



ICDF Newsflash

April 2020

Staying connected - to the Lord and to each other



In this time of Easter we commemorate the crucifixion and resurrection of Christ and its meaning in our faith life. This is symbolised by the sculpture above with a figure of the resurrected Christ on the wall behind it. A pietà, meaning “pity” or “compassion”, is a subject in Christian art depicting the Virgin Mary cradling the dead body of Jesus, most often found in sculpture. The photo above shows the pietà at the “Our Lady of Ransom Church” in Kanyakumari, India, where we gathered for the ICDF Dance and Culture Study Tour in 2019.

Dancing in the time of isolation

ICDF Friends and other Worship Dancers on Facebook



Photo: Street performers, Central Park, New York

In our last Newsflash you were invited to join us and be part of the ICDF Facebook community in this time of isolation. We are calling it *"ICDF activities/movement/dance ideas to encourage us during this time of isolation"*. Individuals can put together a video with an activity of their choice which ICDF members can watch and enjoy, or even join in with, wherever they are.

We have been posting videos, as you may have seen, on our Facebook page and group. It's a way to unite us and to have fun as a collective body. There is still time to be a part of this by either sending us something that you would like to post or by watching and sharing what others are doing.

To submit a contribution:

Please email to icdfworld@gmail.com

To watch and connect:

Facebook ... Facebook page - <https://www.facebook.com/International-Christian-Dance-Fellowship-355328317880751/>

... Facebook group ... <https://www.facebook.com/groups/9386806884/>

Pentecost Prayer Watch

The videos from our supporters and friends will continue to be posted until Pentecost on 31 May 2020. The Pentecost Prayer Watch has been part of the ICDF Calendar for the past few years but this year it will be taking place in a different format. In short it will entail the setting up of a display with a candle, your country flag, country's name and anything else you think appropriate as a prayer symbol. Then you will devise a 20 seconds movement as a prayer for the work of the Holy Spirit in your country. This will be recorded by taking photos or a video and will eventually be part of a visual representation of the global intercession that has been offered in this time. We are inviting those who would like to be part of this Prayer Watch activity to contact Mary Jones to sign up and receive detailed information at ... maryjones11@aol.com

An Exciting Dance Study Opportunity

ICDF Diploma Tasters – yum yum!

A tasty treat especially prepared for such a time as this!

The ICDF Diploma in Dance Ministry is offering, free-of-charge, tempting one-week tasters of some of the papers in the ICDF Diploma, with tutor guidance and feedback!

Examples of tasters: Outreach in Community (in this case, the online community); Arts in Christian Ministry; Spontaneous Dance and more...

One-week tasters may be recognised as portions of the relevant ICDF Diploma papers, if you decide to continue with this study.

Contact Debbie Bright: debbieabright@gmail.com



#florallyisayuntothee
it's a brave new world, baby!

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when the New Normal is less stormal
when the lockdown has run its course
when a new earth-world emerges breathless
birthed dark-bloodied, but afresh

in that moment of uncertainty
following in-utero-like cocooning, shut inside,
reforming, transforming, un-norming
transiting through Covid's canal, arriving dormant and tinged blue,
greeting harsh-bright light of New Day 1
will we survive to New Day 2?

IF we take breath to fill our lungs, nourishment to heal, and precious friendships keep,
we'll crawl out as new-thing creatures, post our long-sad-suffer-crying sleep

will we need to learn to walk again?
how long will we have to crawl?
'til we, upright once more, lurch forward
brave-feeling, but uncertainly swagger
towards dark-glass-dimly-sighted visage of what's in store

Oh, that familiar baby-proud smile
will yet dimple the face of our humanity!
as we baby-step into our collective new-view
and baby-like, unlearn, relearn, and learn anew!

we'll need to see many old things differently
we'll find new-wayed things to do
we'll live kinder to ourselves and treat others to that kind of kindness, too
IF we remember age-old Wisdom personified and true
when we recall, re-embodiment Easter story and blossom
changed, restored, and glory-ward renewed...

he came in-*Carnation*

Baby's Breath drawn in human hope and longing
for a just and love-filled cosmos
sensing our *Impatiens* for liberation from
life in *Deadly Night Shade* shadow
stalked, yet willing that a world wounded with rampant
Violets would shrink into oblivion amidst
Peace Lilies a-blossom through the love between
Anemones once hate-harnessed, thorn-crowned, ashamed...
Passion Flower first-fruited, our freedom anguish-soaked, tomb-laid, earth-swallowed, like a *Bird of Paradise* lost...

oh, *Morning Glory!* Witness that he a-*Rose*
bondage broken like a mere *Daisy* chain asundered!
Canary Eye peek, peering through the cave-empty view:
release, emancipate, soarily celebrate!
salvific song of *Sweet aPeas*-ment
chime the victory of Easter...
Bluebells no more, *Marigold's* ringing joy, precious life, dross-less, ascending to the heavens!

fresh bouquet trumps stench of Death!
new-drawn, inhaling hope, murmuring *Forget-me-not*,
exhaling the eternity captured in a
Baby's Breath

Here we have a poem by Lucy Jarasius that was written in this time of Easter and Covid-19. If you are in any way inspired by this poem be it a line, a verse or a theme, please let us know about it. If your inspiration turns into a movement or a full-length choreography, we would love to see it. Please send to us at icdfworld@gmail.com so that we can share it with others in our fellowship too.

Slow Down with Colour Therapy

We have received these colouring sheets as a FREE resource created by Supriya specifically for this season of the Lockdown. So, if you have access to a printer and some colour pencils and if you like to colour... please feel free to download these sheets and print them. Send us your coloured in pictures and we will post them on our page.

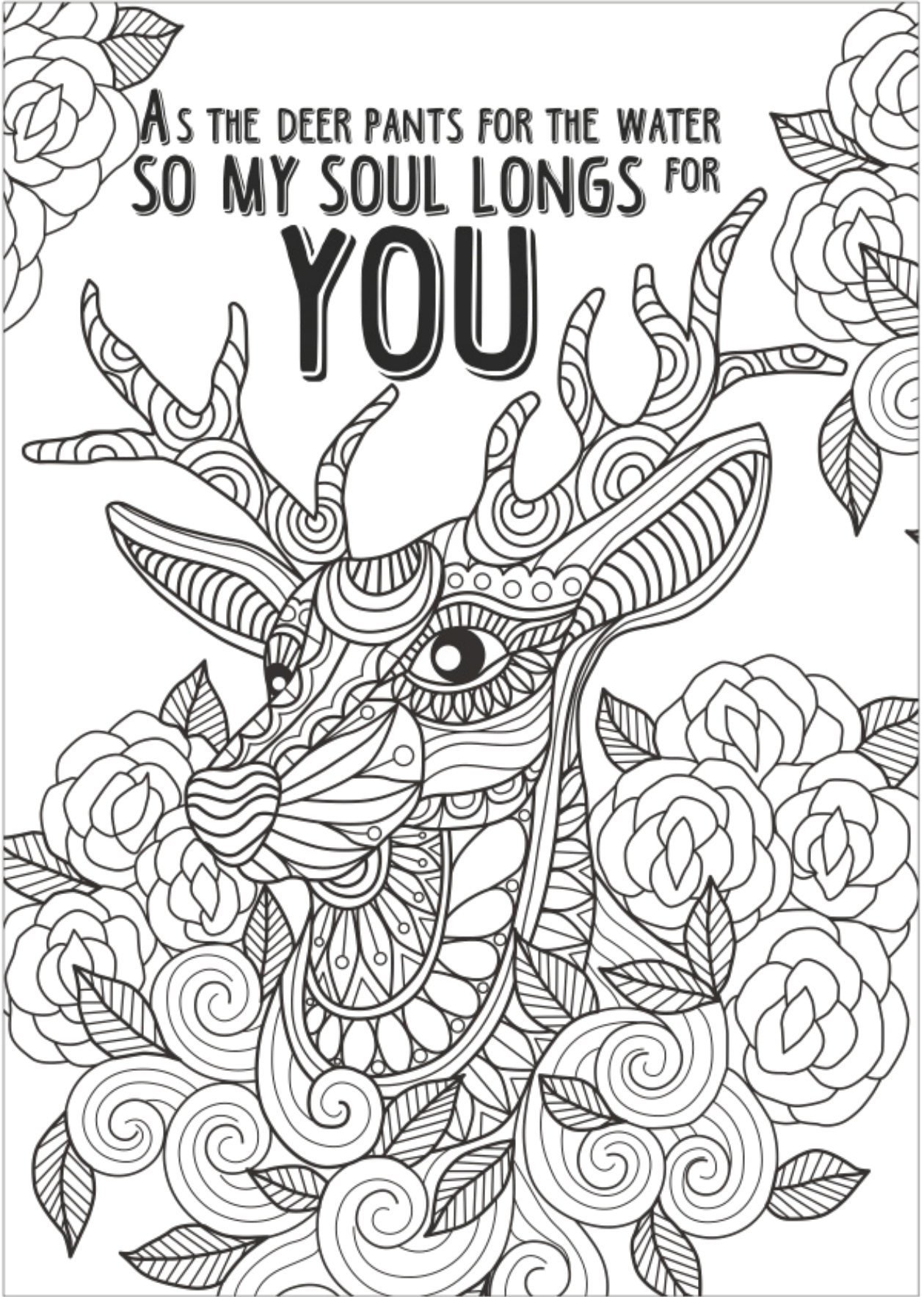
More of these sheets can be found on our Facebook page and group.

“Thank you Supriya for these gorgeous designs!”



AS THE DEER PANTS FOR THE WATER
SO MY SOUL LONGS FOR

YOU



I heard the **ROAR** of the **LION** of **JUDAH**

I heard the voice that
calms the raging sea

HE came to me,
came to me

When I needed
the

LORD

