



Monday Musing: September 14th, 2026
Motion...

Moton is lotion. Have you heard that phrase? I have, a lot, especially with respect to keeping our joints healthy and our leg muscles strong. It applies to so much more in life too from birthing to aging and everything in between.

When I left by position with the Ontario Public Service to move on, 30 years ago, I certified in investment funds to work in my husband's business. I also certified as a childbirth educator and began my own business offering courses and tours of local hospitals for teens and couples expecting babies. I taught on pregnancy, labour and delivery, breastfeeding and circumcision, relaxation and medications, positions and interventions, and of course, all about birthing beds and rooms. I met and worked with some wonderful people. Together we offered financial planning and legal sessions, early infant language development and shiatsu infant massage, all to help young families learn what they needed to know for raising their families in today's world. My boys would help me set up

at home or at the studio and as you can image, for my work, my visuals and demonstration items were quite explicit. So, my young boys got quite the education on where babies come from, how they're born and cared for, and well before they learned how babies got there in the first place!

One of the most important things I learned through the programmes and my own experiences was motion is lotion and with that, the need to centre with peace and calm in between the moving. Motion keeps the birth process moving along. Motion helps to ease pain. Motion helps build muscles. Motion moves us through life, otherwise, we can get stuck physically, emotionally, psychologically, socially and spiritually too. Years back, my Nan said that keeping herself moving helped her arthritis, and when Gramp was away in the Armed Forces keeping busy, moving with her kids, helped her manage all the stressors of life she faced then and through the years. "Keep moving," she'd say.

Keep moving. Keep living. Keep loving. Keep hoping. Keep being.

Times of rest and renewal are also important, like sabbath rest for the body, mind and spirit, and sometimes that renewal time means moving in new directions, to new places, new paths or exploratory adventures. Imagine what might happen, or might have happened differently, if in history some folk just stopped. Imagine if the Israelites decided to abandon Moses and go back to Egypt? Imagine if the disciples decided to

pack it in and go home? Imagine if the early church leaders never bothered to pass on the stories of Jesus? Imagine if the forces during WWI or WWII had said enough? Imagine if all motion to change the world, to better the world for others, through the WHO or Doctors without Borders, just stopped? Imagine.

Motion is lotion. The lotion of life is a moving hope. No matter where we are, we need to keep moving. Sometimes it might mean moving towards new goals, or moving sideways to broaden the breadth of our understanding. It might mean moving backwards to recapture or relearn something we missed. Moving upwards might mean reaching to the infinite possibilities that shower around us. We need to keep moving, moving with the Spirit of Life so that the Lotion of Love soothes our souls. May our soothed souls then be moved to love ever more deeply.

My Dad told me 28 years ago when I felt the call to ministry, "Keep moving on." He also said, "Let life unfold and don't be afraid." What amazing wisdom this has been for me as I've grown older through the years. I've also gained wisdom from James Hollis, a Jungian psychoanalyst who has written many books. For aging he says, "Shut up. Suit up. Show up." In other words, don't complain, get dressed, and get going. This is your life. Live it. And love it fully.

Prayer

Holy God, moving us from the past, calling us to the future,
Being with us in the now, always present, always with us in life and in love,
Be with us in the still quiet times as in the times of hopeful motion
And may we always live and move within your love. Amen.

Scripture from the Lectionary

Exodus 16:2-15	God sends bread and quail.
Psalms 105	Make known what God has done.
Philippians 1:21-30	To live is Christ, to die is gain.
Matthew 20:1-16	Wages for workers: what is fair?

TR Question (theological reflection)

How is God calling you to move in your life? How is God calling the church to move? In which directions? Why? What does it mean for you? For the church?

May you continue to move, to live and to love, may you love deeply as you go,

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