is clear we need to double down on our duty to minimise direct contact with one another in order both to protect ourselves and others. I hope my address this week offers one helpful way to deal with this current situation as well as possible.

Just to note that the next series of online, Zoom conversations will start on Wednesday 27th January. To give us more time to talk and to allow people to bring more general questions and thoughts to the table, the next few Wednesday conversations will not start by playing that week's podcast but will go straight into the conversation.

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 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 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 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.

With love and best wishes as always,

Andrew

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