

WEEKEND GREETINGS FROM EMMANUEL ROAD, 16TH MAY 2020

Posted on May 16, 2020 by Andrew Brown

Greetings to you all from Emmanuel Road.

As always, I hope this email finds you as well as possible. I've enjoyed speaking with some of you this week and very much look forward to speaking to others of you next week. As always, please remember you can always call me on my mobile if you'd like to have a conversation about any matter at all.

This week I find I've been able to write a new piece of a meditative nature for you and, should you wish, you can read that at the link below:

[A new-materialist meditation woven around four poems by Lucretius, A. R. Ammons, Joseph Blanco White, and Mary Oliver—'It is only enough to touch the inner light of each surrounding thing and hope it will itself be stirred to radiance'](#)

On the subject of meditations, thanks to our Chairman's message of last week, you will have received a reminder about the availability of our church's regular, mindful meditation service and the fact that we are to have an online "Time of Conversation" from 11.30am on Sunday. One possible way through this coming Sunday morning might, therefore, be as follows. Take some time to read the written meditation above, then take part in the forty-five minute mindful meditation and, lastly, to click on the Zoom link to join a online version of our regular coffee slot. I know it's not quite like a regular Sunday but it's moderately close . . . If you are able, it's worth giving it a go, surely?

[So. Here's the link once again to the mp3 of the Mindful Meditation \(it lasts 45 minutes\).](#)

[And for the order of service -- which you'll need to have to hand -- can be found at this link.](#)

If you'd like to attend the 'Time of Conversation' please be in touch with our secretary, Brendan Boyle, via the contact tab on our webpage:

<https://www.cambridgeunitarian.org/contact/>

Love and best wishes as always,

Andrew