



# Sacred Dance Guild

VOLUME 10, ISSUE 1

Spring 2010

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## *A Letter from the President, Joceile Nordwall*



Hello, Sacred Dancers!

The crocus are blooming, the grass is greening, and the snow is almost all melted. Our steps quicken and we want to dance the joy of new life.

So come to dance with us at Spring Sharing, May 1. We'll be in a beautiful new space, Central Christian Church, near Cherry Creek. A special gift this year will be the participation of Zikr, the new sacred dance company, directed by David Taylor. Be sure to read the article about Zikr and the article about the Sharing. Christina

Bryan will be our coordinator once again, assisted by Laura Padgett. Come and share your dance with us, or just come to enjoy.

Welcome to our two new board members, Laura Padgett and Hope Golden. Laura has just completed her MA in religious dance at Regis University, and Hope brought us a great praise workshop in the fall of 2008. They'll be fine additions to our board.

We have been invited to lead a workshop at the Church of the Brethren's National Youth Conference in Ft. Collins in July. If you're interested in helping with that, let me know ([bjnordwall@msn.com](mailto:bjnordwall@msn.com)).

Be sure to check out the article about our retreat in August at the Highland's Camp near Estes Park. I've been there, and it's a wonderful place.

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
Members-At-Large:	Ann Blessin 303-377-9114
	Hope Golden 303-718-0093
	Laura Padgett 303-238-6812

There will be a Sacred Dance Festival this summer, even though this chapter wasn't able to host it. It will be held at Connecticut College, an historical place for dance, July 26-31. CT College is in New London, CT. David Taylor will be one of the presenters this year. All the information is on the website, [www.sacreddanceguild.org](http://www.sacreddanceguild.org). And remember our chapter's website, [www.SDGRockyMountain.org](http://www.SDGRockyMountain.org). Thanks for that, Lesley!

Blessings and Peace,

*Joceile Nordwall*

## Get to know your Board members

In this section we will introduce a different Board member in every edition. If you feel inspired to contribute your skills and knowledge by joining the Board please contact any of the members of the current board.

*Dancing is the poetry of the foot.*

*John Dryden*

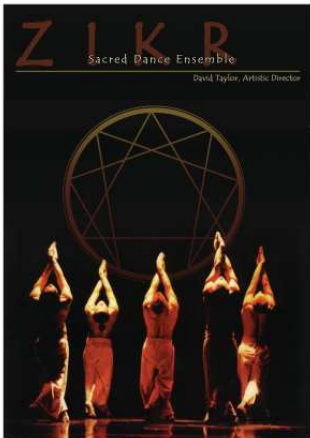
### Laura Padgett



Laura is a Denver native and has lived in Colorado her entire life. She is a graduate of Regis University with a BA in Communication and an MA with emphasis on storytelling through creative movement, particularly sacred dance.

She began formal dance lessons in her late 40s. Her background includes liturgical dance, tap, clogging, and Irish Step Dancing. She has been both a competitor and performer in clogging, tap, and Irish Step Dance. She has performed from Golden, Colorado to Disneyland in California.

When not working at Regis in the Grants and Research Office, Laura leads several dance teams, one Irish dance team and two liturgical dance teams. She choreographs for both types of dance and keeps busy with dance workshops and lessons in various dance forms. She and husband Keith travel between Palo Alto and Minneapolis to visit their three grandchildren as often as possible.



The Zikr Sacred Dance Ensemble will present a major performance at the Brooks Center for Spirituality, at E. 14<sup>th</sup> Avenue and Williams in Denver, on Saturday, May 1, at 7:30 pm. Tickets are \$20 for adults and \$15 for students and seniors and may be reserved by calling 303 322-7738. Tickets are also available at the door.

The Zikr Sacred Dance Ensemble is Colorado's only professional sacred dance company. For the May 1 performance at the Brooks Center for Spirituality, the ensemble will include dancers from the Colorado Ballet, including Sharon Wehner, one of Colorado Ballet's principal dancers, and Patricia Renzetti, former prima ballerina with the Colorado Ballet, along with dancers from the David

Taylor Dance Theatre, 7 dancers and a former dancer from the Boulder Ballet.

We are thrilled that David Taylor has agreed to bring his ensemble to our Sharing earlier in the day and present two or three pieces for us. Don't miss this great opportunity!

### *National Dance Week Exhibit*

The Carson-Brierly Dance Library, housed in the Penrose Library at Denver University, will mount a special exhibit for National Dance Week, April 22-29. The show will feature the life of Hanya Holm and posters, programs, notes and photos from the library's collection. The hours are 8 a.m. to 5 p.m., Monday to Friday.

## *Mark Your Calendars!*

When: Saturday, May 1st, 2010

What: **Spring Sharing**

Where: Central Christian Church  
3690 Cherry Creek South Dr.  
Denver, CO 80209-3501

Time: Rehearsals from 10 am to noon  
Program begins at noon

Special performances by  
**Zikr Sacred Dance Ensemble** (see article above)

Potluck lunch and Silent Auction to  
benefit the Connie Fisher Memorial Fund

See back page for more information and  
registration form.

When: July 26th—31st, 2010

What: **Festival—Simply Soaring**

Where: Connecticut College  
New London, CT

Come meet and share with hundreds  
of fellow dancers from around the  
globe in a joyous celebration of  
movement and spirituality. Dancers  
of all ages, genres, faith traditions,  
cultures and abilities are welcome.

For more details go to the  
**[Sacred Dance Guild website](#)**

When: August 20th—22nd, 2010

What: **Chapter Retreat**

Where: Highland Presbyterian  
Camp (tentative location)

This is becoming an annual event  
and is open to all interested sacred  
dancers.

Contact any Board member for  
more information as it becomes  
available.

## Fall Workshop

On November 7, 2009, the Rocky Mountain Chapter presented "Aloha, Dancing the Breath of Life" at St Thomas Episcopal Church in Denver.

Part of the 16th century Spanish style church, the Great Hall is an illuminated lofty space with high ceilings and walls of arched windows. Within this space, the "Aloha" was lead by Kainoa Gardon – Hawaiian Hula Dance, Siasoi Talitimu – Samoan Dance and Glenda Bautista – Tahitian Dance.



Glenda Bautista



Siasoi Talitimu

First, we gathered in a circle to understand the meaning of Aloha, the Breath of Life. Siasoi Talitimu, performed a Samoan Dance, showing us how to move with the divine dignity we embody as those beloved by God. He showed us how to dance, walk and move like majestic royalty, all eyes on us as we dance. Then we, ourselves, moved from the center of the inner Breath of Life, giving it forth.

Next, we joined Glenda Bautista, learning a Tahitian Dance. Glenda taught us the warm generous smile and the language of soft arms in meaningful gestures. We learned new hip movements that came from the knees.



Tahitian Dance



Hawaiian Hula

Kainoa Gardon taught a Hawaiian Hula, a joyful dance, to "You Raise Me Up". Wearing a flower-covered sarong, and a calm, inviting smile, she danced the Hula, giving the Breath of Life through the heart.

It was a day of creativity through singing, music, dance, performance and participation.



Tribute to Fr. Damien  
Randy & Linda Smith and Kainoa



Three Woman Chant

*Article submitted by Christina Bryan*

## LITURGICAL DANCE NOTES

Balletic slim with gently nubile curves  
And sweetly graced extensions of long limbs-  
They sway, step, bend to syncopated hymns.  
Their mothers beam. How well, they think, dance serves  
God's glory (and their own) in finer style  
Than old processions jumbled full of tots,  
White-veiled and bumptious, tasting nuns' DO NOT's  
Surging off center down the middle aisle  
Lord, as You look on such eclectic prayer,  
Such very now liturgic elegance  
With its proponents all quite blind to where  
It self-creates less happy circumstance,  
Hold tight and tenderly within your care  
Little fat girls who won't be asked to dance.

Mary Margaret Millbrath (2003)

What is liturgical/sacred dance, and who is it about or for? Can all participate or is it exclusively for a select few, as secular dance is? One could read the poem above and substitute the word "fat" with old, plain, not dance trained, other-abled or a myriad of adjectives that give permission to exclude. But what is this form of dance supposed to be? Are there deeper roots in dance and a deeper purpose in this art form as an expression of worship, prayer and praise, regardless of the person or persons dancing? Over the next few articles I will explore some possible answers to the questions posed above. And I encourage you, dear readers, to answer these questions for yourselves and perhaps begin to share your gifts in new ways that may lead all people to pray, praise and worship through movement.

*By Laura Padgett*



**ROCKY MOUNTAIN CHAPTER**

www.SDGRockyMountain.org

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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**

Deena Sherman, Membership Director for the International Sacred Dance Guild  
mem@sacreddanceguild.org

Lifetime Membership — \$1,000.00

Annual Memberships:

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

Regular Group Membership — \$90.00

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'll send you an email when they are posted.

We don't share our mailing list with anyone!

***Join us for the Spring Sharing 2010!***

By sharing our dances of praise we can inspire each other.

Bring one of your dances to share on May 1, 2010 at noon, at the Central Christian Church, 3690 Cherry Creek South, Denver, 80209-3501.

Gathering for rehearsal 10 AM.

Light potluck lunch will follow.

\$10 donation suggested.

Silent Auction to benefit Connie Fisher Memorial Fund.

For more details contact either

Laura Padgett, 303-238-6812 [Lauralee44@juno.com](mailto:Lauralee44@juno.com) or

Christina Bryan, 303-359-1878 [Christina.bryan@colorado.edu](mailto:Christina.bryan@colorado.edu)

**Registration Form:**

Name/Group Name \_\_\_\_\_

Address \_\_\_\_\_

Title of piece \_\_\_\_\_

Phone \_\_\_\_\_ email \_\_\_\_\_

Please return to:

Christina Bryan, 2708 Lookout View Dr., Golden, CO 80401 Or

Laura Padgett, 13690 W 7th Ave., Golden, CO 80401