

27th July 2020

## Movement

***“Tempus est mensura mortis rerum molilium.”***

**“Time is the measurement of movement.”**

*Auctoritates Aristotelis (“Authoritative [passages of] Aristotle”)*

Movement matters. Movement across European borders, quarantine restrictions on those arriving in the UK from overseas, restrictions on holiday flights and the like, are all pressing issues for us just now. Nationally, locally and individually, we want to move freely as and when we choose. It looks as though, with the beginning of an easing of the lockdown restrictions, “freedom of movement” will, once again, be available to us, if not completely, then enough to be going on with.

Included in the Iona Community’s daily worship, there is this prayer, commonly known as “The Universal Prayer for Peace”.

*Lead me from death to life, from falsehood to truth.*

*Lead me from despair to hope, from fear to trust.*

*Lead me from hate to love, from war to peace.*

*Let peace fill our lives, our world, our universe.*

*Peace, peace, peace.*

This prayer, reportedly first used by Mother Teresa, is important because movement matters. It trumps the desire for physical movement, because this is movement of the heart, mind and soul, as we work for a more peace-filled world. It’s about moving from darkness to light, from what was to what can be, from destructiveness to peaceful co-existence, from a world destroyed by human greed and power, to a universe at peace with itself – as it was surely meant to me.

That’s a “freedom of movement” which surely should be a pressing issue for us all, before we start complaining that we can’t move as we would wish from our lockdown to our much-prized holiday in Benidorm. Let’s hope time can measure a movement that *really* matters.

### **A Prayer for today**

*Loving God, we need to move; we have to change; we must work for harmony and peace. So, lead us from where we have been, to where you would have us be. Amen*

*An original reflection by © Tom Gordon*

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