



NEWSLETTER

April 2022



Dear Friends and Movers,

It has certainly been a difficult start to 2022. We are having torrential floods here in Australia and as well as dealing with COVID, the world is watching the horror unfolding in Ukraine. As we pray for and about those involved and for a just solution, we know and can thank God that He is King of Kings and Lord of Lords who also hears and answers the prayers of his people.

In August, the International Christian Dance Fellowship is planning their triennial international conference in Sweden. You can access the details on www.icdf.com. This will be an exciting time of getting together to share and learn skills and ministry. Some of it will also be online for those who can't get there. It is a good time to meet face to face for some CaraMayan workshops. I hope to see some of you there. We hope to launch the new CM DVD "Radiance" at the conference.

It is good to hear from our teachers. Sue Sutherland's contribution to our last newsletter came just too late to be included last time so it is good to hear from her in this newsletter and we wish her well in her move and settling in to a new location in England. We will look forward to seeing how she uses her new qualification as a certified CM teacher.

Dr Debbie Bright shares some of her experiences of teaching classes in Hamilton, New Zealand, where she lives. Debbie is also Director of the ICDF Diploma of Dance Ministry. The Diploma has incorporated CaraMayan Technique as one way students can gain their technique credit. The Teachers' Certification can also be studied as part of the course. Debbie will also be at the conference and would be pleased to see you there.

Knowing that often people find it hard to establish a regular time of exercise I have shared how I manage my routine. I would be interested to hear how you do. Please let me know and whether you would like it

included in our next newsletter.

Blessings for Easter and Pentecost,

Mary Jones Next newsletter -

Your stories about CM (please send them in)

From our Teachers



Sue Sutherland - U.K.

The major development since the last newsletter has been qualifying as a fully fledged CaraMayan teacher. Thanks to Mary and others for their encouragement through this time. It seemed to take longer than I initially expected, but I didn't bank on a global pandemic. Since then, I have done no classes because of the continuing uncertainty of lockdown and other measures. Also, because of our decision to move house.

Next week, the first week in December, we will move house across England to a whole new area. By the time you read this, I should be settling into my new home. The plan is to start classes once I settle into the new area and new church.

We have attended our current church for over forty years, and this Sunday, I know they are planning to pray for us and send us off with their blessing. To add to this, I intend to do the Gaelic Blessing meditation to bless my church and the town I have called home for all of my life.



Debbie Bright – New Zealand.

I have been teaching some classes in Hamilton, New Zealand. The pattern for these classes has developed in response to the expressed needs and desires of the participants. The classes have a strong emphasis on meditation and prayer, and a lesser emphasis on exercising (although the participants have repeatedly told me that they appreciate the exercise work and that they have become stronger physically, as well as spiritually). Recently some have also talked about how they have found the movements and Scriptures flowing into their everyday lives. For instance, some say they have found certain CaraMayan movements helpful when they have felt stressed. Regardless, all agree that they appreciate and benefit from having even this one hour per week that is dedicated to spending time with God in this manner. Certainly, there is

often a very strong sense of God's presence during the classes. All, even those who have left (because of time/busy-ness clashes) and those who have recently joined us, say that they love it!

Classes are held in the small Anglican Church attached to the Community Centre at which I work part-time. This Centre is situated in a lower socio-economic area in Hamilton. There is no charge for the classes, and all donations are given to the church. We have about eight participants on any given day. The majority of the class members are from one particular Pentecostal church in another suburb – one of their number has been particularly good at bringing church members to the classes - the remainder are from various Hamilton churches, particularly Anglican.

Weekly Sessions (approximately 1 hour long)

1. Participants lie or sit and meditate while I play one of the CaraMayan tracks- 6-10 mins.
2. Then we dance 3-4 pieces.

We often have brief discussions at various points during the classes. These discussions have led to greater individual understanding and awareness of meanings and images in the words and movements.

Since only one participant already dances, I have added new pieces very slowly. The favourites are 'The Lord is My Shepherd' and 'The Lord's Prayer'. They have asked to have these two dances every time, since they see them as really significant to their walk at this time. They have also requested that they become so familiar with these two dances that their movement becomes automatic and, therefore, their meditation and prayer can become deeper and more meaningful.



Mary Jones – Australia

The scientific news that comes out every so often serves to encourage me that CM can really help keep me healthy and strong, especially in muscle strength and brain clarity which both start to decline gradually after 30 and much faster after 60. I try to do some CM every day with an alternating program that gives more variety.

Day 1: Warm-up from *The Earth is the Lord's*

3-step CM such as *Live* from *Quiet Waters* or *Entering in* from *Moving with the Psalms*. At the moment I'm also working on

Mary's *Magnificat* which will be in the next production *Radiance*.

Harmonics - this is a movement system developed by Paula Douthett using four basic movements - Pendular Swing, Spiral Twist, Wave motion and Sway. I have put these movements to some praise and worship songs and find that the twisting and locomotor movements supplement CM and give a good balance.

Standing Meditation of the week - I move to the same meditation for one or two weeks so that I can become very familiar with it before moving on to another one. I will often choose one where the scripture is helpful for whatever I am facing in life at that time.

Day 2 **Warm-up**

Harmonics

Selah Sequence - this is more demanding physically and involves floor-work



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

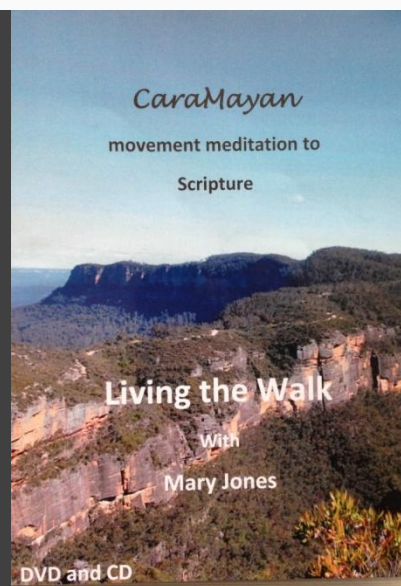
DVDS AVAILABLE

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

COMING SOON

- RADIANCE

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