

WEEKEND GREETINGS FROM EMMANUEL ROAD, SEPTEMBER 2020

Posted on September 26, 2020 by Andrew Brown

Greetings once again and I trust all remains well enough with you all. This week's piece in lieu of a spoken address can be read, should you wish, at the following link:

[Cool It](#)

As in previous weeks, I look forward to seeing some of you tomorrow either for the mindful meditation and/or the time of conversation following.

Please be in touch by replying to this message if you would like to speak with me during the week and we can arrange a suitable time to talk properly either by telephone, Zoom or by taking a socially distanced walk somewhere in town.

Love and best wishes as always,

Andrew

If, on reading this, you decide you would like to join us on Sunday morning 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](#) <>

Andrew J. Brown

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