



Southern California Chapter

February 2010 Newsletter

Kathy Croughan-Editor

Announcing..... our 3rd Annual

Sharing Concert



Sunday March 21, 2010
2 PM

Claremont Presbyterian Church
1111 Mountain Avenue
Claremont, CA

This is an informal concert in a beautiful setting. It is an opportunity to share dances we have done for our faith communities or perhaps in our private spaces. The sanctuary is a very open chancel with a gorgeous wood floor.

All sacred dancers are encouraged to bring dances though only one dance per soloist or group and dances should be no longer than 5 minutes. Music should be on a CD. Dressing rooms are limited so come in costume if possible. Should we have too many submissions priority will be given to Sacred Dance Guild members.

If you have questions or would like to sign up please contact Jeannie Hagedorn at upbete@roadrunner.net or call her at 714-854-1954.



Reflections on Winter Workshop by Cathy Saine

Our workshop on February 6th was absolutely wonderful. The rain kept some of you away and you were missed. The rain poured sporadically in the morning, became a light mist, followed by our California sunshine. Susan MacLaughin came all the way from Ohio to join us and we are glad that she shared the warmth of our beautiful sunny weather.

Jim Maynard started our day with an inspiring, opening prayer as we stood in a circle, held hands and swayed as we offered our praise and thanks. It doesn't take us long to ditch our anxieties when we begin our dance, especially when we have a serene presenter like Jennifer Jimenez.

Jennifer talked about dancing in our own skin; dance not the movement learned in classes, but the movement that comes from within. One who comes immediately to mind for authentic movement is Evelyn Okamoto, who danced River God at our '09 concert in Claremont. Evelyn intuitively dances in her own skin as do many of you.

Holly Lampe's Jazz and Hip Hop session was exhilarating! Wow, what fun! Didn't know some of us could muster up so much energy, particularly for an afternoon session. Hopefully we can have both of them for future workshops.

Christie Johnson enjoyed the hip hop and thought Holly was a good instructor. Jim Maynard said that the workshop was exceptionally good and especially liked Jennifer's Reiki-like, meditative body scan exercise. Referring to Holly's jazz and hip hop session, Jim thought it was nice to be pushed, even though his energy was totally maxed out. Teen Jean Okamoto came just in the afternoon and enjoyed the workshop, not just because Holly Lampe was a good teacher and it was a fun class, but especially enjoyed the comfortable, accepting atmosphere.

A big "thank you" to Jeannie Hagedorn and Jim Maynard for coordinating this outstanding workshop. Your hard work is much appreciated. So much time and energy is involved, including tons of phone calls and emails—a job well done. You are such assets to our chapter. Thank you to St. Monica's Catholic Church and Theresa Soulliere Vogt for sharing space and hospitality. And of course we are grateful to our dutiful, Editor Kathy Croughan for newsletters that keep us aware of chapter events. Sue Carlisle, quietly does a great job with registration and deserves a special thank you. Thank you, thank you, thank you.

How glorious it is, to get together with old friends and new ones in an atmosphere of total acceptance and love and to dance away with our God smiling down upon us. Next month, be sure to participate in our concert or just come to support those who are dancing.

Books mentioned in Jennifer's class : Birthing from Within by Pam England and Rob Horowitz, Maps to Ecstasy by Gabriel Roth, and Energy Medicine by Donna Eden.
Jennifer's website is letsdancetogether.net.

MARK YOUR CALENDARS:

Sacred Dance Guild Festival 2010

Simply Soaring

July 26-31

Connecticut College, New London, CT

Check out the Sacred Dance Guild website for more details
www.sacreddanceguild.org

Want to be part of something sacred? If you are not a member of the Sacred Dance guild we would love to have you join us. Go to www.sacreddanceguild.org for all the details.

Member News and Events

Alleluia Dance Theater will be hosting a weekend retreat Praise God in Dance at La Casa de Maria in Santa Barbara, March 12-14. Please look at their website www.rejoiceadt.org for complete details.

Please forward me your events so we can keep each other abreast of what we all are up to. If you have pictures I will try to include them as well. Members can list their upcoming workshops Please email me at kkcroughan@aol.com with your details.

Prayer List

Larry Christoffel , husband of our dear friend/dancer, Joyce. We ask our loving God to completely heal Larry of prostate cancer.

Sharon MacLaughin, complete healing.

Sharon Derr, sister-in-law of Cathy Saine, complete healing for cancer in the foot.

Colleen Gates – 30 year old daughter of Jeannie Hagedorn –for healing and peace
Brian Carlson – Son of Ellen Carlson is home after receiving a liver transplant on December 6. He is home recuperating. Family prays for continued healing and looks forward to hearing his music once again.

Contact the So. Cal. Chapter SDG Board:

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