

evergreen

A R B O R S

VOL
01

choreographing to scripture

June 2023



THE SALVATION ARMY
USA EASTERN TERRITORY

ARTS MINISTRIES BUREAU



OVERVIEW

THE “CHOREOGRAPHING TO SCRIPTURE” SERIES

For mature dancers or budding choreographers, this series is a step-by-step tool for creating solo movement to scripture led by an instructor or peer leader who needs no prior training. While this series teaches Arbors to create movement to spoken scripture, this process of developing choreography can be applied to almost any creative movement project. Through this 7 lesson series, Arbors will be taken through an approach to the choreographic process while investigating scripture and deepening their relationship with the Lord.

Go at your own pace. If a lesson plan takes two sessions, that’s okay! Just make sure to do the check-in, check-out, and prayer exercises at the beginning and end of each class to create a good flow and structure for your time together.

<u>AGE</u> 16-21 years old

<u>LESSONS</u> 7

<u>TIME</u> 50min-1hr per lesson

<u>PARTICIPANTS</u> 1-100

PREPARATION 1. Printed copies for each Arbor and the leader 2. Access to a music streaming platform 3. Speaker 4. Personal phones and headphones for each Arbor 5. Pencils
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SERIES BREAKDOWN

LESSON 1 Research	LESSON 2 Theme	LESSON 3 Structure	LESSON 4 Spacing	LESSON 5 Music	LESSON 6 Rehearse	LESSON 7 Final Touches
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The Arts Ministries Bureau
The Salvation Army
Eastern Territorial Headquarters
440 West Nyack Road
West Nyack, NY 10994

arts.saconnects.org
useartsministriesdirector@use.salvationarmy.org

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The Story of Evergreen

LESSON 1

RESEARCH



CIRCLE CHECK-IN

SIT in a circle with your Arbors and encourage participation.

SAY

What are you bringing to this creative space today?

What has happened in your day/ week that you feel will shape how you interact, perform and choreograph?

SAY

Share a time when a performance piece made and impact on your life.

SAY

Share a time when scripture came to life for you. Why?

WARM-UP

PLAY appropriate music from your favorite streaming service and warm-up as a group. Here are some suggestions to get you started:

1. Cardio

Jumping Jacks
Chasse Ball Change
Runs on the Spot
Sautes

2. Strength

Sit Ups
Planks
Lunges
Plies
Squats
Push-Ups

3. Balance

Relevés
Pirouettes
Kicks

4. Stretch

Straddle
Touch Toes
Back Bends
Heel to Bum

EXPLORE | RESEARCH

READ a few of the suggested scriptures below while reflecting on the following. Feel free to choose your own scripture verse as well.

1. Does this scripture have personal meaning?
2. Does this scripture evoke movement?
3. Do I have some choreo ideas already?
4. In what situation would this scripture/dance be performed?

Psalm 30	Psalm 149	Psalm 139	Matthew 5	Revelation 4
Ecclesiastes 3:1-15		Luke 11:1-13		

READ

a few different translations of the scripture if you like (from BibleGateway.com) to see if there's a version that is clearer to you, or inspires more movement.

READ

the scripture in context (i.e. the whole chapter or the whole book).

NOTE

WRITE, by hand, your selected scripture on the following page. Leave space on both sides for notes and inspiration.

RECORD

VOICE RECORD yourself speaking the scripture with enthusiasm, taking pauses and breaths as inspired by the message.

LISTEN

LAY DOWN with your eyes closed and listen through your scripture recording. Then, simply listen to the Father and what he wants to reveal to you.

CIRCLE DISCUSSION

SIT in a circle with your Arbors again and encourage participation.

The circle discussion section consists of five circles arranged in two rows. Each circle contains a bolded word 'SAY' followed by a question. The first row has three circles, and the second row has two circles.

- SAY**
What scripture did you select, and can you share it with the group in your own words?
- SAY**
Why did you select this passage?
- SAY**
What is the message of the piece?
- SAY**
In what context will this piece be performed? Or is it just for fun in class?
- SAY**
Does anyone else in the group have some insight into the scripture that might be helpful context?

IMPROV

IMPROVISE movement ideas that compliment or bring light to the meaning of the scripture. Use headphones/earbuds as needed.

WRITE

WRITE down or record ideas you don't want to forget.

SHARE & FEEDBACK

SHARE with the group a few counts that got you excited.

Ask the group:

LEADER

1. What worked?
2. What could enhance the message?

CIRCLE CHECK-OUT

SIT in a circle with your Arbors and encourage participation

SAY

Share one thing you're proud of yourself for doing today, and one thing you were impressed by seeing in someone else.

SAY

Reflect back to the beginning of class and what you brought to this space. What do you feel like now? What are you taking away from today?

SAY

What is challenging you about this scripture that you would like the group to pray into?

LESSON 2

STRUCTURE

CIRCLE CHECK-IN

SIT in a circle with your Arbors and encourage participation.

<p>SAY</p> <p>What kinds of things did you notice as people move about the world? How is their body language influenced by their emotions?</p>	<p>SAY</p> <p>In one sentence describe:</p> <ol style="list-style-type: none">1. The beginning of your day2. The middle of your day3. How you're feeling right now
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WARM-UP

PLAY appropriate music from your favorite streaming service and warm-up as a group.

Here are some suggestions to get you started:

<p>1. Cardio</p> <p>Jumping Jacks Chasse Ball Change Runs on the Spot Sautes</p>	<p>2. Strength</p> <p>Sit Ups Planks Lunges Plies Squats Push-Ups</p>	<p>3. Balance</p> <p>Relevés Pirouettes Kicks</p>	<p>4. Stretch</p> <p>Straddle Touch Toes Back Bends Heel to Bum</p>
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SHARE & FEEDBACK

SHARE with the group how you've divided out the scripture, and share any ideas you have for movement inspired by this process.

Ask the group:

LEADER

1. What is clear?
2. Do you agree with how they've divided up the sections? Discuss.

CIRCLE DISCUSSION

SIT in a circle with your Arbors and encourage participation

SAY

What new ideas (both choreographically and personally) did you draw from your scripture during class time?

LISTEN

LEADER SAYS:

Lay down and close your eyes for one minute. Ask the Lord what structure He has for your life, and where does He want to spend more time with you?

CIRCLE CHECK-OUT

SIT in a circle with your Arbors and encourage participation.

SAY

How can you invite the Lord into different times of your day?
How can you invite Him into your week?

SAY

What do you think the Lord is telling you through this process so far?

PRAY

PRAY for one another, focusing on specific requests as well as revelations from scripture during class time.

CHALLENGE

Leaders says: This week, try to come up with a theme for everything: your day, your outfit, your class time, your homework. One word or one phrase that sums it all up.

COLLECT

Leaders says: Bring me your packets so we don't misplace them between classes. This series builds on itself from week to week.

LESSON 3

THEME

CIRCLE CHECK-IN

SIT in a circle with your Arbors and encourage participation

<p>SAY</p> <p>What has been the theme of your hour, day, week, or year?</p>	<p>SAY</p> <p>Can you express that in a movement?</p>
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WARM-UP

PLAY appropriate music from your favorite streaming service and warm-up as a group. Here are some suggestions to get you started:

<p>1. Cardio</p> <p>Jumping Jacks Chasse Ball Change Runs on the Spot Sautes</p>	<p>2. Strength</p> <p>Sit Ups Planks Lunges Plies Squats Push-Ups</p>	<p>3. Balance</p> <p>Relevés Pirouettes Kicks</p>	<p>4. Stretch</p> <p>Straddle Touch Toes Back Bends Heel to Bum</p>
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IMPROV

CREATE a physical movement that encapsulates this theme. This will be your anchor/motif for the rest of the piece. It can be anything from a brief glance to a whole count of eight.

EXPLORE

EXPLORE how many variations on this movement you can come up with.

SIZE

Can you make it take up a lot of space, or very little space?

SPEED

How quickly or slowly can you perform the movement?

WEIGHT

Heavy and low, or light and lifted?

DIRECTION

Can the movement be performed towards different directions?

BODY

Can different parts of your body do the movement?

LEVEL

Performed while jumping, standing, sitting, or laying on the floor?

PLACE

Performed while traveling or still?
Will it make an impact where you perform on the stage?

ATTACK

Performed with gusto, performed passively, or somewhere in between?

DECIDE

Where this repeated movement should appear as an anchor to your piece. Note or record your new found movement vocabulary.

WRITE

Jot down or record the ideas you don't want to forget.

SHARE & FEEDBACK

SHARE with the group your motif and your variations.

LEADER

Ask the group:

1. What worked?
2. What is unclear?
3. What can be pushed further? Get up and try them!

CIRCLE DISCUSSION

SIT in a circle with your Arbors and encourage participation.

SAY

What style of movement is starting to develop for your piece?

(Ex. Ballet, Hip Hop, fast, slow etc.)

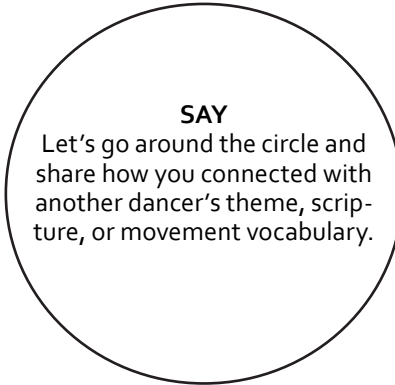
LISTEN

LEADER SAYS:

Lay down and close your eyes for one minute. Ask the Lord, "Where in my life should I apply this theme?"

CIRCLE CHECK-OUT

SIT in a circle with your Arbors and encourage participation



PRAY

PRAY for one another, focusing on specific requests as well as revelations from scripture during class time.

CHALLENGE

Leaders says: This week, clock where you go every day, how you got there, and the impact each location has on you.



COLLECT

Leaders says: Bring me your packets so we don't misplace them between classes. This series builds on itself from week to week.

LESSON 4

SPACING



CIRCLE CHECK-IN

SIT in a circle with your Arbors and encourage participation.

SAY

1. Share with the group the physical track you take every morning when you wake up (*EX: wake up in bed, walk to the bathroom, etc.*)

SAY

2. Try acting that out in the space, using the whole room as your house

SAY

3. Share the mental track you experience to prepare yourself for class. (*EX: I'm rushing and anxious when I'm trying to get here, then I get overwhelmed bumping into everyone at the Corps, then I realize I forgot the challenge from last week and I don't want the group to be disappointed.*)

SAY

4. Try acting that out standing in a circle, allowing your body to reflect all the emotional stages of your mental journey.

WARM-UP

PLAY appropriate music from your favorite streaming service and warm-up as a group. Here are some suggestions to get you started:

1. Cardio

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Sautes

2. Strength

Sit Ups
Planks
Lunges
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Push-Ups

3. Balance

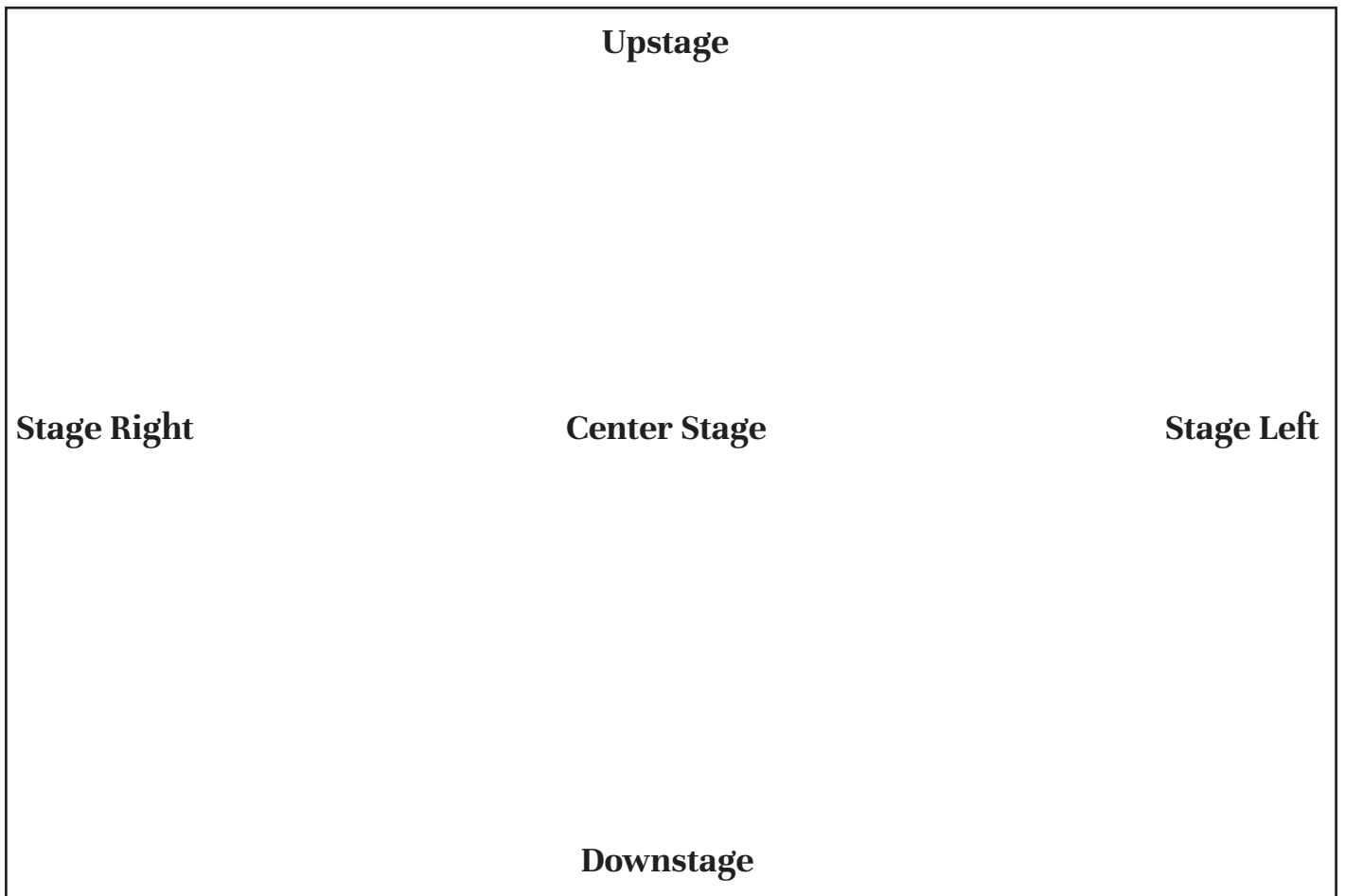
Relevés
Pirouettes
Kicks

4. Stretch

Straddle
Touch Toes
Back Bends
Heel to Bum

EXPLORE | SPACING

LISTEN through your voice recording of your scripture and map out where each segment could take place on the stage.



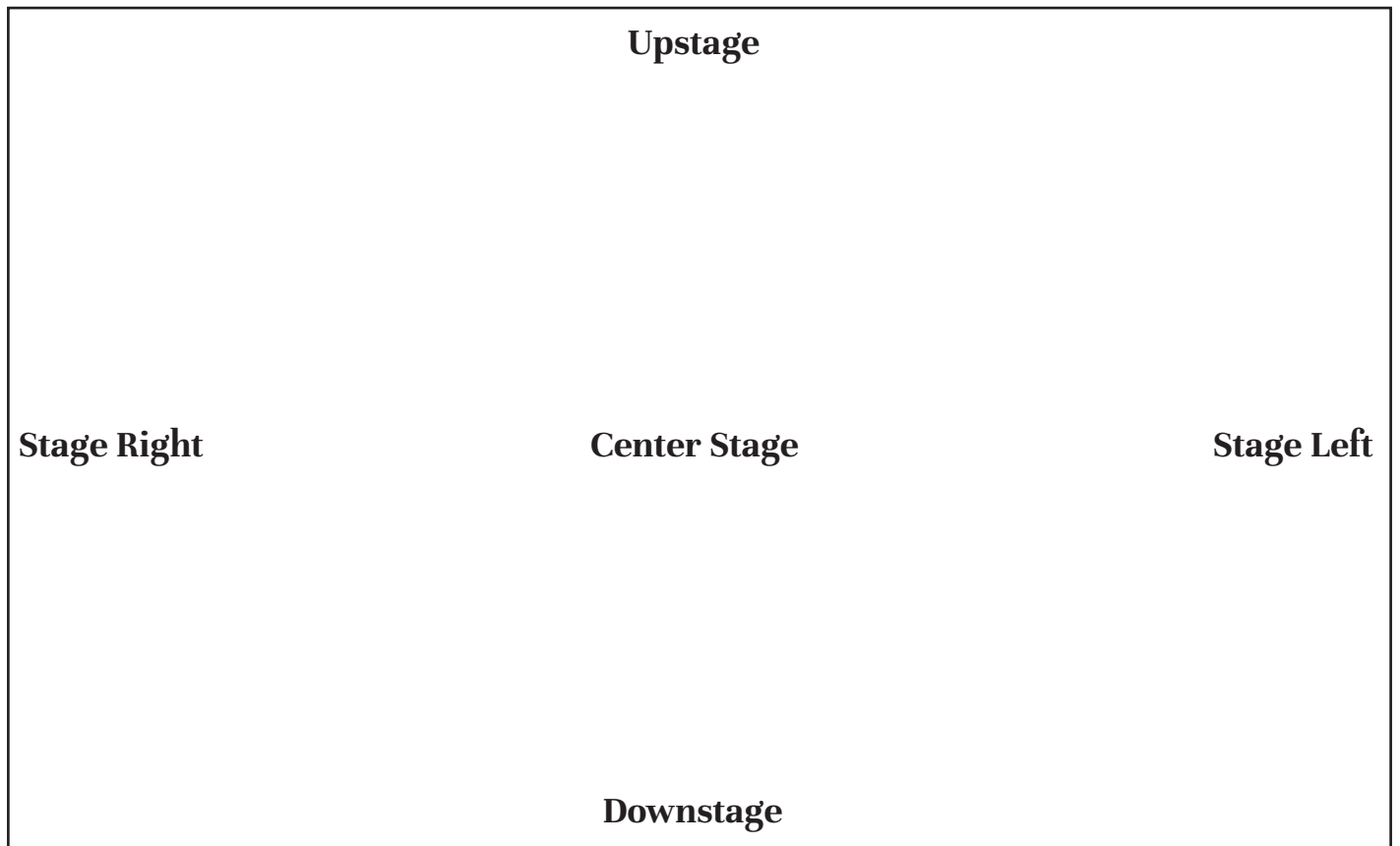
Audience

WHAT parts of the stage are the most powerful?

WHAT obstructions are there in my performance space?

WHERE can I enter and exit?

SHOULD I start on or offstage, and should I exit at the end or finish in a pose?



I M P R O V

USE your full space and explore these ideas on your feet!

SHARE & FEEDBACK

SHARE your spacing ideas with the group. Don't forget to add in your motif from last week as well as any other ideas that you've developed.

Ask the group:

LEADER

1. What worked?
2. What could enhance the message? Get up and try those ideas!

CIRCLE DISCUSSION

SIT in a circle with your Arbors and encourage participation.

SAY

How does your performance space affect your spacing?

SAY

Share an example of a theatrical piece you've seen where the location of the performance (or position on stage) really made an impact.

LISTEN

LEADER SAYS:

*Lay down and close your eyes for one minute.
Ask the Lord where He's been in your life in where He is now.*

CIRCLE CHECK-OUT

SIT in a circle with your Arbors and encourage participation

SAY

Share a time in your life when location made an impact on you. Perhaps, a conversation that couldn't happen anywhere else? Or, how private or public moments shaped you.

PRAY

PRAY for one another, focusing on specific requests as well as revelations from scripture during class time.

CHALLENGE

Leaders says: As you go about your week, take note of music you hear that inspires you to move or provokes emotion. Pay special attention to movie and TV soundtracks, or music with no lyrics.

COLLECT

Leaders says: Bring me your packets so we don't misplace them between classes. This series builds on itself from week to week.

LESSON 5

MUSIC

CIRCLE CHECK-IN

SIT in a circle with your Arbors and encourage participation

SAY

What music did you find impactful or provoking this week?

SAY

Share a time when music shaped how you were feeling, or seemed to mirror how you felt.

SAY

Share a time when music negatively impacted an experience you had.

WARM-UP

PLAY appropriate music from your favorite streaming service and warm-up as a group.

Here are some suggestions to get you started:

1. Cardio

Jumping Jacks
Chasse Ball Change
Runs on the Spot
Sautes

2. Strength

Sit Ups
Planks
Lunges
Plies
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Push-Ups

3. Balance

Relevés
Pirouettes
Kicks

4. Stretch

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Touch Toes
Back Bends
Heel to Bum

EXPLORE | MUSIC

PLAY instrumental music of your choosing while Arbors place ONE earbud in their ear while playing their scripture recording. Have them explore movement to their scripture, then sit when they've made it through once. Then, repeat this process several times while sampling different music styles.

Alternatively, one dancer could read the scripture while all dancers move to it at once.

IDEAS

- Action movie soundtrack (*Hanz Zimmer, John Williams*)
- Classical orchestral (*Mozart, Tchaichovsky, Bach*)
- Instrumental Disco
- Guitar (*Don Ross*)
- Piano Guys
- Electric Light Orchestra
- Instrumental Worship
- No Music

**Try to avoid music with lyrics*

CIRCLE DISCUSSION

SIT in a circle with your Arbors again and encourage participation

<p>SAY</p> <p>What worked? Why?</p>	<p>SAY</p> <p>What did not work? Why?</p>	<p>SAY</p> <p>What was it like with no music at all? When would this choice be effective?</p>
<p>SAY</p> <p>What surprised you?</p>	<p>SAY</p> <p>What music (if any) will you use for your piece?</p>	<p>SAY</p> <p>What's your plan for performing music with spoken word? (Live speaker, recorded music, edited together, live music, etc.)</p>

IMPROV

*Looking at your notes from earlier lessons, put together the flow of your piece now inspired by music!
(Theme, structure, spacing, music, etc.)*

SHARE & FEEDBACK

SHARE with the group what you have so far, leaving grace for moments you're unsure about.

Ask the group:

LEADER

1. What worked?
2. How could the message be clearer? Get up and try it!
3. Who has ideas for those moments without choreography so far?

CIRCLE CHECK-OUT

SIT in a circle with your Arbors and encourage participation

SAY

Share what you're excited about what concerns you about your piece.

SAY

How will certain areas of your life be affected by what you're learning in class?

PRAY

PRAY for one another, focusing on specific requests as well as revelations from scripture during class time.

CHALLENGE

Leaders says: This week, find moments to rehearse your piece on your own, committing it to memory.

COLLECT

Leaders says: Bring me your packets so we don't misplace them between classes. This series builds on itself from week to week.

LESSON 6

REHEARSE



CIRCLE CHECK-IN

SIT in a circle with your Arbors and encourage participation.

<p>SAY</p> <p>Share a time in your life when preparation made you feel very confident.</p>	<p>SAY</p> <p>Share a time in your life when you were under prepared and regretted it.</p>	<p>SAY</p> <p>How close is your piece to being performance ready?</p>	<p>SAY</p> <p>Who needs help from others with the finishing touches, or with performance aspects of your piece?</p>
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WARM-UP

PLAY appropriate music from your favorite streaming service and warm-up as a group. Here are some suggestions to get you started:

<p>1. Cardio</p> <p>Jumping Jacks Chasse Ball Change Runs on the Spot Sautes</p>	<p>2. Strength</p> <p>Sit Ups Planks Lunges Plies Squats Push-Ups</p>	<p>3. Balance</p> <p>Relevés Pirouettes Kicks</p>	<p>4. Stretch</p> <p>Straddle Touch Toes Back Bends Heel to Bum</p>
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LISTEN

LEADER SAYS:

*Lay down and close your eyes for one minute.
Ask the Lord what He thinks of this piece you're creating.*

CIRCLE DISCUSSION

SIT in a circle with your Arbors and encourage participation.

SAY

This is the part of the process where things can become overwhelming. Let's go around the circle and encourage one another. Share how you've seen growth, resilience, strength, revelation, and etc. in each other's journey.

SHARE & FEEDBACK

SHARE your piece in its entirety with the group.

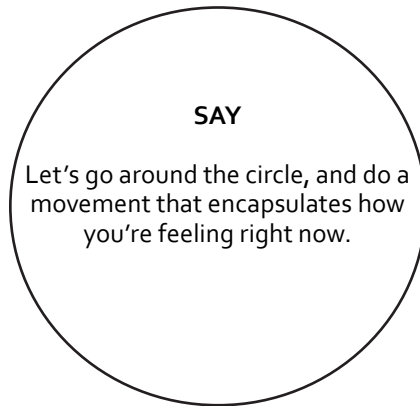
Ask the group:

LEADER

1. What worked?
2. What was the most impactful moment?
3. What was unclear?
4. What technical changes could be made?

CIRCLE CHECK-OUT

SIT in a circle with your Arbors and encourage participation.



PRAY

PRAY for one another, focusing on specific requests as well as revelations from scripture during class time.

CHALLENGE

Leaders says: This week, confirm your performance time/date/location, and gather some costumes you think might work. Bring them next week (*all black is always a great option*).

COLLECT

Leaders says: Bring me your packets so we don't misplace them between classes. This series builds on itself from week to week.

LESSON 7

FINAL TOUCHES



CIRCLE CHECK-IN

SIT in a circle with your Arbors and encourage participation.

<p>SAY</p> <p>It's the last class! How are you feeling?</p>	<p>SAY</p> <p>What do you hope to accomplish today?</p>	<p>SAY</p> <p>What costume do you think would work for this piece? Share what you've brought to class.</p>
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WARM - UP

PLAY appropriate music from your favorite streaming service and warm-up as a group.

Here are some suggestions to get you started:

<p>1. Cardio</p> <p>Jumping Jacks Chasse Ball Change Runs on the Spot Sautes</p>	<p>2. Strength</p> <p>Sit Ups Planks Lunges Plies Squats Push-Ups</p>	<p>3. Balance</p> <p>Relevés Pirouettes Kicks</p>	<p>4. Stretch</p> <p>Straddle Touch Toes Back Bends Heel to Bum</p>
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EXPLORE | FINAL TOUCHES

Based on the responses from the circle check-in, structure this portion of your class accordingly. It may look like:

- One-on-one help with choreography
- Playing music over and over
- Show and tell with the group
- Cleaning the dance
- Figuring out performance logistics
- Costume discussion/adjustments
- Repeat, repeat, repeat the piece

LISTEN

LEADER SAYS:

*Lay down and close your eyes for one minute.
Thank the Lord for the lessons you've learned though this journey.*

CIRCLE DISCUSSION

SIT in a circle with your Arbors again and encourage participation.

The image shows three circles arranged horizontally, each containing a discussion prompt. The first circle is labeled 'SAY' and asks 'What part about this journey has been meaningful to you?'. The second circle is labeled 'SAY' and asks 'How does this scripture impact your day-to-day?'. The third circle is labeled 'SAY' and asks 'How has someone else's piece (in the class) impacted you?'.

S H A R E & F E E D B A C K

SHARE with the group the final run of your piece in costume.

Ask the group:

LEADER

1. How has this piece come to life since we first began this process?

C I R C L E C H E C K - O U T

SIT in a circle with your Arbors and encourage participation.

SAY

As the leader, share with each Arbor how proud you are of their progress in specific ways.

P R A Y

PRAY for one another, focusing on specific requests as well as revelations from scripture from class time and for their upcoming performances.

CHALLENGE

Leaders says: This week, do your dance as many times and in as many places as possible.

COLLECT

Leaders says: Bring me your packets so we don't misplace them between classes. This series builds on itself from week to week.



EVERGREEN

GROWING SPIRITUAL, PERSONAL AND COMMUNITY ROOTS THROUGH THE ARTS

Produced by the Arts Ministries Bureau, Evergreen is a compilation of series designed for specific age groups, each with a unique biblical and arts focus. Developed to equip and empower officers/volunteers to produce quality arts programming at their corps, Evergreen instructors require no special training and minimal preparation time. Lessons range from 45min-1hr each and are free to use throughout the territory. Arts Ministries hopes that Evergreen will create a positive crossover between corps Sunday attendance and after-school programs, and prepare young artists for divisional dance/drama teams, Star Search and beyond! With a new series added every year, Evergreen will grow and branch out to reflect the needs and interests of budding creatives throughout the territory.

Editorial Director
Kathryn Higgins

**Graphic Designer &
Contributing Editor**
Resa Berry

Writer
Kathryn Higgins



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Choreographing to Scripture
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USA Eastern Territory
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