



# DOXOLOGY ADULT DANCE MINISTRY



## **Pilgrim Rest Baptist Church**

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**\*WELCOME\***

# Liturgical Dance

Liturgical dance is a Christian expression of prayer or worship through body movement. Many different types of music can accompany these dances. The dancers push out a message that has been divinely inspired. The dancers will respond with an appropriate dance that flows out of the music and enhances the prayer or worship experience. Dances may be either spontaneous, or have been choreographed ahead of time. If it is choreographed, it is generally fitted to the song's lyrics or to biblical concepts.

Liturgical dance is a relatively recent practice in the West, being virtually unpracticed until the twentieth century. However, its antecedents go back to accounts of dancing in the Old Testament. An example is the episode when King David danced before the Ark of the Covenant. In other parts of the world, dancing as a form of worship is much more popular.

Others maintain it is a way of physically manifesting God's message, seeing it as an emotionally powerful way to inspire churchgoers. As followers of Christ, our actions influence how others view Him; this covenant is a reminder and not intended to exclude anyone from involvement.

# Mime

Mime involves drastic movements, facial expressions, and hand signs to depict God's Word, God's will, as well as life's struggles and accomplishments.

The responsibility of every mime is to bring the Word of God to life with great intensity and divine excellence! Ministering Mime is interpreting gospel music, using illustrations and non-verbal methods to allow the congregation to understand your message.

*Praise ye the Lord. Praise God in his sanctuary: praise him in the firmament of his power. Praise him for his mighty acts: praise him according to his excellent greatness. Praise him with the sound of the trumpet: praise him with the psaltery and harp. Praise him with the timbrel and dance: praise him with stringed instruments and organs. Praise him upon the loud cymbals: praise him upon the high-sounding cymbals. Let everything that hath breath praise the Lord. Praise ye the Lord. Psalm 150:1-6 KJV*

# Vision & Mission of the House



Pilgrim Rest Baptist Church is a Christ-centered ministry endeavoring, through the Holy Spirit, to be like a city that sits upon a hill; a beacon of hope for all. Habakkuk 2:2

Our mission is to bring souls to Jesus Christ by addressing the spiritual and natural needs of men, women and children through thought-provoking, spirit-filled and inspiring ministries that immediately impact the life of the whole person. With the guidance of the Holy Spirit, we will achieve this mission through a faithful, humble, servant-oriented, trained leadership staff sensitive to the concerns of the congregation and the community for the edifying of the Body of Christ.

## Vision of the Dance Ministry

Dance Ministry serves as a conduit for people to feel empowered and free to worship God in new and creative ways. Dance Ministry is not about “entertainment” for the church audience, but it is about expressing a message in worship to an audience through **one body**.

Dance is an art form that requires athleticism, discipline, cooperation, technique, passion, and creativity. By providing skilled instruction in a spiritually based environment, all members of the Dance Ministry will grow and reach their full potential. It is our desire that all dancers grow to their full potential under the anointing of God and are confident in the gifts that God has placed within them.

Dance is, at its core, a form of communication, and can be used for many purposes in Christian ministry. These purposes include praise, worship, teaching, evangelism, prophecy, intercession and warfare. The presence of dance helps to build an atmosphere where the congregation can enter into the presence of God, and, ultimately to bring souls to Christ.

Within Doxology, your ministry service will include responsibility and/or participation in media, wardrobe, acting, props, and choreography. You will tell a story with your work. There is always a message in the movement. Use your testimony and leave your heart on the pulpit.

# Standards

## Respect Others

- I. With our speech – Offensive language and derogatory remarks, as well as inappropriate comments (sexual innuendo, dirty jokes, etc.) are unacceptable and will not be tolerated.
- II. With our clothing – Excessively revealing or distracting clothing, as well as clothing with inappropriate comments are inappropriate and should not be worn to rehearsals or during ministry.
- III. With our property – Please ensure that the use of certain personal items (i.e. Cell phones\*, MP3 players, etc.) do not become distractions during rehearsals, activities or ministry events.

*“Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. 38 Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you.” Luke 6:37-38 NIV*

## Respect Leadership

- I. *By following instructions* – Dancers are expected to have a positive attitude and follow the instructions and requests of the director.
- II. *By listening* – When any person providing direction is speaking, especially during a teaching time, all dancers are expected to give their undivided attention and keep noise to a minimum.
- III. *By participating* – When there is an activity that requires participation of individuals or the entire group, full participation is expected. Do not consider yourself the exception unless you have prior permission or are physically unable to participate.

All Dance Ministry participants will:

- Complete the New Members’ Orientation process.
- Demonstrate a spirit of commitment, unity, and harmony throughout the church.
- Be confident and willing to dance before the congregation.
- Be willing to receive instruction and correction with maturity.
- Attend all scheduled rehearsals and required meetings, unless excused for emergency purposes prior to practice dates. If an unavoidable circumstance or situation is encountered, exceptions will be made by the discretion of the leadership.
- Attend a minimum of 80 percent of rehearsals to remain active.
- Come to practice in a timely manner.
- Maintain proper diet and exercise to take special care of their temple (body).
- Be respectful and supportive to each other; maintain a team atmosphere.

*Obey them that have the rule over you, and submit yourselves: for they watch for your souls, as they that must give account, that they may do it with joy, and not with grief: for that is unprofitable for you. Heb 13:17 KJV*

# Dance Structure

## Types of Dance

Doxology is a ministry of praise and worship to the Lord. As such, during ministry, various forms of dance will be used to portray the message. These dance forms may include ballet, jazz, modern, urban, hip-hop, lyrical dance, and traditional liturgical dance.

Since all dancers may have different levels of training and/or styles of dance in which they excel or need additional experience, dancers will have the opportunity to grow through both the receiving additional instruction and the opportunity to potentially instruct others. Though dancers' abilities will not be formally assessed, part of rehearsal will include technical development in order to improve each dancer's capabilities and skill level. Dancers are encouraged to participate by leading warm up, devotion, and eventually choreographing movements for Praise and Worship or a special dance piece.

## Conduct

Each dancer must uphold acceptable conduct inside and outside of church. There should be no variance of how we live outside of church and what we minister on stage. Conduct unbecoming of the Dance Ministry as determined by Dance Ministry leader(s), Elder of Stewardship, or Bishop will result in potential dismissal from participation in the Dance Ministry.

*What agreement is there between the temple of God and idols? For we are the temple of the living God. As God has said: "I will live with them and walk among them, and I will be their God, and they will be my people. 2 Cor 6:16 NIV*

## Communication

To verify rehearsal dates and times, dancers will need to check their email weekly for updates and necessary information.

Additional communication tools:

- Group Me
- Worship Planning – Service schedule

## Eligibility and Attendance Policy

3 tardies = 1 absence (either excused or unexcused)

To minister with the group at any engagement, you must be present for the rehearsal prior to the ministry engagement in order to participate. If there is a spacing rehearsal the Saturday before ministering on Sunday, you must be present or you cannot minister. In order to minister you must arrive prior to prayer, which is 15 minutes after call time, an individual arriving after prayer may serve, which includes but not limited to Sunday worship or special engagements. (Example: call time is 6:45, arriving after 7 will allow you to serve only) If unable to attend rehearsal, as a courtesy, please email Doxology promptly at [doxology.prbcdance@gmail.com](mailto:doxology.prbcdance@gmail.com) prior to rehearsal.

To remain active and in good standing, you must maintain an 80% attendance rating throughout the year. If not, you may be placed on the inactive roster of the ministry and become ineligible for active participation within the ministry for a period of 90 days. After 90 days, if you continue to fall short of the required standards (80% attendance rating), you will be subject to dismissal from the Doxology Dance Ministry. A meeting with the ministry Elder will determine your future participation.

*So then, each of us will give an account of ourselves to God. Rom 14:12 NIV*

## Dance Attire:

During dance rehearsals, Palazzo pants are required and comfortable attire that allows your body to move is acceptable. Dance shoes or bear claws are acceptable. Form fitting tops or bottoms that do not allow for movement free from distraction are not acceptable. The following is **basic** dance attire:

- Sports Bra - black & white - no racer back
- Garment Bag - for priestly garments
- Jazz Shoes - black & nude
- Unitard- black & white
- Palazzo Pants - black & white

During ministry, it is expected that all attire will fit properly as not to distract, but to enhance the ministry. Please ensure that all undergarments are appropriate to your body type.

*I also want the women to dress modestly, with decency and propriety, adorning themselves, not with elaborate hairstyles or gold or pearls or expensive clothes, but with good deeds, appropriate for women who profess to worship God. 1 Tim 9-10 NIV*

## General Schedule of Rehearsals:

Below is a general schedule or format for rehearsals. They are not set in stone, but are a general guideline for the flow of rehearsal. Dancers arriving later than 6:45pm will be marked tardy and consequently will be unable to minister however will be allowed to participate in rehearsal.

- Prayer
- Warm up
- Practice
- Comments/questions
- Closing remarks & prayer

\*\*\*\* Technique training offered 5pm (Prior to rehearsal)

## New Members:

Any person interested in joining the dance ministry must be a member of Pilgrim Rest and have completed all new members' classes as verified by the office and new members' ministry. Once this is completed, the individual is required to attend a new dancer orientation, which is conducted monthly. Upon attendance and completion of the orientation, the dancer will be invited to observe a dance rehearsal. The individual may participate in all ministry functions after observing two rehearsals and physically participating in four rehearsals.

**\*\* ALL NEW DANCE MEMBERS MUST SIT UNDER THE MINISTRY FOR 6 WEEKS BEFORE BEING ABLE TO MINISTER. HOWEVER, THE TWO REQUIRED OBSERVATIONS SERVE AS 4 OF THE 6 TOTAL WEEKS REQUIRED.**

*SIT* means showing exceptional attendance, learning dance pieces, displaying team work, stewardship, and a good attitude towards others. This is a chance for you to learn the vision, your place within the ministry, the style and structure of the ministry, and to get to know those who you will minister closely with before stepping in front of God's people within the sanctuary.

*They must first be tested; and then if there is nothing against them, let them serve as deacons. 1 Tim 3:10 NIV*

**\*This handbook is subject to change**

# Time, Talent, and Treasure Consent

Time, Talent, Treasure, consent is agreeing to: *“Serve the Lord thy God with all thy heart and with all thy soul,”* (Deut. 10:12). Time refers to punctuality, and reliability. Talent is simple: if you are lending your talent for service in the ministry, minister in the area of your gifting/talent by showing initiative and acting with integrity. Treasure means that you are faithful in your commitment. When you sign the agreement, you are committing to lend your Time, Talent, and Treasure to the ministry to which you are involved.  
I thank you for your time and talents

Don't forget to keep praying for this ministry and each other.

Get Excited!

NAME:

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(Print)

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(Sign)

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