

# **AWARe**



Greetings in Jesus' Name! Another year has passed, and the world has changed.

The Academics, Writers and Researchers (AWARe) Network is an informal, organic, changing body of people from around the world who are involved in any or all of the above areas of work and ministry. Some are teachers, some are not. Some are regular writers, some are not. Some are dancers, some work in other arts areas.

In order to collect materials for the newsletter, I contact as many people as I can think of from areas such as the ICDF Diploma in Dance Ministry (tutors, students, panel of advisors), people who have presented at ICDF seminar days, and anyone else I can think of in the ICDF orbit. I make the first contact in February or March, warning them of the upcoming newsletter and asking them to bear us in mind if they have any suitable writing projects coming up – abstracts, poems, reflections, short articles, etc, with photos wherever possible. The result is a wide range of contributions, as you can see. Many thanks to all the contributors.

Blessings to you all. Dr Debbie Bright

### Artists Return to the Church - Lucinda Coleman

Amid the shifting culture of church life in the current pandemic, I have had an unsettling and persistent sense that displaced artists are to return to the Church. The sense was given form just prior the coronavirus disease 2019; a young woman from my local church asked me if I knew anything about dance as worship. I asked her why she wanted to know? She said increasingly she felt prompted to dance as an expression of spiritual worship, at home in her bedroom. Her prayer life had become mobile: movement followed gesture in response to her favourite music. Not long after that conversation, another young woman also mentioned that she felt God had been prompting her to dance at home, when she was praying. She wanted to understand why that was happening.

The women began meeting with others to dance and then to create dance pieces for church contexts. A core team of faith-filled dancers emerged. Conversations with pastoral leaders evolved into discussions about how to integrate dance into services. Artists were invited into the Church. At first, I thought this was not so unfamiliar. I have been involved in dance ministry teams in churches since I was a little girl. I have been to many CDFA conferences as well as occasional ICDF events. I have observed many genres of dance in churches and noted many varieties and styles of liturgical dance forms across different Christian denominations and within different cultures. How was this church dance new?

The distinctions between working within the Church and the world have been dissolving. The dancerly ideas within artists have been bubbling up from the hearts and minds of seasoned choreographers, trained dancers, untrained dancers, experienced ministry leaders, inexperienced leaders, and professional performers. There exists an open invitation for artists to teach, respond, and embrace the exchange of ideas between collaborating participants within church communities. The focus in workshops has been on prayer, worship, and skills development: what is the history of dance in the Christian Church? Where are we now? What is God doing through the arts in the global Church? How do we support each other to hone our gifts? Why is this different?



Photograph of Marcella Low in costume by Emily Grace, by Ken Lee, at Mt Pleasant Baptist Church, Western Australia ©2021, used with permission.

Dance artists emerge in diverse sectors, dancing wherever they can: some with technical training, some without; some with ministry experience, some without. Something deeper calls displaced artists back to be restored and renewed, and it has nothing much to do with genre, style, age, or qualifications. I suspect God is as interested in the trained/untrained divide as He might be in the sacred/secular divide. Such binary distinctions appear to be of human origin (Kim, McCalman and Fisher, 2012). God is much bigger than our tiny categories which reduce the divine to limitations of language, minimising movement of the Spirit.

As artists return to the Church, they will undoubtedly challenge the way things are understood, organised, and facilitated. Visual artists might re-configure the spatial and visual elements in a building. Artworks integrated as fresh revelation of God's presence will encourage, inspire, and teach. Artistic installations will preach. As composers write new music and choreographers make new dance, there will be site-specific prophetic movement and sound; inherently powerful and humming with presence. Writers, poets, and storytellers will speak. And be heard.

#### Artists Return to the Church ... continued

Will everything be completely understood? Probably not. Most of God's inventive disruptions are beyond our corporeal comprehension (Is. 55:8, New International Version). The Spirit speaks to spirit even as "Deep calls to deep" (Ps. 42:7) in our sadness and struggle. Be brave. Dance your way back. The Church is not always an easy community within which to participate and contribute. Yet "let us consider how we may spur one another on toward love and good deeds, not giving up meeting together . . . but encouraging one another" (Heb. 10:24-25).

Artists, return to the Church. Bring your courage. Bring your skills. Though it is difficult to return to something, bring your experiences from the industry, community, and academia–to serve. Forget how things used to be done in the Church; bring what is new (Is. 43:18-19). Trust you are invited to work for the Lord (Col. 3:23-24) and to give your gifts in service of the Church, as part of your lifework in the world.

#### References:

Kim, D., McCalman, D., & Fisher, D. (2012). The Sacred/Secular Divide and the Christian Worldview. Journal of Business Ethics, 109(2). doi:10.1007/s10551-011-1119-z



Mixed Bag
© Lucy Jarasius 28-03-2021

The "old bag"
Is that me?
Is that what I'm made of?

What this skin-bag can carry is being renewed from within ... by things
Thought out
Spoken out
Brought out
Tossed out
OUT OUT

OUT with the outage of what's precious in the "bag of old"

OUT with what's held us back

IN with what holds us... TOGETHER

It's "in the bag"

### Staying on Point and Hitting the Bullseye - Lisa Wilson

What has your attention these days? The news? Tik Tok? Covid-19 Lockdown restrictions? The unwanted new normal? We can all attest to the fact that our lives have changed drastically in only just over a year. The normal human response to drastic and sudden changes is either fear, anxiety or worry, even if those changes bring with them opportunities.



#### What is your bullseye?

When everything around you shifts and gives way, what do you target to remain grounded and at peace in the shifting and the shaking?

As a dancer, I have learnt much about being stable while rotating my body in space from a turning technique used in the dance called "spotting". In "spotting" the dancer fixes his or her gaze on a spot or single location in order to execute a turn technically well. Many of us, at some point in our lives, would have experienced dizziness and disorientation after spinning around for a while. Spotting prevents the dancer from becoming dizzy and off-balance. To spot, the dancer selects a specific focus, then whips the head quickly around during the turn so that the eyes remain focused in the targeted location. Being disciplined in this technique becomes even more essential when attempting multiple turns or spins.

As the world around us turns with uncertainty, rapid changes and increased complexity, how do we aim for and maintain a spiritual centre or spot that keeps us at peace, stable, calm and "woke" in the midst of the uproar? Without a clearly

defined focus or spot, we fall prey to wandering in circles further and further away from the bullseye, the centre of our target. Here is what the Bible teaches us about focusing, aiming and striking the right target as the world turns.

#### **Focusing**

Hebrews 12:2, wisely instructs us to fix our eyes on Jesus, the author and perfecter of our faith, no matter the circumstances. As children of God, we are being encouraged to not take our eyes off Jesus. Remember the story in Matthew 14 of Peter, one of Jesus's disciples, who miraculously walked on water? As long as Peter focused his gaze on the Lord, he walked on water, denying all the odds against him. As soon as he shifted his gaze away from Jesus, and towards the wind around him, he became afraid and began to sink. There is a lesson to learn from Peter. Focusing on the wrong spot can lead to disaster. As long as our daily existence focuses on ourselves, other people, our problems, our opportunities or missed ones, social media or the abundance of depressing world news, we are prone to dizziness, disorientation and distress. Daily encourage yourself and direct the eyes of your mind, body and soul towards Jesus. How do we accomplish this?

#### **Aiming**

We should aim daily to immerse ourselves in the word of God. As **Proverbs 6:21** tells us, write the word, the truth and wisdom of God always on our hearts and fasten them around our necks. Why? So that we won't miss the target of peace or lose balance and orientation in our turning. **Psalm 125:1** says that those who trust in the Lord, are like Mount Zion, which cannot be shaken but endures forever. Aim for the word and aim also to always pray. Prayer connects us deeply with Christ our centre, the bullseye of our faith. Prayers need not be long or complex, they just need to be fired like an arrow or dart with sincerity and truth. Aim to discipline ourselves in the daily spiritual practices of reading and meditating on God's word. Remain consistent in prayer so that we keep pressing towards the mark of the high calling of God in Christ Jesus (**Philippians 3:14**).

#### **Striking**

Finally, having focused on the right target, who is Jesus, and aligned ourselves with our 'spot' through the word and prayer, then respond by releasing arrows of praise and thanksgiving so that His blessings of peace, hope, love, joy, strength and security can dance over you, even as the world turns. Let's hit that Bullseye!

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### The Craftsmen Are Coming! - Randall Flinn

"Then the Lord said to Moses, See, I have chosen Bezalel son of Uri, the son of Hur, of the tribe of Judah, and I have filled him with the Spirit of God, with wisdom, with understanding, with knowledge and with all manner of workmanship - to make artistic designs for work in gold, silver and bronze, to cut and set stones, to work in wood, and to engage in all kinds of crafts." (Exodus 31, 1-5).

Terrorism, wars, natural disasters, pestilence, human slavery and human sacrifice are increasingly on the rise in our modern "civilized" world. If education, technology or politics held the potential for healing the earth then we should all be free and safe and living in global peace. But for now, we still abide in this present dilemma, we are not free and we are not safe and humanity's peace is far from being perfected. Our liberties, our securities, our defenses have failed us and day by day become weaker and more unstable. The whole earth is shaking and losing its balance and it doesn't seem too long away that we shall surely topple on our side, if not fall flat upon our back.

We need salvation and we need deliverance that goes beyond human means. There must be a deep cry from our hearts for mercy and grace. We must look up from earth towards Heaven and call upon the Almighty God whom our culture has denied and turned its back to. As the whole earth moans with birth pains waiting to be delivered and made new once again, it calls to the children of faith to rise and take their positions as salt and light. It calls us to engage our world and remove the stones that stand in the pathways of righteousness. It calls to the Believer craftsmen, the Bezalels among us (Exodus 31), to take their place on the stages of this life, creating and performing redemptive acts and displays of grace and truth.



Randall Flinn

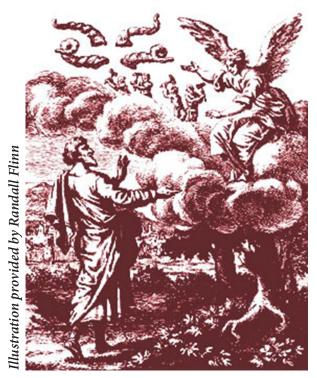
Craftsmen (skilled artisans, artists) of God, hear this prophetic call and summons from the Angel of the Lord: "Then I looked up and there before me were four horns. I asked the angel who was speaking to me, "What are these?" He answered me, "These are the horns that scattered Judah, Israel and Jerusalem." Then the Lord showed me four craftsmen. I asked, "What are these coming to do?" He answered, "The horns are those nations that scattered Judah so that no one could raise their head, but the craftsmen have come to terrify them and throw down these horns of the nations who lifted up their horns against the land of Judah to scatter its people." -Zechariah 1:18-21

This second vision of the Prophet Zechariah is divided into two parts: (1) The four horns (vv.18,19); and the four craftsmen (vv.20,21). The horns represent four strongholds and physical/spiritual dominions and powers that the Book of Daniel refers to as the oppressors of Israel, namely Babylon (Iraq), Medo-Persia (Iran), Greece (Syria) and Rome. The horn is a symbolic image of power and authority, comparing it to an animal whose strength is in its horns. It is significant to note that for every horn (vv. 18-19) that has displayed its oppressive control and pride, there are equal numbers of "craftsmen" of God that are standing ready and capable to cut off the horns and render justice to free, restore and rebuild what God has set forth.

It is vital to note that the four craftsmen were called to social justice and works of redemptive action. The righteous acts of the craftsmen would terrify the spiritual principalities and powers that were opposed to the rebuilding of God's kingdom through their own acts of pride and wickedness. The craftsmen were agents of God, called at such a significant and crucial time in history to do spiritual warfare against four major strongholds (principalities and powers). They were summoned by the Angel of the Lord and called not only to tear down the strongholds, but to also rebuild. As the enemy was coming in like a flood, they were to rise up redemptive standards to lead the way to the reformation of God's plans and purposes. Their duty was to help restore the nation to the ways of God and rebuild the temple of the Lord as a place of glory to His name.

#### The Craftsmen ... continued

May we ponder the fact that many "craftsmen of God" would be sent forth by the commissioning of His son. Twelve apostles would be called, appointed and anointed to tear down strongholds and speak of the redemptive power of Christ. Paul would be called to proclaim the power of His resurrection, the four Gospels, perhaps also representing the four craftsmen, would be written and the church of Jesus Christ, his people being built up as living stones by the Master Craftsmen/Carpenter himself, would flourish and carry His Word throughout the earth. A new temple would be built up, the temple of the Body of Christ, and the Spirit of the Living God would reside with power within those who believe and trust in Him.



Craftsmen of God, His servant artists, give heed to what is written, for it is for our admonishment in these fragile times. Know who and whose you are! You have been washed and made clean in the blood of Christ (read Zechariah's vision of Joshua the High Priest). You have been summoned and called for such a time as this. Creation has awaited you to make your mark upon the arenas of this world. Do not busy yourselves with vain works nor be lulled to slumber in these dark times. Arise and shine for your Light has come and the glory of the Lord has risen upon you!

Seek the Lord; hear the voice of the Good Shepherd. You are His workmanship, created for good, relevant and redemptive works, that God has ordained from the creation of the world that you should be called to and walk within. Have a walk worthy of your calling. Let His Word dwell in you richly. Study to show yourself approved and

put on the full armor of God! Fight the good fight and do not grow weary in well doing. Press towards the high calling of God in Christ Jesus. Take up your mantle and tear down the horns of injustice, deception and pride. Take up your towels as well and wash the feet of soiled and broken humanity, even that of the bruised bodies of your fellow servants. You are a priest to God, set apart for this hour. Hear the voice of the Lord you His craftsmen and go forth with His treasure in these earthen vessels.

Pray, preach, prophesy, proclaim and perform to His Glory and honor. It is no longer your rod, your gift, your talent, your craft. It is the rod of God lay down at His altar and surrendered, restored to you as an instrument of His peace and vessel of His glory. The craftsmen of God are coming indeed, be sure of this, the time and season has come. You may be one of them if you are willing to broken, blessed and distributed to those with great hunger and need. It is God who calls and commissions the craftsmen. Without His power and spirit at work within them, they could never accomplish the mission on their own.

The craftsmen "have come to terrify them (four horns) and throw down these horns of the nations." They are the not military warriors; they are the liberator-skilled artisans, filled by God with great gifting to grind the horns to powder and to help build a holy habitation.

#### can one be enough?

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Too many?

To many!

2 can have the power of many

When 1 joins The One who gave his life for the many

...the many we can become

...the many we can become when we come together as one (THAT many, THAT one)

coming together as one voice crying out for the injustices to many

Too many injustices for one to bear!

But The One did bare it all to bear the many injustices

did bear them all

did bear the too many injustices to many

Too many to bear

Too many to count one by one

#### But we pray to The One

We join the prayers of The One that we be One with The One We choose to join The One whose heart to give life to the many did not think there are too many to whom to give LIFE

Let US be ones who, as one, join The One's prayers Let Us, we who are many, be ONE about that! That being ONE is enough



Lucy Jarasius

### **DANCE Devotion** - Cynthia Newland

### Dance Like God is Watching

D ~ Dedicate

A ~ Acknowledge

N ~ Neglect

C ~ Call

E ~ Exhibit

"DANCE" is a devotion acronym, a way to start the day before any other activities. As you are lying in bed or just after you arise, this D.A.N.C.E. can be a reminder to begin the day's endeavors with an intentional dedication of yourself to God. The scriptures can be an incentive to your prayer and conversation with God. Remember, a conversation involves listening and speaking. Take time to both communicate your heart's cry to God and allow space for Him to speak.

<u>**DEDICATE**</u> - Intentionally designate your attention to commune with the Lord and offer yourself and your time to God.

Romans 12: 1-2 ... "Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will."

James 4:8 ... "Draw near to God, and he will draw near to you."

<u>ACKNOWLEDGE</u> - Worship and praise God for what and who He is and His many attributes. Considering the names of God, declare the Lord's existence and numerous characteristics.

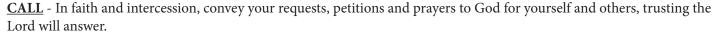
Revelations 4:11 ... "Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created."

Psalm 103:1 ... "Bless the Lord, O my soul; and all that is within me, bless His holy name."

<u>NEGLECT</u> - Communicate to God your disregard, offenses, and wrongdoings and ask for His forgiveness, committing your ways to align with God's plan, purpose and values.

1 John 1:9 ... "If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness."

Proverbs 8:33 ... "Listen to instruction and be wise; don't neglect it."



Philippians 4:6 ... "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God."

Ephesians 6:18 ... "Praying at all times in the Spirit, with all prayer and supplication. To that end keep alert with all perseverance, making supplication for all the saints.."

1 Thessalonians 5:16-18 ... "Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you."

**EXHIBIT** - With gratitude, counting your many blessings, give thanks for what God has done and is doing, around, in and through your life. Invite God to use your life as a demonstration of His love and existence.

I Thessalonians 5:18 ... "In every thing give thanks: for this is the will of God in Christ Jesus concerning you."

1 Kings 8:61 ... "Let your heart be completely devoted to the Lord our God to walk in His ordinances and to keep His commands, as it is today."

Psalm 37:5 ... "Commit your way to the LORD; trust in him, and he will act."



Cynthia Newland



A daily devotion for dancers dedicating their lives and artistry to God.

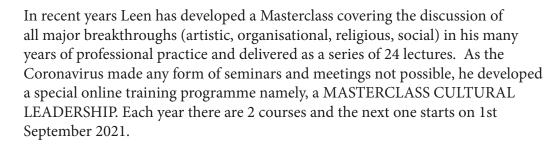
D ~ Dedicate				
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N ~ Neglect				
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NOTES				

### Board of Reference Welcome Masterclass Cultural Leadership - Invitation

We are delighted to announce that Leen la Rivière and his wife, Ria, have joined ICDF as members of our Board of Reference. The Board is composed of people who are key figures in the Christian Arts Community and who will give reference to the integrity of ICDF's values and practices ...

https://icdf.com/en/about/board-reference

Leen has been involved in Christian arts as a leader for more than 50 years, has published numerous books and has received various prestigious awards in recognition of his contributions. Ria has been active alongside him and has also been honoured for her own contributions - the most notable for them both is the Order of Oranje-Nassau in the sector Arts and Culture awarded by the Queen of The Netherlands. Leen was created a Knight of the Order (Sir) and Ria a Member (Lady).



The course is designed to develop personal talents and gifts and also to develop these in leadership, boards, directors and committees. The masterclass can be taken in English, French or German. Costs are paid for by a foundation to develop Christian leadership.



Ria la Rivière



Leen la Rivière

Leen invites you to attend his Masterclass Cultural Leadership and hopes you will accept his invitation.

For more information and to register go to ... https://www.masterclassculturalleadership.eu/

### Meditation

The Breath.

The breath of God.

We know about God as the Way, Truth and Life.

Do we consider enough about the essence of our life... The Breath of God? Let's pause for a moment and be intentional about our inhale and exhale.

With our deliberate breath, let's acknowledge and give thanks to the breath Giver for our existence.

"It is unthinkable that God would do wrong, that the Almighty would pervert justice. If it were his intention and he withdrew his spirit and breath, all humanity would perish together and mankind would return to the dust."

Job 34:12, 14-15 NIV

- Cynthia Newland

### The John Project - Steve Scott

**'The John Project**' is the working title (for now) of a mixed media exploration of John's gospel and is a project initiated by Steve Scott. It is about looking into how John told his stories and exploring how we can re-tell those stories with and through the arts, be it dance, painting, performance and music.



The first music track, 'The Descending of the Dove', has been posted to YouTube and can be watched at https://www.youtube.com/watch?v=u3eJF\_iYP8w.

Artists are invited to respond to the music video and create something in a sharable form (camera on a tripod, webcam, or your friend's smartphone).

The next steps are:

A: You post your version publicly and let us know about it.

B: You understand that we might draw upon your work /dance/painting/photograph/ whatever ... if and when we go further, build upon, expand this exploration.

It is that simple. If we hope to use your art in a performance that makes money, we'll talk to you first and figure out something fair.

For more information contact Steve at semionaut21@gmail.com
To find out more about 'The John Project' go to https://tinyurl.com/jjuzt5yf

The words of the chorus of this soulful worship song are:



'Let us lift our hands in worship to the Father above And the Son will move among us as we pray Surrender all our darkness in the daylight of His love We'll be one in the descending of the dove'

### Testimony - Päivi Salomaa (Finland) (ICDF Diploma Student)



I was raised in a small town where pretty much everyone was part of the Evangelical Lutheran church but, for many people, it didn't mean very much. Just like most of the other kids, I and my two sisters attended some children's activities at the church and we learned to pray an evening prayer when we went to bed at night but our family didn't go to church other than for weddings and such, and we didn't read the Bible at home. Even as a teenager I was "a good kid", I attended the youth group at the church and I believed in God but I had no idea what being a believer or a Christian would really mean, or that you could actually receive Jesus as your personal Saviour. I don't think I had ever heard anyone preach about that until my older sister became a believer after a time of personal searching, and she wanted me to go with her to a youth conference of a revival movement (Finnish Lutheran Mission) as she didn't want to go alone. I wasn't too excited because I was a shy 15 year old who didn't like crowds and I didn't see the point of a big gathering. But in

the end I'm very thankful that my sister dragged me with her because the conference really opened my eyes to see that you can actually give your whole life to Jesus. Everything was so different from what I was accustomed to in our church; there was lively worship and powerful Bible teaching, and I experienced my first altar call and answered to it. It was also very meaningful to me that I saw Xaris Dance Company performing at the conference. There were also several performances by young dancers, actors and musicians who had spent the preceding week at the Christian Arts Camp. I felt instantly that this is where I belong and that I want to go to that camp next year.

That's how my identity in Christ started to develop. From then on I have had my trust in the Lord fully. To find out more about the ICDF Diploma go to ... https://icdf.com/en/education/icdf-diploma-or-certificate-dance-ministry

### Un Soupçon of a Taster of a Diploma Subject

The following is an excerpt from the 'Spontaneous Dance Taster', which is drawn from the Diploma studies and offered free to anyone interested in giving it a go. Some people have taken advantage of this free offer (see ICDF website) and stopped there, while others have gone on to study for the Diploma (a qualification that includes theory and also practical dance ministry exercises, as shown here). As Director of the Diploma and writer and tutor of the Spontaneous Dance subject, this is my offering:

– Dr Debbie Bright

When we Christians talk about Spontaneous Dance, we generally understand that it is a form of dance that is performed spontaneously as a means of expressing our prayer and/or worship to our Living God. 'Spontaneous' means that the dance has not been pre-planned, that is, the dance has not been choreographed and practiced before the performance. Spontaneous Dance is also referred to by many Christians as 'dancing in the Spirit'.

For many Christian dancers, spontaneous dance is their way of expressing joyful worship, or a particular attitude towards the Lord such as commitment, submission or gratitude. Other Christian dancers also express prayer through spontaneous movement - as intercession, warfare, prophecy or a way of administering healing or release to others. The spontaneous dancer may feel impelled by God to dance within a formal Christian setting such as a church service or prayer ministry time, or outside of a Christian setting, such as at home or in an outdoor location where others may pray using words alone.



Debbie Bright

If you do an internet search of 'Christian Spontaneous Dance', you will find numerous articles and videos from various countries. A number of Christian Dance writers and practitioners have sought to describe and explain Spontaneous Dance (or dancing in the Spirit).

#### For example:

*Paula Douthett*: He (the Holy Spirit) will use our bodies to worship God in a totally free way; free, that is from self-consciousness, from having to think about what we are doing, free from the usual limitations of our technical abilities physically.

[Spiritual Principles of our life and work: How to lead People into Praise and Worship using Movement Part II, Through General Workshops 1986, p. 14]

**Noël Filemon** writes of his experiences in dancing for the Lord, noting that other people often refer to this form of dance as 'dancing the Spirit' or 'angelic dance', and sees dance as arising out of the 'anointing of the Spirit' in 'Pentecostal or Charismatic settings'. [From Bondage to Freedom in Dance, Noël Filemon (2015); publisher: D A Bright]

**Ann Stevenson** (USA), writing about the Church and restoration of dance in general in the church, rather than of Spontaneous Dance in particular, quotes the song of Kemper Crabb, a section of which is printed here: We must danse, danse, danse in God's honour.

We must yield all our steps unto the king.

We must danse, danse in God's honour.

Let His praises ring throughout the earth.

[Restoring the Dance: Seeking God's Order, Ann Stevenson (1997); publisher: Treasure House]

Finally, from www.echoingpraise.com, something known by everyone who worships in dance, whether it be choreographed or spontaneous dance:

Dance unites the body and spirit in worship – so let's ... DANCE!

### Un Soupçon of a Taster ... continued

#### **Spontaneous Dance Tasks**

Each week you will be directed to worship songs, Scripture readings or improvisation exercises through which you can safely explore and expand your skills in Spontaneous Dance, while worshipping and seeking God. In most cases you will not be asked to video this work; instead you will be asked to reflect on your experiences and write about them.

Remember to keep part of your mind available for God to reveal or remind you of things about Him, yourself or the world. I suggest that you play a song at least twice, if it is new to you. This might mean, for instance, that you listen to the song first, then dance to it; or that you dance once to become familiar and a second time to be freer to worship and listen to God.

#### Week 1 Spontaneous Dance Task

Worship Song: "What a Beautiful Name It Is" by Hillsong: https://www.youtube.com/watch?v=nQWFzMvCfLE





## In your prayer journal write brief notes about your experience of Spontaneous Dance during this Week's task.

- 1. Note your previous experiences of dancing spontaneously using this type of resource (music, song, worship song, etc) /or dancing in this type of context (a short summary will be fine, if this is something you have done a lot).
- 2. Write down things you enjoyed about this current experience.
- 3. Write down anything you did not enjoy or felt uncomfortable doing.
- 4. Could you use this particular approach to spontaneous dance in your own church context?
- 5. Are there things you would need to beware of/ watch out for?
- 6. What did God show you about Himself, you or the world?

Don't forget to write the date at the beginning of your journal entry.

You are welcome to send your completed assignment to Debbie Bright for feedback to ... debbieabright@gmail.com

If you enjoyed the above you may consider doing more of the Diploma. For information go to ... https://icdf.com/en/education/icdf-diploma-or-certificate-dance-ministry