

Of Water and the Spirit

a celebration of dance in worship

SUNDAY, November 23rd at 3:00 pm in the Sanctuary

You are invited to join Jane Siarny in celebration of her 40th year in dance ministry. She will present a demonstration of how dance, movement, visuals and sound can enhance our worship experience. This 45 minute program includes a time for children. All are welcome. She is grateful for the love and support from the Westlake UMC.



Facilitator, Jane Siarny is dedicated to uplifting the human spirit through creativity, community and spiritual practice. She holds an MFA in Dance & Performance, is a certified InterPlay® leader and is currently pursuing a 200 hour yoga teacher certification.

Of Water & the Spirit is a compilation of Jane's programs throughout the years. Her current educational programs are: ***Story Alive*** Stories of faith come to life through dance, drama, movement and music. ***SpiritPlay*** Learn the tools and forms of InterPlay® to experience renewed creativity, & embodied spiritual practice. ***On a Wing & a PRAYER Yoga*** Find rest, rejuvenation and renewal in body, mind & spirit through breath, movement and prayer.

“Jane dances the Good News of God’s love and exults in the glow of the spirit. Thus to worship with her guiding help is an uplifting and gracious experience.” Rev. Warren Tropf

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Jane Siarny is dedicated to uplifting the human spirit through creativity, community and spiritual practice. Jane began dancing at the Lester School of Dance in North Olmsted with Liz Bulter. She began dancing in worship while pursuing a ballet degree at Akron University and went on to receive a BFA/MFA in Dance and Performance from the University of Illinois, U-C. Dancing in the Doris Humphrey reconstruction of *The Shakers* inspired her to do her Masters thesis on dance in worship and the Shaker Sect; a 19th century American religious community that used movement as an expression of worship. She has danced and toured with professional ballet (National Ballet of Illinois), modern companies (Chicago Repertory Dance Ensemble, Detroit Dance Collective, Footpath Dance Company) and with Kast & Company Liturgical dancers. Jane has taught at North Park University, Oakland University, Columbia College, and numerous park districts, churches and studios. She has created dance for Sunday worship, memorial services, retreats, Advent and Lenten services; as well as larger venues (Call to Action, Religious Communicators and the National HIV/AIDS Ministry Conferences.) Jane is a past President of the Lakeshore Chapter of the Sacred Dance Guild, where she was instrumental in hosting a National Festival in Chicago. She is a certified leader with InterPlay® -- an active creative way to unlock the wisdom of the body. InterPlay's technique and philosophy was created by former members of Body & Soul Dance Company and has been a big part of Jane's teaching and helping others embody their faith. Jane is currently pursuing a 200 hour yoga teacher training certification at Prairie Yoga in the Chicago area. She delights in combining her love of dance, InterPlay, yoga and sharing God's love through the expressive arts.

Of Water & the Spirit is a demonstration of how dance, movement, visuals and sound enhances our worship. Incorporating these often underused modalities with scripture & music, we can broaden and deepen our experience of worship. A special focus as we approach this season of Advent is on the elements of water and light as it reveals God love, grace and peace for our lives.

Some history ... Dance was eventually banned from Christian worship by 400 AD or earlier because it was associated with pagan rituals. Folk dances were stripped of their religious purposes and survived outside of the church. The Greeks were keen on dualism and defining spirit, mind and body as separate experiences. Movements that did last, were highly controlled and symbolic (as in kneeling at the altar-or the priest lifting up the bread and the wine). Contemporary Liturgical Dancers can give credit to the **American modern dance** movement that began in the early 20th century. Of Water and the Spirit Worship Services and Companion workshops help us to reclaim the body as holy and sacred-the individual body and the body of Christ—providing meaningful ways to experience religious expression and connection with others through embodiment.

The invitation to be embodied persons during worship can be like learning a foreign language. As children we moved and used all of our senses to explore and interact with our world. Gradually that experiential learning was replaced with a high emphasis on meaning through written and spoken word. Can we relearn some of the wisdom of our bodies that we had as children? I think so! (Try taking a deep breath and let it out. Smile. Notice if you are more aware of your body.)

Our early American Christian worship incorporated much more movement while singing without books. Shape note singing in the early 1800s incorporated body movement much like the Shakers did in their worship.