

# WEEKLY GREETINGS & NEWS ABOUT THIS WEEK PODCAST & SUNDAY MORNING, MINDFUL MEDITATION SERVICE 5TH DECEMBER 2020

*Posted on December 5, 2020 by Andrew Brown*

Greetings. This week's podcast is available at the following links:

## **How Nietzsche helps us better prepare to celebrate Advent & Christmas**

*An introductory exploration of how Nietzsche thinks "free spirits" are made and how becoming a free spirit might gift us with a meaningful way still to celebrate Advent and Christmas after the death of our old conceptions of God, the divine and the sacred.*

You can hear a podcast/recording of this piece at the following link:

<https://footprints.buzzsprout.com>

The full text of this podcast can be found at the following link:

<https://andrewjbrown.blogspot.com/2020/12/how-nietzsche-helps-us-better-prepare.html>

Please feel free to post any comments you have about this episode there.

If you would like to join a conversation about this, or any other edition, of the podcast then please note that our next Wednesday Evening Zoom meeting will take place on 16th December at 19.30 GMT. The Zoom link will be posted in the next edition of the podcast but

here's the timetable for the meeting:

19.15-19.30: Arrivals/login

19.30 - approx. 20.00: Streaming of the latest edition of "Making Footprints Not Blueprints"

20.00 - 21.00: Questions to, and conversations with, Andrew James Brown moderated by Courtney Whalen Van de Weyer

21:00: Event ends

Those of you who have already listened to the podcast and who only wish to join in the conversation are invited to login to the meeting at about 19.50.

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

And, lastly, as always if, on reading this you decide you would like to join us on Sunday morning for the service of mindful meditation and time of conversation following 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.

With love and best wishes as always,

Andrew

Andrew James Brown

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

[@caute](https://twitter.com/caute)

<https://footprints.buzzsprout.com> (Making Footprints Not Blueprints Podcast)

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