

# WEEKEND GREETINGS FROM EMMANUEL ROAD, OCTOBER 2020

*Posted on October 3, 2020 by Andrew Brown*

Greetings to you all once again. I trust that all is as well as can be expected with you.

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

My address for you this week called, **Socrates & Jesus vs the strongmen** leaders, can be found on my blog by clicking the following link:

<https://andrewjbrown.blogspot.com/2020/10/socrates-jesus-vs-strongmen-leaders.html>

However, as I mentioned in earlier emails, I'm trying to learn the new skill of producing reasonably high-quality podcast versions of my addresses. I'm getting closer to that aim but, should you be interested, at the following link you can hear trial versions of both this week's address as well as the one from last week, "Cool It".

<https://www.buzzsprout.com/1378024/5722141>

The theme music for those interested in such things is a recent recording of a tune called "New Heaven" that I wrote for Susanna a fair few years ago. The band consists of me on double bass, Chris Ingham on piano, Paul Higgs on trumpet and Russ Morgan on drums.

So, please bear with me while I continue to learn how properly to do this. I'll get there in a week or so and then we'll go ahead with restarting the Wednesday evening conversations on Zoom using these recordings as that week's conversational starting point.

As always, 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,

Andrew

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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**

<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.

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**

[https://drive.google.com/file/d/1kxAceHiN-WAn7w3PoaSRKPWZkP7Aslo\\_/view](https://drive.google.com/file/d/1kxAceHiN-WAn7w3PoaSRKPWZkP7Aslo_/view)