

NEWSLETTER 18TH NOVEMBER 2023

Posted on November 18, 2023 by Andrew Brown

Greetings to you all.

If you wish to join us for the *Morning Service of Mindful Meditation* on Zoom, then please click on the following link and join from 10.15am. The service starts at 10.30am and will finish on, or shortly after 11.30am. The order of service we use is found below.

<https://us02web.zoom.us/j/86584947084?pwd=RHdlVWlVbG5uajcxODhqT2h5djExZz09>

Meeting ID: 865 8494 7084
Password: 729425

Seiza meditation

You may recall that back in September we held a Seiza meditation session at the church.

This event was filmed and it can now be viewed via Andrew Brown's blog <https://andrewjbrown.blogspot.com/2023/10/a-video-of-miki-nakura-senseis-seiza.html>

In case you are wondering why this form of meditation was offered within the context of our Unitarian religious community, please read what the minister, Andrew Brown, has written about it in his blog.

Advent/Christmas Charity Appeal

We realise that it's only mid-November, but but it's important to let you know that the church committee decided at our Wednesday meeting that once again we invite the congregation to support the local charity [Rowan Humberston](#) an arts centre and forest school for adults with learning disabilities. More information to follow.

Dates for your Diary

Looking ahead to Advent and Christmas, I can give you the following dates for the month of December:

17 December - Carol Service

24 December - 10.30am - Service of Mindful Meditation, Music & Conversation

24 December - 6.30pm — [Christmas Eve Communion Service](#)

25 December - 10.30am - Christmas Day Service (Zoom only)

The minister's blog and podcast (which contains the weekly thought for the day) can be found at the following links:

[CAUTION - MAKING FOOTPRINTS NOT BLUEPRINTS](#)

<https://open.spotify.com/show/2MD0r3SKy7H66r2XMYiGZC>

[The Mystery & Miracle of Life A Sunday Morning Service of Mindful Meditation \(reorder w. conversation and one song July 2023\) Download](#)