

CDFB Midlands East

Bus Stop Tours

Bus Stop Tours are a series of half-day and evening workshops, run by and on behalf of CDFB Midlands East at various locations around the region, so that members and friends can more easily access an event closer to where their live.

Initially being lead by our Bus Stop Team, the aim is to provide a transferable resource for our members and friends. We provide a ready-made workshop, all you need to do is host, publicise and provide refreshments. Some workshops are suitable for smaller spaces, like a large living room at home, others will need a church hall venue.

We suggest you charge £4pp to cover our travel expenses, your room hire, etc, but that's up to you as organiser. We'll provide you with publicity material to print or email. Our current BST workshops are listed below, subject to the leaders' availability. We're also open to suggestions and requests for other themes or styles.

If you have any further questions, or would like to host a workshop, then please contact **Jacqueline or Donna** at midlands-east@cdfb.org.uk

Creative Movement lead by **Tom Gibson**

Following Jesus lead by **Sarah Jordan**

Dancing the Liturgy lead by **Janet Gabb**

The Joy of Dance lead by **Trish Deeley**

Inviting the Holy Spirit lead by **Jacqueline Hayward**



CDFB Midlands East

Bus Stop Tours



Creative Movement by Tom Gibson

Explore together how to get our bodies moving. Using mime, staffs & other dance styles, this workshop gives opportunity for praise through developing technique.

Following Jesus by Sarah Jordan

Using Lead and Follow dances, the aim is to encourage group involvement, getting as many to contribute together to a dance as would like. Styled on the Flash Mob, one comes forward and starts moving then a few more join in, the crowd gathering. Then hopefully new leaders emerge as the song goes along!

Dancing the Liturgy by Janet Gabb

An opportunity to put movement to as many different parts of a service as we can in the time we have: Entering into Worship, the Lord's Prayer, a Confession, a Psalm and a Blessing. No expertise in dance or liturgy required.

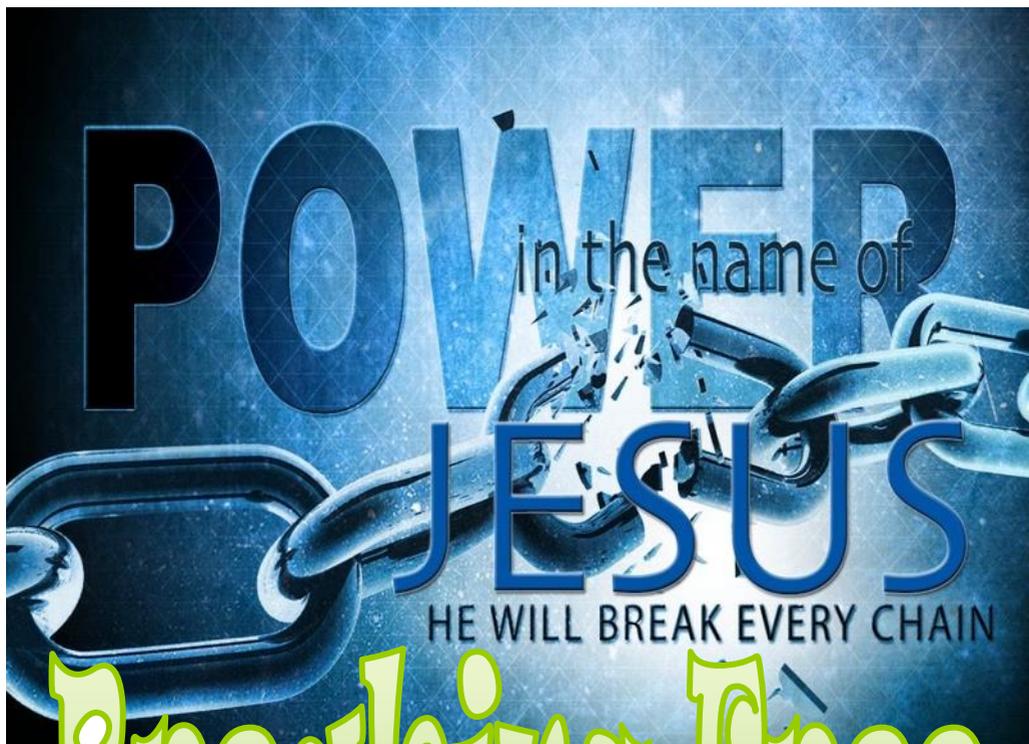
The Joy of Dance by Trish Deeley

Is for those of us who love to worship, love to dance and love to combine the two! Consisting of a variety of dance styles, Line Dances, Circle Dances and Country Dance styles from slow & easy to a bit more energetic. No experience required.

Inviting the Holy Spirit by Jacqueline Haywood

Based on Ezekiel 37 and the song Come Alive (Dry Bones) by Lauren Daigle, this workshop explores praying for the least and the lost through dance.





Breaking Free

With a morning of practical workshops on the use and techniques of Staves, Dance Mime & Unity Flags, spend the afternoon in dance intercessions as we proclaim together the power of Jesus to break every chain of an enemy who tries to hold us prisoner.



The Christian Dance Fellowship of Britain is registered in England & Wales as a company limited by guarantee (No.5466472) and a charity (No.1115037). Registered office: Sunset Hallows, 21 Admirals Close, Watchet TA23 0QD

Christ in the TABERNACLE

A dance journey through the symbolism of the Tabernacle and Christ's redemption.



With a morning exploring the significance of the design & symbolism of the Tabernacle, through a variety of dance styles, spend the afternoon proclaiming the redemptive power of Jesus Christ as we pray for one another and for the world in which we are called to live and serve.



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Flags & Staffs

a dance day for men

With a series of short workshops led Paul Haywood and suitable for all ages and abilities, this day will progress from basic techniques through to the more advanced, with Paul being flexible to tailor his delivery to the skill levels of those attending. Based on the scripture:

**“The Lion from the tribe of Judah,
the Root of David, has won the victory.”**

from Revelation 5.5 this is a great opportunity for men and older boys to dance as David danced for the Lord.



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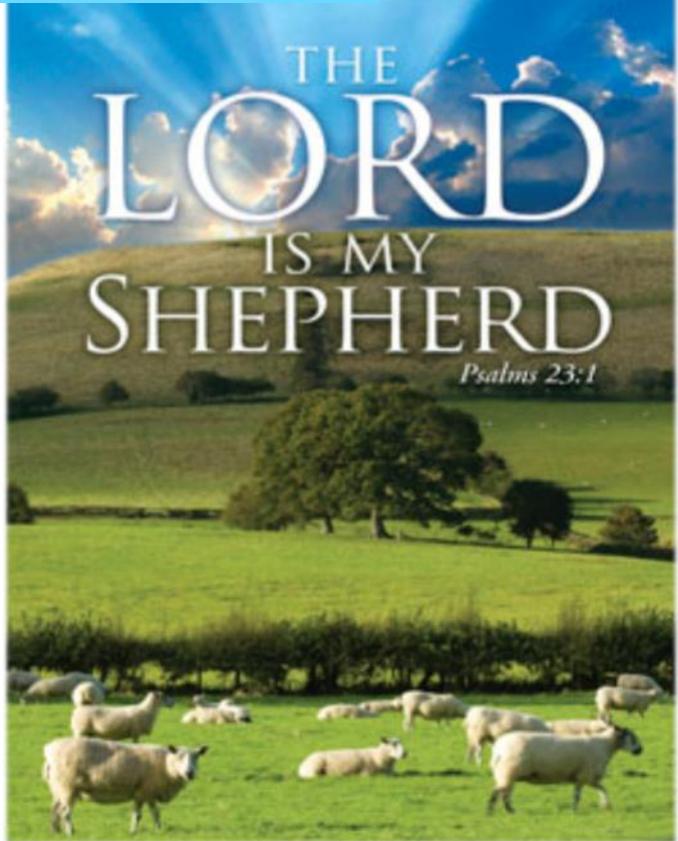
Mediation & Messianic

Enjoy a morning of praise & celebration through Messianic dance, exploring the highs and lows of life, as expressed in the Psalms.

Then spend a quiet, reflective afternoon in the meditation of Psalm 23, being led through movement and/or stillness in the presence of our Heavenly Father.



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AN
EASTER
CELEBRATION!



Meditation and Flags in preparation for Easter

Although designed to be enjoyed on the day, this workshop experience doubles up in providing ideas and resources for you to use in your church or local area.

Using worship flags in the morning, then meditative dance in the afternoon, there will be opportunities to share your own Easter worship presentations and experiences.



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A CHRISTMAS CELEBRATION

THROUGH DANCE AND FLAGS

Meditation and Flags in preparation for Christmas

Although designed to be enjoyed on the day, this workshop experience doubles up in providing ideas and resources for you to use in your church or local area.

Using worship flags in the morning, then meditative dance in the afternoon, there will be opportunity to share your own Christmas worship presentations and experiences.



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