



ROCKY MOUNTAIN CHAPTER

of the *Sacred Dance Guild*

VOLUME 10, ISSUE 2

Fall 2010

A Letter from the President, Joceile Nordwall



DANCING GREETINGS!

Aren't these cooler fall days a joy after a rather hot summer? But there was some dancing, and I hope you got to dance. I know many of you were traveling – Hope Golden went to Greece, Ann Blessin went to Alaska, Judy Rutledge went to Washington, D.C. and I went to Connecticut College to the Sacred Dance Guild Festival.

The Festival theme, "Simply Soaring", was taken from the 1920 Doris Humphrey work, "Soaring", part of which was recreated for us at Festival from films and Labanotation. Colorado was well represented with David Taylor being one of the main presenters. A large number of dancers (including me) enjoyed his sessions, "Mysteries, Rites and Revelations" each morning. 14 of us presented the "Assyrian Women's Mourning Dance" (which David taught our Chapter in 2007) in the final evening's concert. The Festival activities included a "flash mob dance" on the pier at New London. You may be able to see it on YouTube. My wish is that each of you might be able to attend a Festival some time!

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BOARD

- President: Joceile Nordwall 303-789-1145
- Vice President: Christina Bryan 303-279-0859
- Secretary: Carole Sue Frickel 303-424-0067
- Treasurer: Carolyn Lutito 303-433-1110
- Chapter Rep: Judy Rutledge 970-848-2549
- Publicity: Regina Bowman 303-238-5058
- Membership: Lesley Williams 720-859-3321
- Member-At-Large: Ann Blessin 303-377-9114
- Member-At-Large: Hope Golden 303-718-0093

Our planned August Retreat at Highlands Camp had to be cancelled because of a mix-up with the dates. We hope to try again for next summer – stay tuned.

November 6th is the date for our Fall Workshop. The morning session will feature NIA with Mia, and Sarah Bjornebo will bring us her gifts in the afternoon. Look for the details elsewhere in this newsletter!

Our "Dancing Christmas Carols" event was snowed out last year (although a few of us made it). This year it will be on December 5th at 4:00 p.m., at Englewood United Methodist Church. Come, and bring a dance!

Joceile Nordwall
bdjmwall@q.com

We need new Board members with fresh ideas and lots of enthusiasm. Please consider joining us next year. Contact any current Board member to volunteer.

REMEMBER TO RENEW YOUR SACRED DANCE GUILD MEMBERSHIP OR JOIN AT www.SacredDanceGuild.org. Your membership is what keeps us going!

INTRODUCING THE PRESENTERS FOR THE FALL WORKSHOP

Sarah Bjornebo - Liturgical Dancer

Sarah trained in classical ballet with Esther Geoffrey at Colorado College.

She studied and performed with the Milwaukee, Pennsylvania and Boston Ballets. She studied liturgical dance with Maggie Kast (Kast and Company, Chicago) at Valparaiso University. As a student at Valparaiso, Sarah had the opportunity to develop her choreographic skills and liturgical esthetic in collaborating with the Kantorei (Doc Telschow), Concert Choir, Dean of the Chapel (Pr. Dan Brockopp) and the Chapel Worship Team. Sarah won the VU - 1995 Theology Thesis Award for her essay on sacred dance. Sarah receives regular commissions to dance in churches throughout the Rocky Mountain region. She coaches pre-professional dancers, and teaches seminars in sacred/liturgical dance. Sarah practices liturgical dance as a form of spiritual expression, embodied prayer and gospel proclamation; "It is my hope that as we worship together, we may not only hear the Word of God, but embody it."



Margaret Ballonoff—NIA with Mia

Margaret is a NIA blue belt teacher in the Denver area. Her background is in modern dance, fitness, yoga and body work (Trigger Therapy). She teaches children as well as adults and finds a great deal of pleasure and joy in delivering the NIA promise.

Mia blends dance arts, martial arts and healing arts to create a joyful fitness practice that transforms how people experience their body and movement.

NIA—Love Your Body, Love Your Life

We are delighted to welcome Terry Benedett-Farmer as our Spiritual Advisor.

Terry retired from ministry in The United Methodist Church in 2009. During her 22 years of ministry she served as a local church pastor and as a District Superintendent overseeing all UM churches in the Denver and Colorado Springs area. Now she enjoys caring for her grandchildren and spending time with her recently retired husband, Larry Farmer, who served as a principal and teacher for the State of Colorado youth corrections. In retirement her ministry is as a Spiritual Companion/Director with individuals. She has also facilitated 3 groups studying "The Artist's Way" by Julie Cameron (see ad. on the back page). She enjoyed dancing with Joceile Nordwall and the Living Grace dancers while serving Englewood UMC, Englewood, CO. Terry says "I feel very honored to serve as the Chaplin for the Rocky Mountain Chapter and look forward to deepening my understanding of dance as a spiritual discipline."

Nick Rossi—Musician

Nick has worked as a Director of Fine Arts Ministries for more than thirty five years. He has extensive experience in program development and administration. He is classically trained as a cellist, vocalist and conductor, and has toured internationally in these capacities. Nick has composed over four hundred original pieces for worship in a variety of musical styles. He has authored the workshop/seminar "Genesis! The Creative Process" and recorded four albums of original sacred works. Nick's hope for the future is to infuse lives with the love of creation and the arts; "My goal is to provide a widening variety of music and learning for the journey, because the experience of the sacred can occur in the most varied and unexpected ways."



Mark Your Calendars!

When: Saturday, November 6th, 2010

What: **Fall Workshop**

Dancing from Darkness into Light

Where: Bethany Lutheran Church
4500 E. Hampden, Englewood, CO 80207

Time: Registration begins at 9:30 a.m.
Program 10 a.m. to 2 p.m.

A light lunch will be provided

Members \$20

Non-members \$25

(\$15 if you join on the day)

To Register contact Joceile at
303-789-1145, bdjmwall@q.com

When: Saturday, April 30th, 2010

What: **Spring Sharing**

Location and times to be decided.
Check the website and look for
more details in the spring newsletter.

When: Sunday, Dec 5th, 2010

What: **Dancing Christmas
Carols**

Time: 4p.m.

Englewood United Methodist
Church
3885 S. Broadway
Englewood, CO

Bring your favorite Christmas
dances.

2010 SPRING SHARING



will be our afternoon presenter at the fall workshop next month, danced to music by Nick Rossi. The afternoon ended with a Prayer for Peace led by Joceile



Our 2010 Spring Sharing was held at Central Christian Church in Denver.

We started with a Call to Worship by Kelly Harbolt followed by a gathering piece for all dancers to Taize music, led by Christina Bryan.

As the afternoon continued, we were blessed with wonderful dances by ten different groups and individuals. David Taylor's Zikr Sacred Dance Ensemble shared a couple of dances from their repertoire and Sarah Bjornebo, who

in which everyone participated.

Thanks to everyone who came to watch or to share a dance and make this event such a successful and joyous start to the summer.



LITURGICAL DANCE NOTES (2)

In the first article I wrote for this newsletter I challenged sacred dancers to examine their thoughts on who liturgical dance is for and who it is about. I continue that theme in this, my second article. Both installments are excerpts from my Masters Thesis called "Moving into the Holy: Exploring Liturgical Dance in a Small Group Setting." Here is some more information you may want to consider when thinking about the above questions.

"Since ancient times, dance has been of major significance in expressing the most profound elements of human spirituality" (Stewart, 1994, p. 136). According to Branigan (2007), "Dance is said to be our oldest art form and every culture uses it to express faith and celebrate important life events. Liturgical dance has as its purpose the deepening and focus of worship" (p. 33). This means there is a place for liturgical dance when leading individuals and communities into a deeper spiritual experience with God, even if they are not dancers and/or have no interest in dancing in a public setting such as a church service.

Unfortunately dance in the Christian faith is done rarely and is often seen as entertainment or performance rather than as ministry or worship. As the face of worship changes, let's continue to keep liturgical dance in the mix when considering use of worship arts. Whether done in small groups as prayer and ministry or in a service with emphasis on supporting sermons and worship themes, liturgical dance is a valid form of worship and prayer.

I strongly encourage all sacred dancers to dialogue with pastors, worship leaders and other artists in an attempt to restore this ancient art form to its rightful place as a form of prayer, praise and worship offered to the Almighty God who gave us the gift of movement in the first place. I also pray that we continue finding ways to include all people interested in moving their prayers and praise, regardless of ability or formal dance training.

By Laura Padgett

Ballot for 2011 Rocky Mountain Chapter Board

President:	Joceile Nordwall	<input type="checkbox"/>
Sharing Coordinator	Christina Bryan	<input type="checkbox"/>
Secretary:	_____	<input type="checkbox"/>
Treasurer:	Carolyn Lutito	<input type="checkbox"/>
Chapter Rep.:	Judy Rutledge	<input type="checkbox"/>
Publicity:	Regina Bowman	<input type="checkbox"/>
Membership\Newsletter:	Lesley Williams	<input type="checkbox"/>
Member at Large:	Ann Blessin	<input type="checkbox"/>
Member at large:	Hope Golden	<input type="checkbox"/>
Member—at Large:	Carole Sue Fickel	<input type="checkbox"/>

Current members of the Sacred Dance Guild are eligible to vote. Please mail your ballot to:

*Don Frickel,
11686 W. 32nd Pl, Wheat Ridge, CO 80033
or bring it to the Fall Workshop*



ROCKY MOUNTAIN CHAPTER

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***The Sacred Dance Guild
promotes sacred dance as
prayer, and as a means of
spiritual growth, connection to
the Divine, and integration of
mind, body, and spirit.***

MEMBERSHIP

Membership Director
International Sacred Dance Guild
505-532-9239
mem@sacreddanceguild.org

Lifetime Membership — \$1,000.00

Annual Memberships:

Individual — one year \$50.00 / two years \$80.00

Regular Group Membership — \$90.00 (max 4 people)

Student (full time with ID) — \$25.00

Senior— \$35.00

Lesley Williams, Membership Director for the
Rocky Mountain Chapter
720-859-3321

info@SDGRockyMountain.org

There is no separate local membership and you don't have to be a National member to be on our mailing list. Please let us know about changes of address, telephone numbers, email address etc. or if you are reading someone else's copy and would like to get your own. Email us if you want to be removed from our mailing list, or if you would prefer to read the newsletters on the website.

We don't share our mailing list with anyone!

Wanting to discover or recover your
creative spirit?

Join others in a study of

THE ARTIST'S WAY

By

Julie Cameron

*A new Creative Cluster is forming now.
Contact: Rev. Terry Benedett-Farmer for
information.*

Teresabfarmer@msn.com or 720-205-0470.