

WEEKEND GREETINGS FROM EMMANUEL ROAD, SEPTEMBER 2020

Posted on September 12, 2020 by Andrew Brown

Greetings to you all once again. I hope you were able to have a reasonably good week and I look forward to seeing some of you on Sunday on Zoom for our time of mindful meditation and conversation, and talking with still others by phone or via text/email during the coming week. Naturally, as always, if you need/want to talk about something specific please be in touch and we can arrange a time that best suits us both.

For those interested in these kinds of things, I've written something for you which you can read by clicking on the following link. As I mentioned in last week's email I have a not unreasonable hope that sometime in early October these pieces will also be being made available to you in podcast form. Alongside this initiative I'll also be restarting our Wednesday evening conversation series (albeit on Zoom) where my piece and any other related and relevant ideas can be talked through in a relaxed, though always genuinely critical, environment.

**'A passionately cool political/theological meditation on Robert Frost's poem
Fire and Ice'**

Lastly, if upon reading this email of greetings you decide you would like to join the mindful meditation and conversation 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

You might also wish to have a small candle or tea-light to hand to light at a certain point during the meditation.

If you can't come to the live Zoom meditation, at the following link, you can download an mp3 of the service I made for you back at the beginning of lockdown. For your delectation I'll be recording a new, higher fidelity one in the very near future:

MP3 of the Service of Mindful Meditation

With love and best wishes as always,

Andrew

Andrew J. Brown

<http://andrewjbrown.blogspot.com/>

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