



Religious Education Congress 2017
Betsey Beckman / Laura Ash
A Leap of Faith: Dancing with Mary into Trust
Session 2-06

A Leap of Faith: Dancing with Mary into Trust
LA Congress 2017 / Workshop with Betsey Beckman & Laura Ash

I. Introduction: How beautiful that our Catholic faith leads us to the heart of Mary. As she nurtured her son, she also holds us, inspires us, comforts us, challenges us and opens the door to discipleship. As tabernacle or womb of God, she invites us on a path of honoring our own bodies as holy temples, womb places for bearing Christ to our world. May she guide us in the dance of discovery and “yes!” to the Spirit’s call!

II. Treasures from the Heart – Meditating with Mary

Reflect on Mary’s journey of trust moving with Christ from cradle to cross and beyond.

III. Hail Mary – Gesturing with Mary

Pray this beloved prayer in gesture and song. (Music by Betsey Beckman)

IV. Our Stories - InterPlaying with Mary

What associations, stories, moments have you shared with Mary through your life? Share some InterPlay forms for playing and remembering.

V. La Guadalupana – Processing with Mary

Our Lady of Guadalupe is the patron saint of the Americas, and a special blessing to our people. Let us dance a traditional song in her honor!

VI. The Annunciation –Leaping with Mary

Witness the storydance of the Annunciation expressing young Mary’s leap of faith to bear the Christ child for our world. Explore a hand dance of reflection on how the story speaks to you.

VII. Magnificat – Proclaiming with Mary

Mary’s bold proclamation of the Magnificat challenges the stereotypes of our world and gives us an image of God’s powerful movement for justice. We’ll explore proclaiming the text in our own embodied way.

VII. Litany of Mary – Invoking Mary’s presence

We conclude by asking Mary to guide us and empower us with images from the Pax Christi Litany of Mary. (Music by Laura Ash)

Thanks so much for being here to explore dancing with Mary! If you’d like to continue the journey, please sign up for our newsletter, or join us for upcoming online retreats with **Abbey of**



the Arts, an online global monastery to nurture contemplative practice and creative expression.
May Our Mother, Mary lead you in the dance of trust!



www.thedancingword.com

Mary's Magnificat
Luke 1:46-55

1. My soul proclaims the greatness of the Lord.
2. My spirit rejoices in God my savior.
3. For God has looked upon me in my lowliness.
4. Yes - from this day forward all generations shall call me blessed.
5. For the Mighty One has done great things for me.
6. Holy is God's name.
7. God's mercy is from age to age to those who fear Him.
8. God has shown power with his arm
9. and dispersed the arrogant of heart.
10. God has thrown down rulers from their throne,
11. and lifted up the lowly.
12. God has filled the hungry with good things,
13. and sent the rich away empty.
14. God has remembered Israel with mercy,
15. just as God promised to our ancestors,
16. to Abraham and his descendants, forever.



Offerings from The Dancing Word and Abbey of the Arts

Visit Paulist Press - Booths 312 -318



DVD – *Dancing with Monks & Mystics*
12 participatory dances (includes Hail Mary)

CD – *Singing with Monks & Mystics*
12 inspired Songs (includes Hail Mary)

Book – *Illuminating the Way: Embracing the Wisdom of Monks & Mystics*
12 Icons, poems & contemplative reflections
(Ave Maria Press)

Other DVDs from The Dancing Word:

Miriam & Mary – Includes *Miriam of the Dance* and Mary's *Annunciation*

The Creation – Embodied StoryDance of the beloved poem by James Weldon Johnson

Woman at the Well – Perfect for RCIA and retreats!

Mary Magdalene – Powerful witness to resurrection with accompanying Movement Meditation

Books:

A Retreat with Our Lady, Dominic and Ignatius: Praying with our Bodies

by Betsey Beckman, Nina O'Connor and J. Michael Sparough, SJ. Simple embodied prayer exercises inspired by our holy guides. (Franciscan Media)

Awakening the Creative Spirit: Bringing the Arts to Spiritual Direction

by Betsey Beckman & Christine Valters Paintner. Practical hands-on resource for the arts in spiritual direction, retreats and pastoral settings. (Morehouse)

CD: *Treasures from the Heart: Meditations with Mary, Our Mother of Mercy*

2 contemplative meditations leading you to the heart of Mary. (Heart to Heart)

Stay in Touch!

www.abbeyofthearts.com - Join the Holy Disorder of Dancing Monks!

www.TheDancingWord.com – Articles, resources and videos for inspiration

Betsey Beckman Youtube Channel – Many examples of movement and storydance prayer



“The Dancing Word” Facebook Page – Like us– and keep up with our latest offerings!
www.awakeningthecreativespirit.com - Five-day Arts & Spirituality Training Program

Other Resources:

Embodied Rosary Prayers – www.EmbodiedRosary.net

Sacred Dance Guild – www.SacredDanceGuild.com

Garments & Props – www.SpiritualExpressions.com / www.SonDanceMinistry.com

InterPlay.org – Playful workshops in many cities for tapping into the wisdom of the body