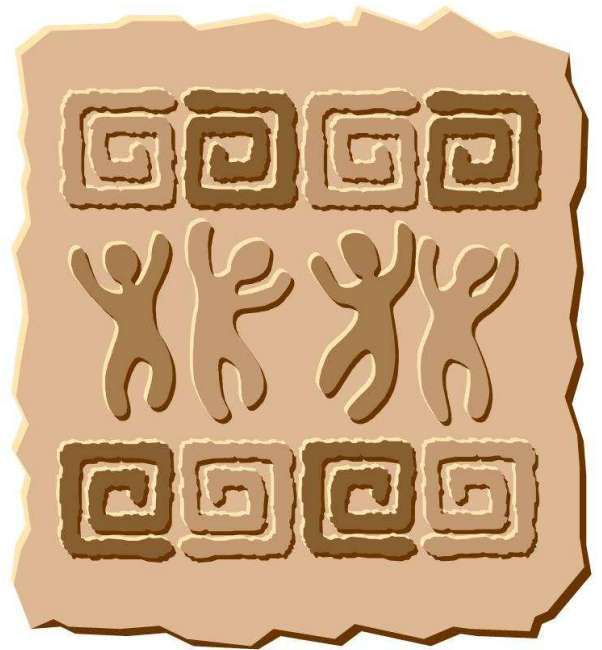


*Manna Congregation
and The C.A.R.E.
Community
Introduces...*

*Messianic/ Davidic
Dance Classes*



*“Let them praise
His name with the dance; Let them sing praises
to Him with timbrel and the harp.”*

Psalm 149:3

What is Messianic or Davidic Dancing? It is a form of worship that is intrinsic to ancient and modern Israel and is becoming popular in Messianic Jewish/Gentile Congregations today. Davidic dancing got its name when David danced before the Lord as he saw the ark of God arriving in Jerusalem (2 Samuel 6:14). But dancing as a form of worship before the Lord predates David, as noted in Exodus 15:20 when the Israelites watched God destroy Pharaoh and his army in the Red Sea while God delivered the Israelites by parting the Red Sea for them to cross over on dry land.



Does Messianic/Davidic Dance have any benefit for the individual? Yes! Not only does it lift the soul as with all forms of worshipping the Lord, it also is an effective way to enhance healing from trauma. The function of poetry, like the psalms, music, singing and dance all help our left and right hemispheres of the brain synchronize. The combinations of words and rhythm help us internally synchronize our right hemisphere (rhythm) and our left hemisphere (words and explanations). As we synchronize internally, we also externally synchronize as a group through rhythmic body movements resulting from dancing in unison. Survivors, having a history of trauma, often have

difficulty staying synchronized especially within a group. We find dancing as a group enables us to practice and overcome this difficulty. We become internally and externally synchronized in our worship before the Lord. The psalms are written like poetry and were put to music and sung during ancient times to accomplish this same task in our brains. While they might not have understood the workings of the brain in ancient times, our Creator certainly understood this and we celebrate His wisdom in this form of worship.

Many of the psalmists cried out to God in times of distress as well as rejoiced in the form of poetry. The poetic style of Psalms is why many find such comfort and prefer reading the Psalms in times of need. Our healing community in Baldwin, MI uses dance in the same way that Psalms brings comfort to so many. We have witnessed many miracles among us, as those who come here with backgrounds of trauma are able to join with one another in synchronized dance activity. We are able to find joy in the Lord and in one another as we dance in unity before the Lord. Some of our greatest times of joy together have been in worship through the inspirations of Messianic Dancing.

We would like to invite you to join us for our dance classes on Saturdays. They are at the C.A.R.E., Inc. building at 9731 S. M-37 in Baldwin, MI and start at 10:30 am in the morning.

Please come and join our dance instructor, Jessie, as she instructs and teaches you dances that can be incorporated into any worship service. Each class lasts about 1 1/2 to 2 hours long and involves all levels of dance (beginner, intermediate and advanced).



If you are interested in bringing Davidic dance to your church or home group you can contact Jessie and arrange to have her and a few of our community members come to your area. Jessie has been a member of the C.A.R.E. Community for almost 8 years and has been instructing Davidic dance for Manna Congregation for 4 years. She has traveled to various places in the United States and has taught in other Messianic Congregations and schools. She has also taught dance at the last two THRIVE conferences and will be teaching again at their conference in the fall. You can contact her by calling at 231-745-0500 or emailing her at psalm27_5@hotmail.com.



Exodus 15:20 Then Miriam the prophetess, the sister of Aaron, took the timbrel in her hand; and all the women went out after her with timbrels and with dances.

Judges 11:34 When Jeph'thah came to his house at Mizpah, there was his daughter, coming out to meet him with timbrels and dancing...

Jeremiah 31:13 Then shall the virgin rejoice in the dance, and the young men and the old, together; For I will turn their mourning into joy, will comfort them, and make them rejoice rather than sorrow.

Psalms 150:3-4 Praise him with the sound of the trumpet; Praise Him with the lute and harp! Praise Him with timbrel and dance; Praise Him with stringed instruments and flutes!

Ecclesiastes 3:1,4 To everything there is a season, a time for every purpose under heaven... A time to weep, and a time to laugh; A time to mourn, and a time to dance...

What People are saying...

For five years now we have been hosting *THRIVE* Conference training for people from all over the world. There are numerous facets that make this training unique and powerful for individuals and groups. One aspect of the *THRIVE* training, and this is also one of the highlights for attendees, is the synchronized dance training. This type of movement is designed to train the brain and facilitate a group identity. For several years, Jessie Mastick has assisted the dance teaching and been an integral part of helping attendees cross the bridge from theory to practice as they attempt to synchronize their body in a worshipful, rhythmic fashion with others in a group context. Jessie is now our primary dance instructor and lead dance coordinator for each *THRIVE* Conference we offer.



At each conference we are bombarded by excited attendees who enthusiastically want more dancing. Continuously, we receive feedback from attendees about the positive experience they are having and how Jessie is a wonderful, patient teacher. Jessie shows great resolve and professionalism as an instructor. Jessie is extremely effective at meeting people where they are at and taking them to the next level. Since attendees may or may not have dance skills and most of our groups are a unique blend of various levels of talent and experience, Jessie has a challenging task on her hands. It is no small undertaking to help people not only “live” in their bodies but move their bodies in a synchronized fashion. Jessie takes complex steps and makes each step manageable and simple. Jessie’s humor and easygoing personality puts anyone’s dance anxiety at ease. We have been impressed with Jessie’s ability to choreograph steps to a variety of worship music. Jessie not only adapts to worship music that groups desire but shows immense flexibility in her planning as well as complete reliability in her work ethic.

We strongly encourage any group to invite Jessie to teach synchronized worship dancing. You will not be disappointed! Chris and Jen Coursey – *THRIVE* Conference Directors

I loved it and I've never had a positive dancing experience before! – Keith from California

I loved the dancing; synchronizing was defiantly achieved. Jessie did a wonderful job, leading, teaching, and interacting with us. She herself seemed so comfortable that I was able to be more comfortable.

I liked learning the dancing as a group – felt a lot of comfort with not being perfect – Adri, Minnesota



I attended the THRIVE! Conference in the summer of 2006 and loved the Messianic dance sessions led by Jessie. This form of worship is wonderful. I have never felt so close to the Lord's throne before, almost as if I was experiencing a taste of what worship might be like in Heaven. Even though I have no rhythm or dancing skills (at all), Jessie's teaching made it possible for me to learn and have fun at the same time. Jessie broke each dance down into manageable parts and we kept practicing until everyone caught on. Then we would add the steps together and pretty soon had learned an entire song. When the music came on and we were able to dance all the way through a song, it was fantastic! I also attended the optional Dance Symposium and loved it. It was fun to learn some more challenging songs and then dance them together with the others. Jessie has a real gift for teaching dance in a way that is fun, worshipful and enables those with no experience to learn. I found myself lost in the songs and in worship to the Lord. This was a highlight of my THRIVE! experience and I highly recommend it. – Beth Strongman, Minnesota