

GREETINGS FROM EMMANUEL ROAD AND THE LI THIS WEEK'S ADDRESS/PODCAST - 9TH JANUARY

Posted on January 9, 2021 by Andrew Brown

Greetings to you all at the end of the first week of this new period of lockdown.

In my address/podcast this week I have tried to offer up some positive and helpful words drawing on Henry Bugbee's philosophy in the hope that it might persuade some of you, if you have not yet tried it, to attend our Sunday morning service of Mindful Meditation. I realise that Sunday mornings are not good for some of you so, during the week, I'll make available a properly recorded version of the mindful meditation and post it on my podcast site so you can try it out at a time more convenient to you.

As in 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 in 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.

So here are the links to this week's address/podcast:

On the need to take even strokesHow Henry Bugbee's naturalistic philosophy and some mindful meditation might help us get through the pandemic"

Text: <https://andrewjbrown.blogspot.com/2021/01/on-need-to-take-even-strokeshow-henry.html>

Podcast: <https://www.buzzsprout.com/1378024/7208773>

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 couple of 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

Andrew James Brown

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

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

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

Minister

Memorial Church (Unitarian)

Emmanuel Road

Cambridge

CB1 1JW

01223 576952

07477 462 110

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