**Workshop I: We are called to go …**

**Thursday 24. August 9.00-12.00 uur**

1. ***Introduction by means of suitcases (50 min.)***

**1 A Welcome - Tineke**

Welcome everyone in this workshop which circles around a prophet called Jonah.

In the workshop we will meet each other and explore the theme of this conference:

The story of first Jonah and “Pieces of peace”.

**1 B What is bibliodrama? (short intro for those who play bibliodrama for the first time) - Jean**

Bibliodrama is a creative and playful way in search for spirituality in the encounter between biblical stories and our personal life. Of course we take the influence of society and daily life into account. By stepping ‘into’ the stories we try to make them alive through reproduction and perception and to feel the inspiration in our own body and members. Intensive, playful and creative dealing with religious stories has a profound effect.

It not only works on your mind and does not just appeal to your brain. Your emotions, your memories, your imagination, your desires, your will, your actions and attitudes are also addressed. You are touched in heart and soul, from top to toe.

This gives you better insight into the Bible, in yourself and your living environment, in the inspirations of the book, in your sensitivity of holiness, the divine presence and absence.

We use many creative ways to engage with the stories, by playing we try to enlive the biblical figures and situations. There are no written roles that we imitate, it's not a drama, it's drama. There is an expression of what plays in our minds upwards and develops in interaction with the fellow players.

**1 C The general goals of this workshop - Jean**

By exploring major aspects of the story of Jonah, we hope to find inspiration and orientation for personal life in social political reality.

We will search for meaning of life and spirituality in many creative and playful ways. There will be less emphasis on verbal expression than on body language, image, movement, sound, dance, songs, work with materials. Spiritual experience, emotion, meditation, depiction, legitimacy, experience and symbolic act are more important than the verbal aspects of communication.

The theme of Jonah’s encounter with the realm of the sea and the fish is elaborated in this series of workshops. With attention to facets of destruction and outcome, darkness and sprinkles of light, among other things, in recurring simple ritual spiral dances looking to the deepest cores when opening on an uncertain future.

**1 D Some remarks – Tineke**

In order to be ‘safe’ we have a few *points of attention, appointments (rules)* to keep in mind:

* We choose to put our fysical skills (body) in the centre, not our verbal skills
* We use ‘dances’ to feel / enhance / deepen our internal experience
* We use images to inspire us and to express feelings and thoughts.
* We also use several materials, e.g. paint, clothes to express our feelings and thoughts
* Don’t be afraid to use your own mother tongue if necessary
* Don’t be afraid to help each other to express ourselves, to translate feelings in somewhat strange words …
* Feel free to express your innermost thoughts
  + - Nothing that you do or speak is either strange or weird!
* Be aware of your own limitations ! As well spiritually as physically
* We offer you assistance as workshop leaders if you have questions to ask or if you want to discuss with one of us important issues that trouble your heart and soul.
* Everything that is personal, that will be said or done, will be kept in this very room
* Please, don’t be afraid to speak English. We completely understand that sometimes it’s a little scaring to speak English if it ‘s not your mother tongue. Our own mother tongue is Dutch and Flemish. But we also understand German. Nevertheless: English will be the language spoken here.
* And we invite you to help us translate words in a correct way and to help one another.
* After this conference our preparation will be shared with you by mail. If you want to write something down, do it only after each workshop.

**1 E Acquaintance - Jean**

We will especially pay attention to the question: Who are we? Where do we come from? Where are pieces of peace needed in our own country, in our own town or village?

The story of Jonah is about travelling and a journey. This can be symbolized by luggage that you carry on, a suitcase in which you take something from home, experiences during the journey, remembrances and memories, gifts you receive and presents to give to others. The suitcase is a symbol in our workshops as well.

But of course, you have also brought a suitcase or another piece of luggage with you, literally as well as imaginary. Your suitcase was filled with clothes, books perhaps, your tooth brush, shoes.

In order to get acquainted more easily we have brought with us a whole series of suitcases. We invite you to pick one of them as your “personal” suitcase. This suitcase will be used throughout our 4 workshops and will be filled with materials that become important to us.

We ask you to describe, express or draw something that is ‘typically you’ and something which reveals your ideas, expectations, questions about Jonah.

You can put that (in reality or symbolically) in the suitcase you just picked up.

We invite you to introduce yourself by telling your name and your hometown. Please also show us the suitcase and the two words, pictures, drawings etc to illustrate a small part of your identity.

We will first introduce ourselves as your workshop leaders these days

My name is Jean Agten …. I live in …. I have taken with me ….

My name is Tineke Dronkert …. I live in … I have taken with me …..

1. ***Reading the whole story: geography (60 min)***

**2 A Reading the story – introduction - Tineke**

Our organization committee, Jes and Anne, have asked you to bring your own bible with you in your own language. What we will do: we read in English the whole story (NIV), from the very first verse till the last one.

After reading the whole text, we will ask: which words/images come to your mind? Which situation, part of the story is attractive? Which questions are raised by the story?

What should be investigated more thoroughly for you?

Which image / object comes to your mind?

Which element is connected to your earlier presentation of yourself and Jonah?

Who would be eager to read us a chapter of Jonah?

**2 B Drawing after the four chapters**

Which words/images come to your mind?

Which situation, part of the story is attractive?

Which questions are raised by the story?

What should be investigated more thoroughly for you?

Which image / object comes to your mind?

Answer one of these questions by drawing a feeling, a thought, a question that this story evoked. Drawing means: a colour, abstract, figuratively ….

This sketch should be drawn in 3 minutes. Find a partner to show your drawing and tell about your expressions. Put it in your suitcase.

1. **Spiral dance of the story of Jonah (20 min.)**

**3 A Spiral dancing in general – explanation - Jean**

Symbolically, this dance form expresses the search of man to the essential, the holy, the depth, the core of things. By dancing in a spiral movement with the group of dancers slowly into the centre of a circulating movement, the dancers can be experienced on the way to the centre, their own quest. In ever-decreasing circles, the meeting with the centre is getting closer. As with a maze, the experience of being on the way to the core of life is central. Feeling the desire, experiencing the stress, looking forward to the short moment of "meeting" with the "holy healing ..." Once at the centre, symbolized by a burning candle, a beautiful stone, a bouquet of flowers, a mandala, a cross ... or another visual expression of the centre of life. After reaching the middle, there will be a turn. The first dancer turns around after the meeting with holiness, the centre, the midpoint. The spiral inward becomes such a spiral outward. The experience in the meeting with the centre is now carried out. As dancers, your dedication is now opened in a move outside. Due to the dance attitude when dancing out, every dancer is pulled open. He or she is invited to contribute to the outside of the meeting in the centre. The dancers first carry that experience between the dancers by dancing in there later in the free meeting with the world around them. Get out of the people who turn on the outside world and share their meeting with the centre with the world.

During these four days we want to dance a spiral dance every day again as a ritual. With another music, another step, another content accent. During all 4 workshops we will try to visualize the themes we come across and to embody them within a dance. Thus we will introduce to you several dances which offer a different approach to the story of Jonah

**3 B Spiral dancing through the whole Jonah story**

As Jonah departs, the ship draws away the wide sea, so the dance goes away in a wide arc away from the essence that raises. But the circumstances, the seamen, the storm force Jonah increasingly to the centre, the depth, the essence, the repentance ...

Being swallowed by the fish, the stay inside, and the excavation on the land is symbolized by the smaller circles of the core inward and the lashing outward. The ever-increasing circles of the spiritual outward, refer to Jonah's challenges to put further steps into his life, the call of God, the people and the king of Nineveh, the sun and the tree ... Already dancing we can experience how it feels to be physically open out when challenged by the world.

By means of dancing the spiral of the story itself, inward and outward, the story will be fixated in your body. Your body has its own way of memory and remembrance. Each workshop we will dance and embody our experience in relation to Jonah.

**3 C The way of Jonah in dance passes**

This dance and music has become part of the Flemish and French culture but originally has Eastern European roots. These dance steps represent the usual fast pace of life, in which man dares to jump and pursue afterwards by himself, or step backwards and consider the event.

Attempt to remember the course of the story and to feel it. What do you most experience, the way in, the presence at the depths, the way out ...

The dancers are standing hand in hand. The right hand is open upwards and receives the left hand of the previous dancer. Let your hands loose loosely next to the body. Be aware of your predecessor and of the one who follows you. Turn your body a little to the right, in the dance direction, a little too to the centre.

Set 4 Steps: Right, Left, Right, Left.

Jump with the right foot forward, a little bit to the centre (left) and whip on the right leg.

Put the left foot backwards and whip on the left leg.

Sometimes je go forward s, sometimes it goes backwards. Feel also your own resilience!

Then again: forward in advance to four steps ahead. Jump on the right, whip, step back with left whip...and so on...

Try to feel: your body, your mind, the story of Jona the dance, the other dancers, the group, everything that is coming up into you during the dance.

<http://www.dailymotion.com/video/x2s41aq> (4 min.) (evenly dance)

**3 D Questions to embody your experience in the dance**

What did you experience during the dance? Which signals were given by your body? In which part? Which feeling or thought should be remembered? Try to present this feeling / experience in a position – don’t speak, just show it to us. We present this clockwise.

1. ***Reading chapter 1 again: Jonah, the son of Amittai, is called (30 min)***

**4 A Questions to God – Tineke**

We read again the first verses of Jonah: the voice of God is heard by Jonah: go to Nineveh.

How do you respond to this call? What is your first reaction? Do you want to go, do you refuse? Why? How do you feel: excited – anxious – stubborn – angry – joyous?

Step into the role of Jonah, search which body position reflects your attitude and response to this vocation.

**4 B Empty chair – Tineke**

We build a circle around an empty chair, covered with multicolor cloths that represents God

Everyone who likes, can take a cloth and put it on the chair.

We sit in U-form around this chair. One by one we stand up and present ourselves: I am Jonah, and I have to say something to God….. As your workshop leaders we will ask if an answer comes up -

If you hear an inner voice that could reflect an answer, step behind the chair, touch it and answer the question. Step back to your own original position. And we will ask whether you have heard the answer and what your response is to that.

In this way we will investigate the several positions of Jonah

Take a notice of your question and answer and put it in your suitcase. (2 minutes)

1. **Jonah’s story in colored cloths (30 min.) - Tineke**

We read the story, and asked you which part of this first chapter touches your soul. Our next step is to express our feelings by laying down colored cloths.

For example:

- Land: brown colors

- Shore: shades of blue

- At sea: darker shades of blue / grey / black / green …

We lay down the cloths and thus lay a pattern of the story from the call until the moment that Jonah is thrown in the see. We start from the outside of the room and proceed to the center of the room.

After that we dance by following the pattern of the cloths.

1. **A round dance from the inside to the outside (10 min.)**

**6 A Explanation and goal of the round dance – Jean**

As Jonah with our suitcases we descend. The dance ‘proceeds’ towards the center of the story along the several stages of descent, marked by the colored cloths. In the dance we experience again the elements of the story.

The dancers (with their suitcases?) stand in a demi spiral. The leader shows them the movement of the spiral. The dancers engage the role of Jonah who takes his suitcase to board the ship. In this round dance the row of dancers go in a 180° just like driving in a hairpin bend. In this way the dancers ‘meet’ each other and see each other as in mirror reflection. “Jonah” departs, and in the same way the dancers ‘depart’.

Dance steps: 4 steps ahead: right, left, right left.

Then: obliquely forward, one step to the left side, step to the right side, step left side, step right side.

The dance ends by turning toward each other: the dancers look to each other.

In the role of Jonah each dancer takes a body posture, somewhere in the room connected to the stage of the story that appeals this dancer. One sentence is spoken to present one’s feeling. This sentence is written down and put inside the suitcase.

<https://www.youtube.com/watch?v=t2urxjGykFQ> ( 4 minuten)

Music: Harmonie -fanfare: leidmotief van de Springprocessie van Echternach

1. **Sharing (5 min.) - Tineke**

Share your experiences with your neighbor.

1. **Evaluation (10 min.) – Tineke**

What was your experience this morning? What was strange, unknown, irritating?

Which questions do you have?

What is needed to move on, blockades that prevent you from playing bibliodrama?