WELCOME Parents & Dancers!  Please read this entire packet.

We are a unified body of dancers across the Twin Cities. We currently have many denominations represented in our ministry. This ministry is not church specific, but rather a group of dancers that represent and serve many churches and organizations. Dance is mentioned over and over again in the Bible: used in worship, praise, thanksgiving, and warfare. We appreciate the time commitment that this ministry involves for the dancers and their families. Thank you for your service to the Lord!

Dance classes are on Tuesdays from September to May at The Father’s House in Burnsville. We meet almost every week until the end of May (unless noted). It’s very important that you are at class on time because we have a very limited practice schedule. We ask that you try to make it to as many practices as you can. If we are dancing in a service or event, we will ask for your availability. If a dancer commits we highly recommend attending the two practices before the event because this is the time that we finalize the moves, entrances, exits, and spacing.

Dancer Requirements:
Dancers are not required to have any dance experience to be in our ministry, just a heart for worship. God doesn’t care if you mess up; He created you perfect in His image. He just wants your heartfelt worship. So, please do not get frustrated if you struggle from time to time with some of the movements. We ALL mess up. Try your best and have a great time glorifying our Lord. If you need help, please ask. If you see someone else struggling, please extend the love of Jesus by helping out that person; after all, this is what we are all about.

Dance Ministry Teams:

- **Joy Dancers (4 years old – 5th Grade)**  6:30 –7:30 pm
  *If your dancer is younger than six a parent/guardian is required to be in the room. All parents/guardians are encouraged to dance alongside your dancer to help them with movements.

- **Glory Dancers (6th Grade - Adult)**  7:30 – 8:30 pm

Practice Points:
- We suggest you wear comfortable, yet modest, clothing; i.e., t-shirts and cotton pants. Please do the Modest Test.
- Many dancers will choose to dance barefoot, but you may wear socks or dance shoes.
- Please use the bathroom before practice since our practices are short. Also, please bring a water bottle. We will try to include a break midway through the hour for the Joy dancers.
- Dancers must stay in our room for the duration of the practice. They are not allowed to wander around in the hallways – this includes the times when we are dancing in events.
- If your dancer is five years old or under, an adult parent or guardian is required to be in the room the entire time and encouraged to dance alongside your dancer to help them with movements.
- Dancers must be picked up after practice or events. If your dancer must stay for a while after practice, s/he should bring something quiet to do while they wait for their ride inside the room.
Typical Flow of a Tuesday Night Session (Joy Example):

- **6:15-6:30 Check-In:** Sign in upon arriving and create a name tag. We want all of the dancers to learn each other’s names and this helps tremendously.
- **6:30:** Please be ready to start on time.
- **During the hour:** Rehearsal will generally include:
  - Warm-up
  - Bible Time
  - Prayer
  - Dance Instruction
  - Soaking: We will frequently take time at a practice to soak in the Lord’s presence by laying still and spending one-on-one time during a chosen song.
  - Creative Exercises
- **Worship Dance Pieces:** Each year we will possibly teach sign language, streamers, billows, and flags throughout season. Younger dancers can get tired during this time and they may take a rest by sitting along the wall and watching until they are ready to participate again.
- **7:30 Dismissal**

Registration Guidelines:

- All dancers are required to complete a new Dancer Covenant Form and Contact & Emergency Contact Form each year. Don’t forget to fill out the back with medical insurance information. You’ll also need to attach a small photo (can be printed on a computer printer) to the Contact Form. This is critical for emergency purposes. We suggest you go over the Dancer Covenant with your dancer to make sure she/he understands what the ministry is all about. This form is available on our website.
- Our main communication methods are our webpage, email, Facebook, and F2D Messenger group. All scheduling information is maintained on our website on the calendar page.
- Bring cash or make checks out to Freedom to Dance to purchase any dancer items like t-shirts. These funds help us to purchase supplies and additional t-shirts, etc.
- When you go home, go online and bookmark our website: [www.freedomtodance.org](http://www.freedomtodance.org). There are many helpful references for you – YouTube videos of our dances, our event and practice calendar, and our partner dance ministries in the surrounding states.

Fees:

- We are a FREE ministry!
- $10 Fee for a Freedom to Dance t-shirt. Our entire ministry will be using the Freedom to Dance T-shirts.
- **Dance DVDs for $12 or $7 depending on length.** (cash or check to Rich Marek) Sunrise Productions has graciously made up DVDs of our seasons. The amount covers the cost of materials only. They are high quality DVDs that come in a colorful plastic protector. Each dance is listed separately on the menu. These are wonderful tools to help you remember dances, learn ones you’ve missed, be blessed by watching the team in action, or as a gift for someone. Pick up a separate order form on the sign-in table.

Monetary Donations: We have a limited budget each year to purchase items for the ministry. Any donation will be directly applied to our ministry. When you give financially to our ministry it will be used to cover the additional costs we have such as CDs, name badges, markers, garments and worship tools or fabric/materials for them. Thank you up front for your donations.

Additional Donations: We go through many items in a season. If you can donate any of the following items, it would be appreciated: regular sized Band-Aids, medium width colored Sharpie markers, regular markers, ball point pens, blank CD-Rs, 1”x4” labels (for name tags) and fabric material.
**Financial Assistance:** If you need financial assistance or if you can help by covering someone’s cost who is struggling financially, please let one of the leaders know. We do not want anyone to be hindered in any way. Each person will have everything you need, no matter what!

**Dance Practice and Event Schedule (Sept – May):** Events will be scheduled throughout the year. As soon as we know about them, they will be communicated to you. We communicate through various means: email, F2D Messenger group, Facebook, and our website [www.freedomtodance.org](http://www.freedomtodance.org).

- We have danced at Breakthrough Ministries in Minneapolis (They minister to the poor and homeless.), Hosanna! in Lakeville at Christmas, Lighthouse Kids Church, other local churches, women’s groups, retirement facilities, and other special events throughout the year.
  *If you know of any churches, events, or places that would like to have us come dance, please obtain a contact name and number to pass on to one of the dance leaders.*
  
- The best way to receive information from us and also to interact with fellow dancers/dance families is to join the F2D Messenger group. It is our primary way to communicate last minute information and photos of events. Please let us know if you wish to be added; it is possible to mute notifications.

**Standard Event Dress Attire for Events:**

- For events, we will let you know what we will be wearing prior to the event as it sometimes changes based on the nature of the song(s) and event.
- Loose fitting and modest black or white short or long sleeve shirt that passes the skin test. The shirt must also not have any designs. Tanks are not allowed.
- Loose fitting, black or white comfortable pants or capris. Shorts are not allowed. Depending on overlays to be used tights may be acceptable for Joy dancers only.
- **FREEDOM TO DANCE MINISTRY T-SHIRT** - $10
- Glory Dancers will also want to have black palazzo pants. They can be purchased at any dance store or online at [www.discountdance.com](http://www.discountdance.com).
- If you have financial needs, please see one of the leaders.
- **FOR DANCE EVENTS, we ask that each dancer dress very modestly and pass the skin test.**

**Modest Test:** Shirts must not be tight fitting or expose any part of the chest or mid-section. If you bend over or raise your hands above your head and see skin on your chest or midsection (belly and back), the clothing is not appropriate for dance. No low-cut or tight shirts, no bare stomachs or backs, no tank tops, no tight fitting pants, no shorts, and no see-through material. We want everything we do and wear to glorify God and not draw attention to ourselves or cause disrespectful distractions. Modesty is a must!!

**Rules:** We don’t have a full list of rules; however, each dancer should treat others in a way that s/he wants to be treated. S/he is to act according to the fruit of the spirit as described in Galatians 5:22-23 “But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law.” And abide by the remaining verses in this chapter...24-25 “Now those who belong to Christ Jesus have crucified the flesh with its passions and desires. If we live by the Spirit, let us also walk by the Spirit. Let us not become boastful, challenging one another, envying one another.”

**Worship Tools:** Each dancer must take care of her/his worship tools and those of the ministry. Items are holy and are to be treated with care and respect and are not to be used as toys or for any other inappropriate use.

**Discipline:** When a dancer is being a distraction to the group or is acting in an inappropriate way, s/he will first be talked to by the Leader – warning #1. If the behavior does not change the dancer will be asked to sit down and reflect for ten minutes– warning #2. If the behavior still does not change, the dancer will be asked to sit down for the duration of the class and his/her parent will be informed- warning #3. If the negative behavior is consistent and does not change, the dancer will be asked to leave the
group. We hope that no one makes it past warning #1. Please talk with your dancer to make sure that s/he is aware of the purposes for this class and her responsibility to listen, learn, participate, and cooperate with the leaders and with others.

**Choreography & Solos:** If your dancer is a teen or adult, s/he could have the opportunity to choreograph and/or dance solo/duet dances. If you feel that your calling is to choreograph dances, please let us know so that we can use those skills throughout the year. Remember that most of our dancers are not dance-trained, so choreography needs to be simple enough to learn within 2-3 weeks. It also needs to be appropriate and symbolic of worship. Most of our dances are choreographed on a short-notice basis, so you will need to be able to prepare a song within one week. Solo and duet dancers need to have a natural graceful ability and/or some dance training. Solos/Duets need to be shared with the dance leaders prior to an event. Most dancers will not be required or asked to dance solos or duets.

**Volunteering Opportunities:** Can you help? There are several volunteer opportunities to help our ministry run smoothly. It takes a lot of work to keep the group functioning each week. A list of volunteer assignments is below. Please review and see if you are being called to help out in any of these areas.

- **DANCER ASSISTANT** – Any parent or older dancer is welcome to dance during the Joy hour. S/he will then be able to help the dancers learn the moves.
- **DANCE CHOREOGRAPHER/TEACHER** – Choreograph original dances and/or help teach dances
- **PRAYER TEAM** – Pray for the ministry of Freedom to Dance during rehearsals, ministry times, and through the week as the Holy Spirit brings it to mind.
- **SOUND** – We need someone to start and stop the music as directed during practice, so the teachers can focus on the students instead of running music devices. Training will be given.
- **SEWING** – Repair and make flags, streamers, or garments as needed.

Of course there are many more opportunities that arise. If you are interested, please contact a leader to discuss service opportunities. It does not have to be an every-week commitment.

**Invite Others! – Dance Ministry Awareness:** We have ‘promo’ materials available for you to share with anyone who may be interested in joining our ministry – friends, family, neighbors, or classmates. They do not need to have faith in Jesus. We are here to be witnesses for Christ and if they have never been exposed to Jesus’ saving power then maybe they will through worship dance. Feel free to take as many flyers as you need. Or find places in your community where you can hang flyers – grocery stores, other churches, etc. We will have them available each week at the sign-in table.

If you have any questions or concerns or would like to volunteer, please contact us. Thank you for your involvement in this ministry. Our ministry is better because of you! May the Lord bless you richly for your time commitment to Him!

Please call or email one of the leaders with any questions, concerns, or comments.

Welcome to Freedom to Dance Ministry!

Jolene Marek – C: 763-280-4403 (Dance Instructor)
Cheryl Johnson – C: 651-434-7375 (Dance Instructor)