



# ROCKY MOUNTAIN CHAPTER

of the  
*Sacred Dance Guild*

VOLUME 11, ISSUE 1

Spring 2011

*A Letter from the President,  
Joceile Nordwall*



**S**pring Greetings, Sacred Dancers!

When the crocus bloom and Daylight Savings Time begins, it's time to get ready for our Spring Sharing Event! Our theme this year is "**Amazing Grace**", and we will have the opportunity to visit St. Andrew United Methodist Church in Highlands Ranch for our day together. It's easy to find; just go south on University. See page 2 for the full address. Our Sharing coordinator, Christina Bryan, was busy getting the details in order before she left for Scotland in March – thanks, Christina! We are grateful to Laura Herships of St. Andrew UMC and her "crew" for arranging this and also to the church for waiving the fee. We hope to see you all there on April 30. Contact Laura at [Lherships@comcast.com](mailto:Lherships@comcast.com) if you'd like to bring a dance. The program begins at noon; come to watch and enjoy the dances even if you won't be dancing this year. Lunch following the dancing is potluck.

There is a great new book out about Sacred Dance. "*Dance, the Sacred Art*" was written by Cynthia Winton-Henry, a long time Sacred Dance Guild member and Festival presenter. Besides giving information and theological background, she inspires us to take on movement as a spiritual discipline, and she includes "spiritual exercises" for individuals or groups. It's in paperback and is published by Skylight Paths. I found it at the Cokesbury Store in Englewood.

## BOARD

- President: Joceile Nordwall 303-789-1145 [bdjmw@q.com](mailto:bdjmw@q.com)
- Vice President: Christina Bryan 303-279-0859 [bryanc@colorado.edu](mailto:bryanc@colorado.edu)
- Secretary: Open
- Treasurer: Carolyn Lutito 303-433-1110 [c.lutito@comcast.net](mailto:c.lutito@comcast.net)
- Chapter Rep: Judy Rutledge 970-848-2549 [djrutledge@hotmail.com](mailto:djrutledge@hotmail.com)
- Publicity: Regina Bowman 303-238-5058 [rmbow@cmconline.com](mailto:rmbow@cmconline.com)
- Membership: Lesley Williams 720-859-3321 [lesleywilliams@msn.com](mailto:lesleywilliams@msn.com)
- Spiritual Direction: Terry Benedett-Farmer [teresabfarmer@msn.com](mailto:teresabfarmer@msn.com)
- Members-At-Large: Ann Blessin 303-377-9114 [amblessin@yahoo.com](mailto:amblessin@yahoo.com)  
Hope Golden 303-718-0093 [hope@quickenet.org](mailto:hope@quickenet.org)

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The Board has reluctantly accepted the resignation of Carole Sue Frickel. Carole Sue has served faithfully as Board Secretary and at-large member and has coordinated our lunches at Workshops and Sharings. Thank you, Carole Sue!

If you would be interested in serving in either of those capacities and meeting with a fine group of dancers occasionally, please contact me.

Grace and Peace,

*Joceile Nordwall*

[bdjmw@q.com](mailto:bdjmw@q.com) 303-789-1145

## 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.

Dancers are the messengers of the gods.  
Martha Graham



### Hope Golden

Hope is the President of Quickenen Ministries a 501(c)(3) not-for-profit organization that presents the Word of God through various forms of worship; namely dance, drama and the poetic spoken word. QM was established in 2004. In whatever form of delivery, Minister Hope proclaims the year of God's favor! Hope is a national and local speaker, and enjoys creating worship events and workshops that focus worship as a lifestyle. In October this year, Hope will set sail for Bermuda where she is one of the guest speakers on a Women's Vacation Cruise. Hope was born and raised by her parents in Little Rock Arkansas. As an adult, she lived in Memphis, Tennessee before moving to Boulder, Colorado in 1990. Hope answered her call to the ministry in 2003, she was confirmed and licensed as a minister of the Gospel in June 2004. She is tutored at her home church by Pastor John Moreland, Lowry Community Christian Church. Hope has 2 Adult children, 2 grandchildren and resides in Brighton, Colorado with her husband Keith. Find Quickenen at [quickenen@quickenen.org](mailto:quickenen@quickenen.org) or by calling 303-718-0093.

We are blessed to have Hope with her extraordinary enthusiasm and talents on our Board.

### We need your help!!

In an effort to save money on postage, which is one of our largest expenses, beginning this fall we are going to start using email as much as possible. If you would like to get emails instead of more paper in your mailbox, please send an email to [info@SDGRockyMountain.org](mailto:info@SDGRockyMountain.org) from the address you want us to use. Include your name and address so we can be sure to take you off the hard copy mailing list. A few people have previously asked for this option but to ensure you are on the list, please sign up again.

**SILENT AUCTION:** During the Spring Sharing we will have the opportunity to support sacred dance by bringing items for the silent auction and by bidding generously on those items. If you have something to donate to the auction, please contact Joceile at [bdjmwall@q.com](mailto:bdjmwall@q.com), or 303-789-1145.

## Spring Sharing—Amazing Grace

Each Spring the Rocky Mountain Chapter of the Sacred Dance Guild holds an event where sacred dancers of all traditions, backgrounds, and beliefs gather to share their dances. All together, this creates a one hour program that is a unique collection of dance prayers composed by different sacred dancers in the area. This year the program, titled "*Amazing Grace, a Spring Sharing*", will be held at St. Andrew United Methodist Church, 9203 South University Blvd., in Highlands Ranch,

(Continued on page 3)

## Mark Your Calendars!

When: Saturday, April 30th, 2011

What: **Spring Sharing**  
**Amazing Grace**

Where: St. Andrew United Methodist Church  
9203 S University Blvd.  
Highlands Ranch, CO 80126

Time: Rehearsals: 9:30—11:30 a.m.  
Program: Noon—1 p.m.  
Followed by a potluck lunch

Cost: \$10 (individuals or groups)

See article on page 3 for more information

When: Saturday, November 5th, 2011

What: **Fall Workshop**

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

When: August 13th & 14th, 2011

What: **Summer Retreat**

Pencil this in and watch the website for details once availability of the location has been confirmed.

This will be a wonderful weekend of relaxation, spiritual renewal and dancing in the Rocky Mountains.



Workshop Participants. Front row from left: Sarah Bjornebo , Rick Rossi and Mia Ballonoff.

## 2010 FALL WORKSHOP

The SDG RMC hosted a sacred dance workshop in November 2010 at Bethany Lutheran church. About thirty people attended, and enjoyed the festivities. It started off with a bang having NIA



Opening Ceremony with Terry Benedett-Farmer



Sarah Bjornebo



NIA with Mia

presented by MIA Margaret Ballonoff in the morning and the afternoon flowed beautifully with Sarah Bjornebo teaching liturgy and movement. Both presenters were dynamic and fed our minds, bodies and spirits. We were blessed in having both a beautiful space and talented and enthusiastic presenters. We were all doubly blessed to receive a beautiful CD "O Come, O Come, Emmanuel, and "How Do You Get To Heaven", from artistic Cellist Rick Rossi. These are his own compositions, performed by him during Sarah's workshop. All of the artistic presenters shared not only their creative talents but their theological perspectives as well. It was a well-rounded workshop full of meaning as well as being mentally and physically challenging. The Fall Workshop was a beautiful tribute to sacred dance and the Sacred Dance Guild.



Rick Rossi

Alleluia....Alleluia...Alleluia.....AMEN. Let's keep on dancing.

*Submitted by Ann Blessin*

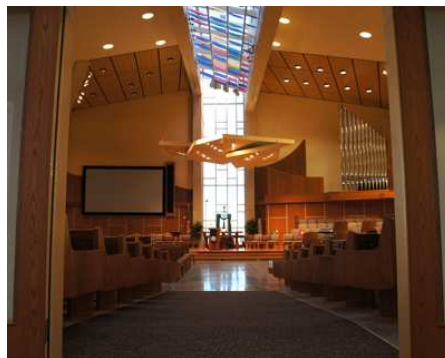


## Amazing Grace (continued)

Colorado, on April 30, 2011 from 12 noon to 1 p.m. The church will be open for rehearsals from 9:30 am.

This is a great opportunity to see sacred dance and bring friends or students of dance who may not have experienced sacred dance before.

Throughout the years dancers have been celebrating the Divine with dance. At the Spring Sharing individuals and groups will show each other examples of their work which may have been part of a worship service, performance or workshop, or may be prepared especially for this event.



We invite you to come and join the celebration at St.

Andrew on April 30,2011. If you would like to share a dance, contact Laura Hershops at 303-359-1878 or [lhershops@comcast.net](mailto:lhershops@comcast.net) for details regarding a place in the program and rehearsal time. If you don't have a dance to share, come and watch and meet the dancers.

There will be a videographer for those who would like a video of the dances.

*Submitted by Christina Bryan*



## ROCKY MOUNTAIN CHAPTER

[SDGRockyMountain.org](http://SDGRockyMountain.org)

Editor

Lesley Williams

99 Moline St.

Aurora, CO 80010

Phone: 720-859-3321

Email: [info@SDGRockyMountain.org](mailto:info@SDGRockyMountain.org)

Website: [SDGRockyMountain.org](http://SDGRockyMountain.org)

***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](mailto: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](mailto: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](mailto:Teresabfarmer@msn.com) or 720-205-0470.