



NEWSLETTER

November 2021



Dear Friends and Movers,

Thank you to all those who have sent in their experiences with CaraMayan meditations for this newsletter. It is encouraging to hear from several of you.

I have been preoccupied with moving house over the last year and because of this and COVID I have not run any classes either online or in the new area where I am living. But I have been thinking that it might be very helpful to have classes via Zoom and not just taught by me but the other teachers as well. I realise that many of you would not have access to regular CM classes and although you have DVDs and books to guide you it is not the same as having class with others. Please let me know if this is something that you would like and I will do my best to arrange it. And... I'm still working on getting the DVDs onto a platform so you can view them on your phone or computer.

We can all look forward as well to the ICDF Conference next year in Sweden at the beginning of August. If you are able to attend either in Sweden or online there will be CM classes there and it is such a wonderful time of meeting people from all over the world.

My reading this morning was Psalm 23 and it was so good to be reminded that God understands and provides for all our needs - he leads us to places of rest and renewal, he is with us in the hard places so that we don't need to fear and can instead feast on the Lord's provision. Through all the challenges his goodness and love follow or "pursue" us, as the Hebrew words suggests, and we will dwell in God's House forever! This is a favourite CM meditation for many, so you might like to try it if you are not yet familiar with it. You will find it on the video "Quiet Waters."

Mary Jones

Next newsletter -

Your stories about CM (please send them in)

Your Experiences



Cheryl V. with part of Exercise Session in my Sydney studio before moving



Jenay Flint - Victoria, Australia

I was so delighted to find out about CaraMyan while chatting with a long time friend in the Christian Dance Ministry. I'd been searching for DVDs I could use at home that combined movement, dance and exercise with my Christian faith.

CaraMyan DVD's & CD's are so helpful for me personally. They provide the Christian focus I was looking for; and are helping me to get back more flexibility, stamina and better fitness (after several years of not doing much due to a fatigue issue.)

At the moment we, in Melbourne, are in yet another 'Lockdown'. Retired, I'm establishing a new weekly routine. I've found that the Movements and Meditations of CaraMyan fit in perfectly during morning 'Quiet Times' with God to get the day started well.

The content of the DVD's are so uplifting & and encouraging. I love the music and varied locations Mary Jones gives Introductions from. I was amazed at how much time, planning and energy has gone into the production of the DVD's.

I'd like to send a BIG thank you to Mary Jones; AND a BIG thank you to ALL who contributed in any way. I really enjoy the 'company' of the dancers while I am moving along through the CaraMyan Meditations, but know many 'behind the scenes' people also added so much to make it what it is. Many thanks!

UPDATE: The only thing I can think I haven't mentioned is that sometimes I enjoy just putting the CD on while I do my stretches before walking. I just find it so much nicer to have inspired music on.

I'm currently establishing a new weekly routine that works well for me. CaraMayan is adaptable and fits in perfectly. I'd like to have about 30 minutes, but on a busy day, even just 10 minutes of a CaraMayan dance meditation can help to get my body, heart and mind in a good place.



Amay Dufault - Calgary, Canada

I'm am pleased to be able to share with you how I have enjoyed doing some of the lovely CaraMayan meditations personally and also with our CDFCalgary group.

Since I am a kinesthetic learner, moving to the scriptures with the CaraMayan meditations has been a very life giving way to embody God's word in my mind and heart. I very much enjoyed teaching the Our Father because it was easy to learn and the women were greatly encouraged by doing it.

Our last workshop was in 2019 when I retired from being the CDFCalgary coordinator. Because of Covid restrictions our group gathered together outside our church and Iona and I taught the women a couple of the latest CaraMayan movements that were based on the fruits of the Holy Spirit. It truly was a glorious time to be prayerfully dancing them together in the sunshine.

Below: A CaraMayan class on one of my trips to Calgary - MJ



Kristina Reeves - Isle of Man, UK (*I wasn't able to get a photo of Kristina in time so have used this very ancient image which is on the Isle of Man's flag and conveys sun, power and life. The Isle of Man is in the Irish Sea between Ireland and England and Kristina has just moved there. MJ*)

Working with movement and Scripture together (and the repetition of those movements) helps my mind and spirit to focus on the significance of the words. I enjoyed how, not only the shape of the movements, but the quality of the movements can reflect the meaning of the words and highlight specific ideas that maybe one hadn't considered before. The use of the contractions on 'lead us not into temptation but deliver us from evil', was very helpful in expressing my heart's desire to be able to resist the devil's schemes and to be fully reliant on the victory won through Christ's death on the cross.

The very first time I used the Lord's Prayer meditation was on the CDF Britain 2020 national conference with Sue Sutherland. When she explained the representation of the Kingdom of God through a mustard seed growing into a tree, I thought it was a very clever representation of quite an abstract concept (obviously inspired by scripture!). The movement, of the tree growing from seed and then to full height using an arm stretch with small circle, really captivated my imagination. I've used that imagery, in a drawing, since for another project I'm working on. I personally love to see growth in others, whether they develop new skills or just come to a new level of understanding or revelation of who God is. Therefore using this representation of incredible growth and productivity as symbolic of God's Kingdom really resonated with me.

From our Teachers



Classes in a time of COVID from Debbie Bright in New Zealand

Just this week, we returned to having classes, since we were in lock down for several weeks. The regulars all turned up on the first day – they were all very keen to return. We are still meeting in the Anglican church at the Community Centre where I work part time, with the participants paying a donation that goes to the church as a rent contribution. The group members are from several different churches, both traditional and Pentecostal.

In order to manage the required current covid spacing, we are focusing on the CaraMayan meditations that stay on the spot (which is most of the ones we were using previously). We will manage a 4-week run before the Christmas break.



Jessica Guthrie - Illinois, USA

I don't have much to report at the moment...unfortunately I've been in the hospital with Covid pneumonia for the last week. I hope to go home today, potentially on oxygen.

For the last few months I've been working on completing my Pilates Teacher Training, as well as a Pilates-focused certification for Cancer patients. So I haven't been teaching since this summer. After I complete these certifications (February at the latest), I plan to add the teaching of CaraMayan and PraiseMoves back into my schedule, most likely online only to begin with. I've been having a hard time finding a church or other location that will open their doors for me to teach right now.



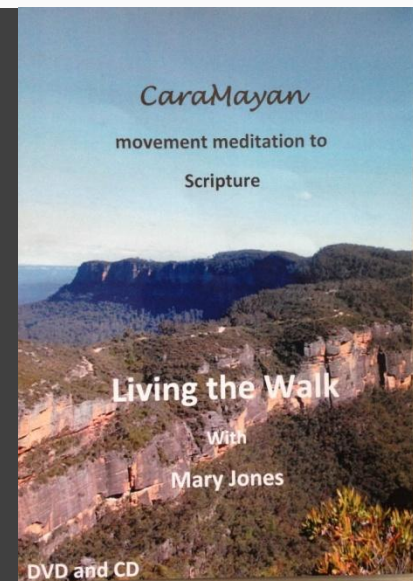
Prayer Points

- * Thanks for God's word and the joy of moving it out
- * That more people who would benefit from CM will find it
- * Thanks and prayer for CM teachers
- * For the completion of the new DVD "Radiance"
- * For finding the best way of putting CM online
- * For the growth of classes and number of teachers
- * For those who are struggling with COVID and especially Jessica

DVDS AVAILABLE

- THE EARTH IS THE LORD'S
- QUIET WATERS
- MOVING WITH THE PSALMS
- EXERCISE SESSION
- BE STRONG, YOU ARE LOVED
- LIVING THE WALK

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