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*"...that they may be encouraged  
in heart and united in love..."*

Colossians 2.2 (NIV)

**MINDFUL MOVEMENT**

I had foot surgery in 2022. I needed an orthopedic boot and was using a knee scooter for 6 weeks. I could move around but very carefully and deliberately. I planned my routes to avoid obstacles in the house and get from one place to another as best I could. Getting into the higher kitchen cupboards was difficult. Feeding the cats required too much bending, so my spouse took over that task. We had to build a small plywood ramp so I could maneuver in and out of the garage.

Mindful movement determined where I could and could not go during this time. The upstairs rooms in my house were off limits, as I couldn't do steps. Fortunately, we have a home where our bedroom, my office, the kitchen, family room, and living room are on the main floor. I hung out in my favorite chair in the living room by moving the coffee table slightly. I had a favorite spot in my office which I could easily get to without crashing into the boxes of books stored in one corner. Every movement was planned.

Mindful movement is a spiritual discipline as well. We move from one season of the church year to the next. We move from one program or event to another program. We plan carefully and have contingency plans so we can adjust. We are mindful of the movements of the Spirit within us, some we recognize, others we are aware of only with the benefit of time. During this long season after Pentecost, we are experiencing summer and all that it brings. VBS, ELCA Youth Gathering, Day Camps, Summer Camps, Bible Camps, travel, and many other events.

The last year has been one of mindful movement for the Christian Education Network. There have been big and small movements into a new way of being. This movement took a big step when our Board voted in October 2023 to merge with the Association of Partners in Christian Education. Another big step just happened with the positive vote of our members to approve the merger. There will be many more steps in this process, some big and some small, some we have planned for, and some contingencies will probably develop as well.

I am especially mindful of all that has happened to get us to this point. There is sadness that one way of being is ending. There is excitement about creating something new. There is anticipation as we continue our mission of supporting lifelong faith formation in the home and congregation. As we've gone through this process, I recognize all the mindful movement in ministry. Overall, the emotion I feel the most is gratitude. So many people have made the Network what it is, and so many people will continue to make it what it will be in the future. Thank you.

Moving with you prayerfully and carefully into our future, with God's guidance,

Diane McGeoch

P.S. And my own mindful movement will continue, as I prepare for knee replacement surgery this fall!