



Photo: Ad Deum Dance Company

NEWSFLASH

FEBRUARY 2023

1 Greetings

Message from Joint Coordinators

Our Newsflash for February is focused on the following scripture

1 Corinthians 15:58 (NIV)

"Therefore, my dear brothers and sisters, stand firm. Let nothing move you. Always give yourselves fully to the work of the Lord, because you know that your labour in the Lord is not in vain."

This scripture has three things for us to do and one to remember.

1. **Stand firm**

Often, we must stand, ready for our cue. This is not a waste of time where nothing happens, but we are waiting, ready, willing, and able to move when called upon.

2. **Stand strong**

Our stance is one of strength, stability, and a preparation to move. Standing still and stationary, there is nothing that is going to move us until we are called to do so.

3. **Stand ready**

Not only are we standing firm and strong, we are listening for the cue, and when it comes we are ready to burst into life and movement across the floor.

4. **Remember**

The Message Bible translates this verse as: "Throw yourselves into the work of the Master, confident that nothing you do for him is a waste of time or effort."

Let's not think that what we do is a waste of time or effort. Comparing ourselves to others saps our energy and stops us from moving with purpose. If we are firm, strong, and ready we are listening for that cue and once we move a new dance is created every time. Sometimes we interact with others, both dancers and audiences and sometimes on our own. But always following our Master's pattern.



REMINDING YOU OF OUR GOALS FOR 2023

Connect

- Joint Coordinators with Country Leaders
- Country Leaders with other Country Leaders
- Steering Committee with Network Leaders, Members and Supporters
- Members with other Country Members

Learn

- 29 April – Full Day : 6 Workshops with dance teachers and network leaders from the USA, Europe, Africa, Asia and Australia
- 22 July & 5 August– ICDF Country Leaders Training Session
- 30 September – Full Day Workshop with dance teachers around the globe

Grow

- Mentorship opportunities
- Youth engagements
- Information sharing

Liesel & Sue



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Announcement

CaraMayan Workshops in Aotearoa New Zealand

CDF Aotearoa New Zealand is hosting a CaraMayan Tour with Mary Jones to 10 towns in their country. Details of the tour as well as costs are included in the below flyer. Please feel free to forward the flyer to anyone you may know in these 10 towns who would be interested in doing a CaraMayan Workshop or who would love to meet Mary Jones.

Mary is the Founder of ICDF and former Dean of Dance Studies at Wesley Institute. She is presently the Director of CaraMayan and of the ICDF online Associate Diploma of Dance Ministry. She is available to teach and train internationally in different aspects of dance ministry as well as CaraMayan.

REGISTER YOUR INTEREST
EMAIL: CDFANZ@GMAIL.COM
TICKETS: WWW.HUMANTIX.COM
WEB: WWW.CARAMAYAN.COM
CONTACT: BELINDA ANDREWS
PH. 021 049 1315

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Fellowship of Aotearoa
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CaraMayan
**CHRISTIAN FITNESS
AOTEAROA NZ TOUR**

TRAINING DAYS 2023

CHRISTCHURCH	2 MARCH
OAMARU	4 MARCH
GORE	9 MARCH
BALCLUTHA	11 MARCH
NELSON	16 MARCH
WELLINGTON	18 MARCH
HAMILTON	23 MARCH
MATAMATA	25 MARCH
TAURANGA	30 MARCH
AUCKLAND	1 APRIL

PARTICIPANT
\$35 9AM-2PM
TEACHER TRAINING
\$45 9AM-3.30PM
ICDFANZ MEMBER
\$5 DISCOUNT
DOOR SALES
\$5 ADDED



"I work in an office and sit a lot. Recently I started having some back pain. CaraMayan was just what I needed. I've never experienced combining exercising with scripture meditation before and it was a blessing" - Workshop participant



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Calendar

Annual Calendar of Events

Our first ICDF Workshop event takes place on 29 April 2023. This will be a full day workshop starting from 09:00 You can choose to participate in all 6 workshops all through the day and night, or join in the classes that you are able to manage.

The full programme with times is below.

Diarise this date and we will keep you updated on the Workshop Leaders from our ICDF Network.

Randall Flinn is the Artistic Director for Ad Deum Dance Company, based in Houston Texas. He will start us off with an Intermediate-advanced level Contemporary/Modern technique and choreographic phrases class. The class will be integrated with principles of Graham and Limon technique.



Belinda Andrews is the ICDF National Coordinator for Aotearoa New Zealand. She is an Associate GE Dance Teacher and teaches private students in her home studio of AHAVA Dance Co. Belinda will end our day with a Workshop on Spins, Turns & Pirouettes using a Praise Prop with a Jazz Cross Turn or Pirouette [on the spot then travelling].



Workshop	Time UTC	Workshop facilitator
Workshop 1	13.00- 14.30 UTC	Randall Flinn (USA)
Workshop 2	15.00-16.30 UTC	TBC
Workshop 3	17.00-18.30 UTC	TBC
2.5 hours break		
Workshop 4	20.00 – 21.30 UTC	TBC
Workshop 5	22.00 – 23.30 UTC	Patricia Brearley (Costa Rica)
Workshop 6	00.00 – 01.30 UTC	Belinda Andrews (ANZ)



Connect

Learn

Grow