



INTERNATIONAL CHRISTIAN
DANCE FELLOWSHIP

MAGAZINE

ISSUE 2 | JUNE 2023

ISSUE 2 | 2023

ICDF COUNTRIES



The Future of ICDF Countries

AN ICDF EXCLUSIVE

8 ICDF COUNTRIES
FEATURED



Joint Coordinators' Note

Welcome to the second edition of the International Christian Dance Fellowship Magazine! In this issue, we celebrate the wonderful work being done in our countries. Last year, ICDF Scandinavia introduced us to the concept of Fika - a break for food and drink with friends and family - and this magazine has been inspired by the Swedish word, smörgåsbord.

A smörgåsbord is a buffet featuring a variety of dishes, from cheese, meats, and fish - sometimes with contributions from the guests. In this magazine, you can see the diversity and variety of ICDF dance styles, all with the aim of glorifying God through dance and movement.

We have stories from eight countries across Africa, Europe, the Caribbean, and North America, featuring interviews with country leaders, photomontages, intercessions for peace, joys of dancing with children and special needs groups, and teachings on solo worship dance.

What a smörgåsbord!
Enjoy!
Liesl and Sue



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Check out our ICDF products and resources in our ICDF Shop

FEATURING OUR ICDF COUNTRIES

The ICDF is a community with the vision of making new connections and creating spaces for the diversity among the members and friends of the organisation.

Visit our Website for more information on all our countries and activities WWW.ICDF.COM

NIGERIA

ICDF Nigeria seeks to be used of God in spreading the Gospel of Christ to the nation through the art of movement and dance.

Abiodun Babalola
biolyncoln@gmail.com

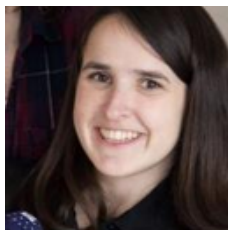


Abiodun Babalola

NORWAY

Dans for Jesus is a Norwegian network for Christian dancers, and our vision is to inspire, equip and mobilize Christians to glorify God through dance.

Ester F. Aarsland
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Ester F. Aarsland

FINLAND

In 2011 we founded a Christian Dance association: Kristanssi – Christian Dance Finland, with the purpose of networking and equipping those interested and involved in the area. After the ICDF Sweden conference 2022, we felt that in the future we want to focus on strengthening unity inside and outside of our national borders connected with the ICDF family.

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Titta Hassila



Linnea Hassila

IRELAND

CDFI is an interdenominational organisation providing support and networking for Christians throughout Ireland, north and south, who are involved in dance and movement.

Lynda Cleland | Ireland
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Lynda Cleland

BRITAIN

The Christian Dance Fellowship of Britain (CDFB) seeks to support and encourage dance and creative movement as an expression of the Christian faith, and to facilitate fellowship among members through regional groups, workshops and conferences, and by providing regular newsletters.

Anna Arnold
info@cdfb.org.uk



Anna Arnold

SCANDANVIA - PSALTO

Psalto is an interdenominational association with a vision to worship God by dancing, to be a resource to promote dance/movement as well as other creative arts as expressions of Christian belief and to enhance fellowship and unity nationally and internationally.

Ruth Overgaard Kristensen
psalto@psalto.se



Ruth Overgaard Kristensen

JAMAICA

In 2021, International Christian Dance Fellowship Jamaica launched a community outreach programme – Dance Catalyst, in collaboration with Swallowfield Chapel's dance ministry – Armour of Praise and Abigail, The Freedom Movement – a mentorship programme for mentors.

Tendi Henry
cdfjamaica@hotmail.com



Tendi Henry

USA

ICDF USA is an interdenominational fellowship that provides support and networking for people involved in Christian/Messianic dance and movement arts. We encourage and support both the professional and the amateur artist through resources, training, workshops, conferences, books, tapes, videos, newsletters, fellowship and prayer.

Dawn Churchill | United States
cdfusainfo@gmail.com



Dawn Churchill



Name: **International Christian Dance Fellowship of Nigeria**
 Representative: **Abiodun Babalola**
 Start: **February 2017**

vision

ICDF Nigeria seeks to be used of God in spreading the Gospel of Christ to the nation through the art of movement and dance; to edify the body of Christ through the creative and performing arts; to raise up Christian dancers who will be dedicated and committed through their worship and witness to changing lives for the Kingdom.

scripture

But the hour is coming, and now is, when the true worshipers shall worship the father in spirit and truth, for the father seeks such to worship him. | **John 4:23**

Then shall the young women rejoice in the dance, and the young men and the old shall be merry. I will turn their mourning into joy; I will comfort them, and give them gladness for sorrow | **Jeremiah 31:13 ESV**

NIGERIA

I am Abiodun Babalola from the International Christian Dance Fellowship of Nigeria. I count it a rare privilege to serve as a country representative. I'm a passionate dancer, choreographer, aerobics and fitness instructor. The dance fellowship in Nigeria comprises young people from different backgrounds who are committed and dedicated to seeing lives touched through dance. They are mostly members of the Praise Dance Academy and Gospel Choreography Team.

I would like to draw your attention to the recent video shoot we had from the Praise Dance Academy for World Women's Day. We thought of how to celebrate our mothers in a unique style, as they have been through lots to raise us up and have really supported our vision. We also extended it to mothers in general. We had a video shoot to a song titled "MAMA" which means mother in the Yoruba language. It was performed by three dancers namely Deborah, Anthonia and Bankole with Deborah as the Lead Instructor. It was performed in an African Contemporary Style. A little and thoughtful write-up was also included as follows;

A POEM FOR WOMEN

The water in her womb, your first home
 The fluid in her sac, your first food
 Mothers are channels to the world
 A passage into existence
 They share their life with their unborn child
 And when born, shares their all
 There's nothing as deep as a mother's love
 There's nothing as warm and calming like her embrace
 (By Abiodun Babalola)

The video was released at midnight of Mother's Day March 19, 2023, which attracted many accolades. <https://www.youtube.com/watch?v=9aHw0fOmXJA>

It was also a great and worthwhile event as we held a liturgical dance workshop on July 16th and 17th, 2022 which was followed by 'An evening of dance'. It turned out to be an awesome time of dance exposition and engagement. Many young people attended both the day and the evening show. For the workshop, we took classes in Liturgical dance, Afro-pop and Flag presentation.

For the International Christian Dance Week 2023, we went to an orphanage to strengthen the faith of the youngsters, teach them the word of God, organise Bible quizzes, teach them dance and have them compete healthily. This was geared towards reaching them through the instrument of dance. We pray for open heavens upon our plans.

I also like to announce to you that the Praise Dance Academy (which I'm privileged to coordinate here in Nigeria), received an invitation for an award as "Top Dancing School of the Year" in Ondo State in the Top Notch Nigeria Business and Professional Awards (TNNBP AWARD) 2023, Ondo state honorary Award. The event took place on the 31st of May 2023. We do not take this for granted. We appreciate God for the grace to be persistent and the privilege to serve.



Abiodun's interview with an online gospel media team - The New Man Movement.

New Man: Can we meet you, sir?

Abiodun: I am Abiodun Babalola. I'm a biologist, dance educator, choreographer, dance instructor and the CEO of Praise Dance Academy, Akure, Ondo State Nigeria. I'm currently the Nigeria representative for International Christian Dance Fellowship. I coordinate a few other dance ministries like the Youths for Christ choreography team and Gospel Choreography team. I'm passionate about talent discovery and deployment towards purposeful living.

New Man: How has your journey as a Christian and a Dance Professional been so far? How do you merge both together?

Abiodun: It's been a great one with great challenges. Christianity is a walk with God and a determined race. Being a dance minister is a calling. It's beyond interest as I have discovered. As my passion, the more I think about it the more the revelation. Dance is a social activity as it has been observed but also a spiritual activity well reckoned with by God. Being a Christian and a professional dancer goes together as I have been able to mark my niche. Many people see dance as a means of entertainment alone but I see it as a means of ministration and to minister in light. My spirituality has to be intact for the flow of revelation.

New Man: What is the vision behind Praise Dance Academy?

Abiodun: Praise Dance Academy is a Christian dance organisation which exists as a ministry and as a company. As a ministry, our vision is to show forth the praise of God through dance and reach out with the Gospel of dance. On the other hand as a company, our focus is to create a positive environment for artistic engagement, talent discovery and exhibition. We participate in community development activities through the use of dance art to address societal ills. In all, we are a ministry called out to use dance as a tool of change in the body of Christ and in the society at large.

"Dancing is a Spiritual Activity"

New Man: How is the Praise Dance Academy structured to build up the faith/spirituality as well as dancing skills in the students?

Abiodun: Members in the praise dance academy are built up during our structured rehearsals, training hours, retreats and special programmes. Our source is Christ and we create ample time for fellowship in which prayers and intercession, worship, praises and exhortation are our preliminary processes before we start the dance. Members have been built up with these processes and time for dance is not interrupted except in special cases.

New Man: What programmes should followers and dance lovers expect in the future?

Abiodun: We have many beautiful ideas and we have been able to stage a good number of mind blowing events. People should look forward to regular and new editions of Gospel of Dance, Kids Dance Arena, Summer Dance Classes, and Dancers Day Out/Dance Recital among others. We hope to take dance classes in rural areas as a form of community development because there's a whole lot to learn in dance. Family dance competitions and couple dance classes are programmes people should look forward to as we have templates for such programmes though we haven't staged them yet.

New Man: What do you see in the future for Praise Dance Academy?

Abiodun: Praise Dance Academy is a promising dance ministry. I see us having our world class dance studio with different labs for different dance experimentation. We will be registered with the International Dance Council so that we can issue recognised certifications to students. We also hope to have dance courses and have students study dance for a period of time. That way, they can become dance ministers either full-time or part-time.

Alongside our proposed dance studio, we will also have an event hall to carry out our different programmes.

A recreational garden for outdoor events and recreative activities and then we will have branches all over the world to achieve our motto which says " **impacting the world through dance**".





Name: **International Christian Dance Fellowship of Scandinavia**
 Representative: **Ruth Overgaard Kristensen**
 Start : **September 1993**
 Website : **psalto.se**
 Also known as : **Psalto**

VISION / CALLING

Psalto is an interdenominational association with a vision to worship God by dancing, to be a resource to promote dance/movement as well as other creative arts as expressions of Christian belief and to enhance fellowship and unity nationally and internationally, especially among the Nordic countries. We also want to encourage a diversity of dance styles and a variety of expressions inspired by our great and creative God."

Psalto is coordinated by a National Committee of five members from all over the country meeting regularly, mostly on Jitsi, to pray and plan for the future. We host a National conference every autumn as well as one or more dance days in between with an aim to reach both our members and others interested regardless of age, gender or professional level. Dancers from all Nordic countries are welcome as members. We have a website as well as a Facebook page (link is external)!

SCRIPTURE

"Arise, shine, for your light has come, and the glory of the LORD rises upon you." | Isaiah 60:1

SCANDINAVIA

" A Bouquet of "Dance Flowers"

from the North, Psalto ICDF Scandinavia 2023

1st flower - March 18th

In Sweden, Lena Lagerqvist taught 23 participants at a workshop with the theme: Faith, Hope and Dance. We had a very varied programme. Starting up we danced with candles as we prayed for peace. During the warm-up, Lena introduced the concept of BrainDance. We danced in a variety of styles and we also danced using fabric and scarves. Most songs were accompanied by a piano as we danced. In the afternoon we had a time of sharing choreographies with one another.

Written by Ruth O. Kristensen (Denmark)

2nd flower - April 15th

Our dance group, in Aarhus Denmark, use dance and props when we pray for people. We call it Creative Intercession! At a conference in our church this April we had the chance to host two workshops to teach the participants Creative Intercession and pray with them. Few came, but it was a blessed time where they experienced God's presence and God speaking to them.

Written by Elise Bjørnholt, (Denmark)

3rd flower. April 15th

The "Friendship Organisation Sweden/Israel" had its AGM in my hometown Västerås. Saturday night we had a celebration dinner. My two friends and I were involved in both dance and music. Our ambassador from Israel was one of the guests and came afterwards to tell us how much he appreciated both the music and the dance. Bless him, bless Israel and us all!

Written by Anette Sundell-Liljedahl (Sweden)



4th flower

Lena Lagerqvist started the dance group "Mirjam" in Halmstad, Sweden in 1990. For many years we have become fewer and fewer. It is an uplifting dance semester this spring as several new participants have started, both younger and older. And we have also had an unusually high number of bookings and participated in four different services, showing three dances per occasion plus dancing one dance together with the parish.

One of the dances is "Hope for Peace", which we also danced at the International Christian Dance Conference in Sweden in 2022. You can see it here:

https://www.youtube.com/watch?v=V_uzzORLOOE

Take a look here if you want to see more dances from Lena and the dance group Mirjam:

<https://www.youtube.com/@lenamediasound>

Written by Lena Lagerqvist (In the LOC group for ICDF's dance conference, Sweden 2022.)



5th flower

The worship dancers in Buråskyrkan, Gothenburg Sweden.

In Gothenburg, we are a group of people from different congregations who enjoy honouring and praising the Lord with dance. We meet every two weeks to practice and usually serve in some congregations a few times per term. When we get the opportunity, we also like to dance out on the streets to worship God and attract conversations. A few weeks ago, we had the opportunity to serve in Kareby Parish with some dances and flags.

Watch the dances in the service:
<https://www.youtube.com/watch?v=3zPpzbx7Lwc>

Dance sessions: 22:00, 34:00, 1:12:33, 1:23:18, 1:28:55



Written by Anette Jonsson (in the LOC group for ICDF's dance conference, Sweden 2022.) Pictures by Patrik Petersson (in the LOC group for ICDF's dance conference, Sweden 2022.)





Name: **International Christian Dance Fellowship of Norway**
 Representative: **Ester F. Aarsland**
 Start : **September 2023**
 Facebook :

VISION / CALLING

Dans for Jesus is a Norwegian network for Christian dancers, and our vision is to inspire, equip and mobilize Christians to glorify God through dance. One year ago, we finally connected to ICDF, and we are in the process of becoming a CDF.

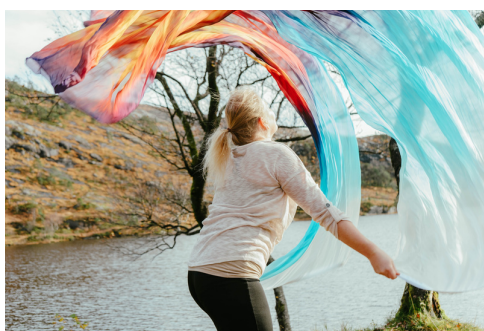
NORWAY

The Dans for Jesus network is 13 years old, but in the last three years, we have seen great fruits. We started doing a yearly weekend conference, and people from all over our country became united as a family of dancers. So beautiful and powerful!

Some background info: The Scandinavian culture is very fear driven. People are afraid to "stick out", and the fear of men is hindering a lot of what God is wanting to do. We feel like God is using dance as a tool to set people free from this fear so that they can be released to live out their calling in all areas of life. We see people from all over, telling us how God has led them to start dancing, and that this is what they have been longing for.

At the conference, lots of people experienced new levels of freedom and inner healing, as well as physical healing. Lives were transformed and faith was renewed. The community still keeps going through both messenger groups and regional groups. We now have four active regional groups meeting four times a year, in addition to our yearly conference. We also have three online gatherings each semester.

On May 30th this year we held our first online gathering which we opened to all the ICDF family, where we spent time connecting with each other through dance. No great names, choreographies or techniques, just a very real, authentic community where we gather in Jesus' names and let him do what he does best. Many people had a powerful encounter with the Lord as we did prophetic dance in groups, and people were very inspired.



We could tell that this was something that many people were hungry for and longing for. We want this online gathering to be a supportive and inspiring online community where we can help each other explore the purpose and significance of dancing for Him, and see what happens when we give Him room to move through our movements. To read more, [click here](https://www.facebook.com/events/dance-with-us-a-christian-danc/896121351496637/)

We see a hunger both in Norway and abroad, for what Dans for Jesus is carrying. We are invited to teach workshops and dance at conferences, and worship dance has become more and more "normal" in worship settings. We see a new momentum, and we believe greater things are yet to come! And thanks to ICDF, we are now connected with people all over the world, and hopefully more in the years to come! A great opportunity to connect is through our next conference coming up this October, 6th-8th. You are all welcome! We provide English translation. [%22%7D](https://www.facebook.com/events/452341093758523/?context=%7B%22ref%22%3A%2252%22%2C%22action_history%22%3A%22%7B%5C%22surface%5C%22%3A%5C%22share_link%5C%22%2C%5C%22mechanism%5C%22%3A%5C%22share_link%5C%22%2C%5C%22extra_data%5C%22%3A%7B%5C%22invite_link_id%5C%22%3A%619670379713343%7D%7D)

We are so thankful to God to be able to be a part of this ministry, and please pray that God will continue to flow through Dans for Jesus in the years to come.

Ester F. Aarsland



Name: **International Christian Dance Fellowship of Finland**
 Representative: Titta and Linnea Hassila
 Start : **September 2023**

VISION / CALLING

In 2011 we founded a Christian Dance association: Kristanssi – Christian Dance Finland with the purpose of networking and equipping those interested and involved in the area. And last July in Sweden we got very inspired by that experience of unity and fellowship. As an association, we felt afterwards that in the future we want to focus on strengthening unity inside and outside of our national borders connected with the ICDF family.

FINLAND

Titta and Linnea Hassila (mother and daughter) are sending you greetings from Finland! It was awesome to attend the ICDF conference in Sweden last July 2022. We were very impressed with the welcoming and warm atmosphere of the ICDF family. We immediately had a sense of belonging.

In Finland, there is a growing interest in bodily methods and experientiality in Christianity and in all of society. This is also happening in the Body of Christ. Some congregations are opening in a new way for creative and artistic worship dance in their meetings and services. It seems that God is birthing new networks in a very organic way. We can witness a wave of new worship gatherings birthing throughout Finland. And often these new meetings are open also for dance and other creative arts too. And what is a very special phenomenon is that more men are coming to the field of movement and dance.

For years we have been organizing workshops where participants can explore themselves as a bodily masterpiece of the Creator in different ways. It is always surprising how much healing and liberation Jesus does in those situations. Also, during the last half year, we have witnessed many people being freed from traumas and pains and finding a deeper connection with God. It is really a privilege to serve in this area and there is a huge need for this kind of ministry within the Body of Believers and outside in the world.



There have been lately new openings in media. We are happy that Titta Hassila has been invited to the nationwide Christian radio channel to talk about bodily worship and worship dance. A subject that Titta never tires of teaching. This is also one of our focuses in the future: To spread the knowledge of the Biblical roots of ourselves as bodily creatures and of our embodied relationship with God. And we are praying for God’s ways and leading for that.

“Now to him who is able to do immeasurably more than all we ask or imagine, according to his power that is at work within us, to him be glory in the church and in Christ Jesus throughout all generations, for ever and ever! Amen.” Ephesians 3:20–21

“Arise my Darling” A video from around Finland.

<https://www.youtube.com/watch?v=AejNAwxm5ss>

A song in Finnish by Anna Laihia called Odottaa (Waiting)

https://www.youtube.com/watch?v=8g_bz8qiy84

With Love and Blessings from Finland,
 Titta and Linnea Hassila



ICDF IRELAND
 Name: **International Christian Dance Fellowship of Ireland**
 Representative: **Lynda Cleland**
 Start: **1991**
 Website: cdfi.weebly.com
 Also known as: **CDF Ireland**

VISION/CALLING
 CDFI is an interdenominational organisation providing support and networking for Christians throughout Ireland north and south, who are involved in dance and movement. CDFI desires to see the Body of Christ enabled to freely express its relationship with God through movement and the related arts. It seeks to honour Jesus Christ in all activities and help to build unity within the Church.

SCRIPTURE
 "As you, Father, are in me and I am in you... I in them and you in me, that they may become completely one, so that the world may know that you have sent me and have loved them even as you have loved me." | **John 17:23**

IRELAND

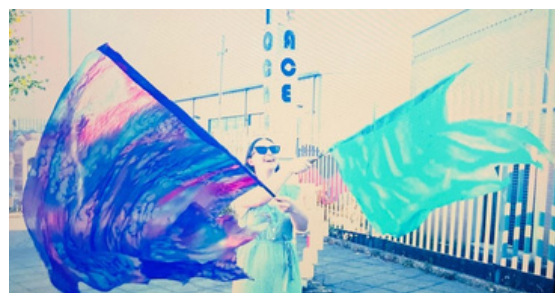
Many of our members are active in their own churches, communities and personal dance ministries. Taking part in fundraiser events, street evangelism, worship events and taster workshops for beginners. Brian Miller, Barbara Wood and Jonathan Daly took part in a fundraiser event. A video can be seen on the Hollywood Graphics Designer Editors Facebook page. <https://fb.watch/loueHVRmvf/>



Lynda Cleland danced at the Igniting Ireland Conference, where several teams went out into the streets of Belfast to evangelise and worship. Lynda's role was to worship with a mixture of prophetic dance and British Sign Language using swing flags and ribbons. It was a powerful day and many bystanders stopped to talk and ask questions about God and some received prayer ministry.



Aine from Donegal led worship and danced in intercession on the peace line between the Shankill and Falls Road in Belfast. The peace lines, or peace walls, are separation barriers between mainly Irish Republicans and British Loyalist neighbourhoods.





Name:
International Christian Dance Fellowship of Jamaica
 Representative: **Tendi Henry**
 Start: 1996

MESSAGE
 Read a special message from the Country Representative:
 ▶ View message from Tendi Henry (PDF)
 ▶ Watch ICDF Jamaica promo (YouTube)

VISION/CALLING
 ICDF Jamaica aims to:
 ▶ Facilitate sharing, teaching training & exchanges in dance ministries in Jamaica, the Caribbean and the World;
 ▶ Provide spiritual and artistic leadership in the development of dance in the Churches of Jamaica and the Caribbean;
 ▶ Redeem and make visible to the international Christian dance world the cultural dances of Jamaica and the Caribbean;
 ▶ Network with and support dance ministries in churches of Jamaica and the Caribbean; and
 ▶ Promote the mission and vision of the International Christian Dance Fellowship in Jamaica and Caribbean

SCRIPTURE
 Let them praise his name with dancing and make music to him with tambourine and harp. For the Lord takes delight in his people; he crowns the humble with salvation.
Psalm 149:3

JAMAICA

Youth Empowerment: Mentorship & Dance Expression

In 2021, International Christian Dance Fellowship Jamaica launched a community outreach programme – Dance Catalyst, in collaboration with Swallowfield Chapel’s dance ministry – Armour of Praise and Abigail, The Freedom Movement – a mentorship programme for mentors.

Since April 2022, the programme has reached on average fifteen children/youth per session up to a maximum of sixty-eight and a minimum of six children/youth from various communities. Each event focused on different topical issues usually faced by our children. Using Biblical principles, presentations from experienced life skills trainers and the freedom of dance, we have witnessed how God has inspired each event to address their practical needs. Dance Catalyst’s main objective is Youth Empowerment! Equipping and empowering our children, some from tough communities, in loving, accepting and expressing themselves using practical life skills and tips, as well as embracing the freedom of dance/movement.

Fast forward to 2023....
 Since February 2023, ICDF Jamaica has focused on the overarching theme: ‘Fear Of Missing Out’ (F.O.M.O), with sub themes such as: ‘Love God, Love You, Love Me’, ‘I Am ENOUGH’, ‘Disconnect To Connect’, ‘Conquering the Art of Conversations’ and ‘Facing Life with an “I CAN” Attitude’.
 It is our prayer that through each interaction, the seed about Jesus as LORD is planted; relationships with each child/youth are built and the uniqueness of who they are is identified and embraced. It is through mentorship and movement that practical life tips are shared, encouraging each child/youth to be the catalyst for change in their homes, communities, churches and our nation – Jamaica!

Tendi Henry





Name:
International Christian Dance Fellowship of Britain
 Representative: **Anna Arnold**
 Start: 1990
 Website: www.cdfb.org.uk
 Also known as: **CDF Britain**

VISION/CALLING
 The Christian Dance Fellowship of Britain (CDFB) seeks to support and encourage dance and creative movement as an expression of the Christian faith, and to facilitate fellowship among members through regional groups, workshops and conferences, and by providing regular newsletters.

SCRIPTURE
 And you like living stones, be yourselves built into a spiritual house, to be a holy priesthood, to offer spiritual sacrifices acceptable to God through Jesus Christ. 1 Peter 2:4,5

But for you who revere my name, the sun of righteousness will rise with healing in its wings. And you will go out and leap like calves released from the stall | Malachi 4:2,3

Anna Arnold | United Kingdom
info@cdfb.org.uk



BRITAIN

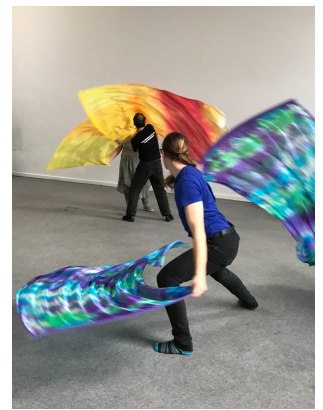
ICDF Britain was privileged to send a large delegation to the ICDF conference in Sweden last year, among them several teachers. However many CDFB members couldn't travel to Scandinavia, so we decided to run a creative day featuring some of the teachers from the conference, namely Caroline Hutchings, who because of last-minute flight cancellation was unable to travel to teach in Sweden. Caroline Hutchings, Steven Turner and Jackie Young came together in Essex, England to run a variety of workshops, including harmonics, contemporary dance and praying without words. The highlight of the day was Caroline's teaching on harmonics and a healing workshop which was a beautiful session leading people to a place of intimate connection with Papa God. Caroline trained with Paula Douthette and brought much of her inspiring teaching. Paula and Bill Douthette may have passed on but their influence will linger long in the ICDF.

The day culminated in an amazing performance with Dance 21. A troupe of dancers with special-needs that Steven teaches weekly. The performance combined dance with audiovisual technology and was a premier for much of the material. A spectacular end to a blessed day.

It was amazing to welcome dancers from across England who came together to worship and celebrate. There were times of laughter and fellowship, individual and corporate worship, and prayer for the nations using creative techniques.

"So good yesterday. God did something in me, and I feel different today." Participants testimony

Jackie Young, on behalf of ICDF Britain





ICDF USA

Name:

International Christian Dance Fellowship of the USA

Representative: **Dawn Churchill**

Start: 1993



VISION / CALLING

ICDF USA is an interdenominational fellowship that provides support and networking for people involved in Christian/Messianic dance and movement arts.

We encourage and support both the professional and the amateur artist through resources, training, workshops, conferences, books, tapes, videos, newsletters, fellowship and prayer.

Currently ICDF USA is only active through its Facebook group?

SCRIPTURE

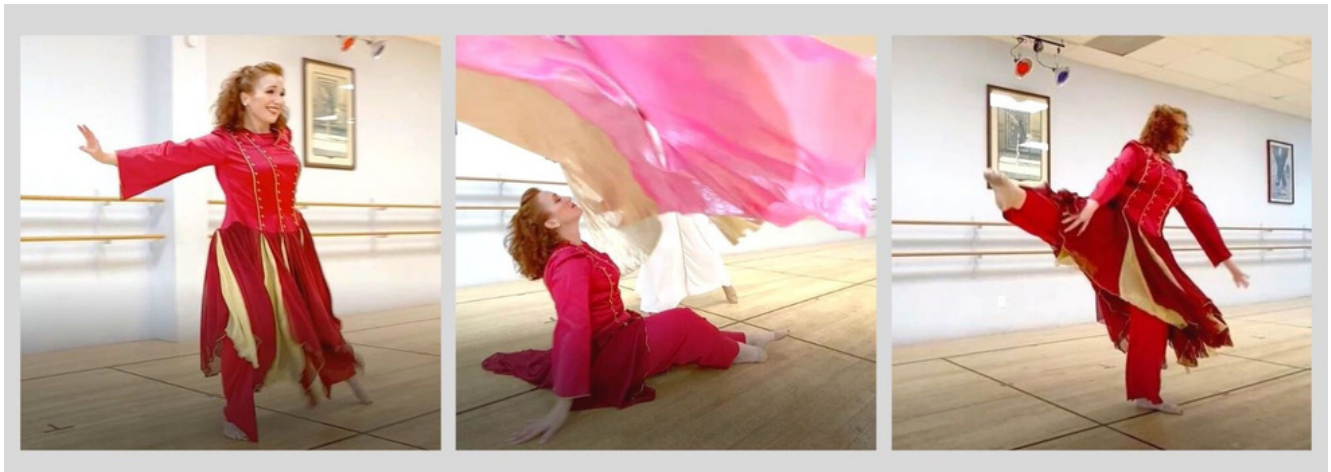
"This people have I formed for myself; They shall show forth my praise." | **Isaiah 43:21**

UPCOMING EVENTS

Keep up-to-date on the ICDF USA Facebook group:

<https://www.facebook.com/groups/CDFUSA/>

USA



This article, thoughtfully and prayerfully composed, is a combination of lessons I have learned over the last 30+ years in dance ministry. I pray it provides you with encouraging suggestions, creative ideas, and disciplines of wisdom. While much of this article's content contains my thoughts, feelings, and opinions, I pray that some of what is shared here will serve as proverbial guidance for you as you seek His will.

Proverbs 1:2-5 For attaining wisdom and discipline for understanding words of insight; for acquiring a disciplined and prudent life; doing what is right, just, and fair; for giving prudence to the simple, knowledge and discretion to the young – let the wise listen and add to their learning, and let the discerning get guidance.

To dance or not to dance? Solo, that is...Therein lies the question. The first place we must begin in a discussion about solo dance ministry is whether God has called you to minister ALONE in dance. We are all called to dance alone in our prayer closets, in loving adoration at His feet. But has He called you to minister in dance publicly as a solo ambassador and servant for Him? Only the Lord can truly reveal your calling as a solo dance minister, so my first suggestion is to seek Him in prayer and ask Him to confirm your calling in the mouths of 2-3 witnesses. Solo dance ministers come in all shapes, sizes, and ages, and with various technical (or non-technical) backgrounds. One thing I can say for certain, however, is they all have that "certain something", that sets them apart as anointed dance ministers, that not all worship dancers possess. While difficult to put into words, I will try to describe that "certain something"...

- **They grasp and hold a congregation's attention** ~ whether technically trained or not, anointed solo dance ministers have an amazing ability to grip the hearts of people and keep their attention through the entirety of a song.
- **They communicate God's heart and usher in His presence** ~ there is always a compelling release of God's anointing and fullness of His presence as these anointed dance ministers express the heart of God through movement.
- **They minister in dance prophetically** ~ proclaiming a "timely word in due season" through movement that brings exhortation, edification, and comfort.

Do these points describe you? If you're not sure, ask someone you respect and whose opinion you value as wise and discerning. He will willingly confirm your calling as a solo dance minister when you ask in faith. So, ask! Assuming the Lord has already confirmed your calling as a solo dance minister, the remaining points I will address here are matters of discipline and ministry focus for you to consider.

- Training ~ I suggest at least 3 full years of disciplined study & training in your chosen area of movement (dance, flags, mime, etc.) It is so important to achieve mastery of basic movement disciplines so you will attain proper posture, alignment, balance, control, etc.
- Continued Skill Training ~ I have learned the hard way, at times, that I must continually hone my skills as a dancer, even those skills I have previously mastered. "If you don't use it, you lose it" is such an appropriate lesson to consider.
- Theatrics ~ Since you alone carry the weight of expressing the message of your song, in order to grasp and keep your congregation's attention, you need excellent "theatrical" expression. This means you need strong facial expressions, body language that "speaks loudly", graceful poise, and innovative movement.
- Using pageantry aides ~ Especially if you have a limited movement vocabulary (and assuming you feel God has anointed you to minister as a soloist), I suggest using various pageantry aides (cloths, streamers, flags, etc.) to enhance the message of your song.
- Use ALL of your dance space ~ Make good use of ALL the space you have and face various directions throughout your choreography.
- Should I use my own choreography? ~ Dancing solo requires not just excellent dance skills, it also requires choreography skills as well. I have found this to be an area of great need in the Christian dance community. If you don't have local resources or instructors who teach choreography design, consider taking online courses in choreography training so you may become more able to hear the heart of God through a song, and interpret and express it skillfully through movement. Here is an excellent beginner's course in choreography [Elements of Choreography Design for Solo Dancers](#). If you choose to use someone else's choreography, you must internalize it and "make it your own". This requires an elongated process of time in prayer and rehearsal.
- How long do I prepare for each song? ~ I suggest at least 3 weeks to 3 months of prayer, worship, scripture meditation, choreography composition, and rehearsal to adequately prepare to minister a song alone. While the Lord may lead you otherwise, know that sufficient preparation is necessary even for extremely talented dancers. (NOTE: this point is probably the most important topic I can address in this article. For a fuller expression of ministry preparation, please refer to my mini eBook called *Become a House of Prayer ~ Dance Ministry Fueled by a Spirit of Prayer*)
- Ministering a "vertical" song ~ When the Lord leads you to minister a song that expresses worship or prayer that is "vertical" to Him alone, you must bring your congregation "into" your personal worship experience. If you don't, they will simply be watching you worship. It is essential to involve the congregation in some way (through eye contact and gestures directed towards them) so they become part of your "vertical" song of worship or prayer.
- How do I avoid redundant or repetitive movement? ~ This is where increasing your movement vocabulary becomes absolutely essential! If you have mastered only a few movement disciplines, you will have a very limited amount of ways to creatively communicate the message God has anointed you to express.
- How long is too long of a song? ~ I suggest no more than 4-5 minutes when ministering any song, either solo or in a group. Unless you use a large amount of creativity and have sufficient talent & stamina to express the message of a long song, you may lose your congregation's attention and defeat God's purpose for your dance.
- Do I dance the song in my prayer closet only? ~ Discerning God's will in the place of prayer is so necessary when choosing a song to minister alone. There are many, many songs I have danced in my prayer closet only, because they were messages God was speaking to me personally.

I am certain there are many more topics I could address in sharing choreography and ministry suggestions for solo dance ministers, I will conclude with this thought...through prayerful and disciplined preparation, the result of your solo ministry, will be written not with ink, but with the Spirit of the living God, not on tablets of stone, but on tablets of human hearts. (2 Corinthians 3:3)

Blessings to you in abundance!

[Dawn Churchill](#), ICDF USA

[Your Love ~ choreographed and danced by Dawn Churchill](#)

<https://www.youtube.com/watch?v=MghMDLwn8Sw>

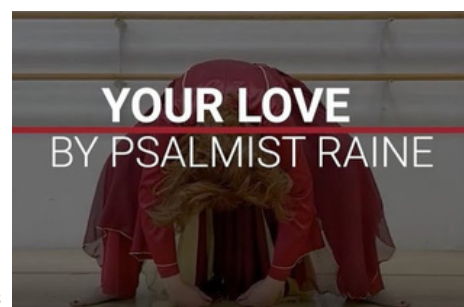
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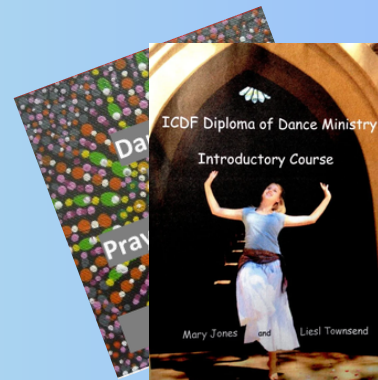
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