MUSIC, MOVEMENT, PRAYER AND SONG

Objective:
To acquaint and train catechists, grades K-5, with simple techniques linking movement, prayer and song for use in their weekly classes.

Program Overview:
"Music, Movement, Prayer and Song," led by contemporary Christian singer and songwriter, Sam Kauffman, a roster artist with NEAG Music and Catholic school teacher, can be used as a one hour, three hour or all day training.

Training Outline:
Part One: Introduction - Hand Action Songs to Welcome
Simple Ice Breaker Songs With Hand Actions
Purpose: Help students feel comfortable
Signal the beginning of class

Part Two: How to Effectively Use Echo Songs and the Psalms
Using "Echo" Songs and Repetitive Verses
Purpose: Enhance listening skills
Get the attention of the students
Reinforce the scripture for Sunday liturgy

Part Three: Clapping, Leadership and Fun
How to Use Three Simple Clapping Techniques
Purpose: Promote cooperation and teamwork
Have fun and add rhythmic interest to songs

Part Four: Sing Language and Song
Three Easy Ways to Use Sign Language In Song
Purpose: Promote communication
Bring awareness of different forms of communication
Use our hands in prayer

Part Five: Using the Whole Body to Pray Twice
Movement and the Alphabet Game
Purpose: Teamwork, fun, and tension breakers

Part Six: Storytelling and Scripture
Purpose: Show that music doesn't have to be sung
Show additional hand action techniques

Part Seven: Simple Discipline Techniques Using Music - optional
Two Easy Ways to Use Music & Hand Signals for Discipline
Purpose: Music can be used as a form of direction

Part Eight: A Blessing and A Circle
Two Simple Blessings Used In a Circle
Purpose: Promote understanding between students
Change the feeling of the space and get out of rows
Begin and/or end class on a positive note

This program is based on two simple facts. First, children love to move and sing and learn through movement. Second, many catechists are not trained music teachers. By exposing volunteer teachers to simple musical techniques, they can enhance music currently used in the classroom and feel comfortable introducing new music.

Through active participation in this training, catechists are invited to experience the multi-faceted ways in which simple musical techniques can enrich their teaching and prayer life in the classroom setting, bring a sense of harmony and order to the students and reach children on a different level while enhancing the curriculum.
ONCE UPON GOD’S TIME

Objective:

To teach the basic elements of storytelling in a fun and entertaining way.

Program Overview:

"Once Upon God’s Time" is a 1-3 hour workshop led by Christian writer, poet, workshop leader, singer and songwriter, Sam Kauffman, a roster artist with NEAG. This three part workshop introduces participants to the basic elements of storytelling and simple yet effective techniques for enhancing stories along with a hands on experience in presenting a story to a group.

Program Outline:

Opening: Introductions

Sam Kauffman - My Story
Participants      - Your Story
Workshop - Let Me Tell You a Story - The Farmer’s Donkey

Part One: Basic Elements of a Good Story - Leaving a Footprint on the Soul

Why Do We Tell Stories
Picking a Story - What Makes a Good Story?
Looking at the Elements of a Good Story
What Do We Hope a Story Will Achieve?
Situations for Telling a Story - Who Does It Serve
Who Is Your Audience

Part Two: Basic Techniques for Effective Storytelling and Adding Interest

An Invitation to a Relationship
Getting Audience Attention
Engaging the Imagination
Sharing Personal Experiences
Participation
Active
Passive
Keeping Your Audience Involved
Music
Props
Costumes
Serious or Humorous - What’s the Point
Being a Little Kid Again

Part Three: We Learn By Doing

Storytelling Exercises

Analyzing “The Farmer’s Donkey” Large Group
Tell Me a Story in Fifty Words or Less Individuals or
Writing a Story as a Group Break-Out Groups

Part Four Feedback and Resources

PRAYING THE PSALMS

Objective:

With the Psalms as a foundation, this workshop explores different styles of and invitations to prayer.

Program Overview:
"Praying the Psalms" is a one, two or three day multi-dimensional program which invites participants to experience the Lord through the perspective of the Psalms. Led by internationally known Christian singer, songwriter, poet and retreat leader Sam Kauffman, a roster artist with NEAG Music, these techniques are easily carried over into daily life.

During the early 1990’s Sam set 130 of the Psalms to music. From that time to the present she has studied the Psalms and currently leads retreats and workshops which focus on these ancient prayers. "Praying the Psalms" consists of 8 segments which can be mixed and matched to achieve the desired program. Each segment runs about 45-60 minutes.

This hands on program encourages singing the Psalms. Sam provides the music and musical instruments are welcome. The history, literary forms, historical usage and relationship to the Christian experience is also emphasized in the workshop.

**Program Outline:**

Session One: **Introduction to the Psalms**
- History of the Psalms
- Types of Psalms
- Historical Uses of the Psalms
  - In the Temple
  - In Every Day Life
  - On a National Level
- Basic Themes of the Psalms
- Literary Forms
- How did Jesus Relate to the Psalms?

Session Two: **Journey to the House of the Lord**
- The Psalms Before the Temple Was Built
- Seeing the House of the Lord in the Psalms
- Songs of Ascent - Traveling to the House of the Lord
- Arriving at the Temple
- The House and Courts of the Lord
- Prayer in God's House
- Blessings for the Journey
- The Road Home
- Questions for Reflection and Discussion

Session Three: **The Psalms and Our Senses**
- The Senses and An Experience of Wholeness
- God's Promise of Peace and Healing as Found in the Psalms
  - Sight - The Lord Is My Light
  - Hearing - If Today You Hear God’s Voice
  - Touch - Touching the Face of the Creator
  - Taste - Taste and See the Goodness of the Lord
  - Smell - The Fragrance of Grace
- Meditation: Sensing the Psalms

Session Four: **The Psalms as Morning and Evening Prayers**
- Ancient Morning Prayers - Bringing God Into the New Day
  - Traditional Morning Psalms
  - Personal
  - In the Temple
- Integrating the Psalms Into Our Morning Prayers
  - A Twenty-First Century Morning Psalm Prayer
- Ancient Evening Prayers - Leaving the Day in God’s Hands
  - Traditional Evening Psalms
Personal
In the Temple
Integrating the Psalms Into Our Evening Prayers.
Writing A Twenty-First Century Evening Reflection
Journaling

Session Five
Songs of Ascent
Ps. 120-134  The Pilgrim Songs
History
Historical Uses
General Themes
Jerusalem Psalms
Biblical Reflection Journals

Block Six
Experiencing the Psalms Through Prayer Pathways
Creation and Genesis Experienced Through the Psalm 104
Prayer Pathways
Individual Prayer
Individual Reflection
Prayer Pathways are a grouping of tiles set into a pattern.
Walking them with music and Reflections enhances personal prayer.

Block Seven:
The Psalms in Story and Song
Journey to Jerusalem
A Prayerful Journey From Nazareth to Jerusalem
Praying Twice in Song

Block Eight:
Psalm 151 and On,....
Writing a Personal Psalm of the Twenty-First Century
Sharing the Psalms of the Twenty First-Century

AWAKEN US TO THE SACRED

Objective:
To discover the loving presence of God in every aspect of daily life by ritualizing these events in a celebration utilizing a central theme to illustrate our experiences through a symbol from which flows prayer, music and faith sharing with the context of community worship.

Program Overview:
The "Awaken Us to the Sacred" program is a 1-2 hour workshop is led by Christian workshop leader, writer, poet, choir director, singer and songwriter, Sam Kauffman, a roster artist with NEAG. Sam utilizes the music, poetry, stories and programs she has written in this workshop as illustrations.

Sometimes we only see God in Sunday worship. When we leave the church, we leave God safely locked up within the walls of the church building. This exciting workshop shows catechists how to look for experiences of God everywhere and in every day life sharing these experiences with their students by designing simple "rituals" for use in their weekly classroom settings.

By understanding the basic elements of ritual, catechists learn straightforward, easily applied techniques to creating worship experiences honoring and deepening our relationship with God. This workshop is a simple guide to meeting God and experiencing the divine in our lives.

Workshop Outline:
Part One:  Introduction to Ritual
Encountering the Divine
Putting Words and Music to Experience
The Big Picture
Setting Goals - A Basic “Recipe”
Deciding What Experience or Event to Ritualize
  Theme
  Who Is Your “Audience?”
Common Experiences
The Physical Setting
Audience Participation
Resources

Part Two: Basic Elements of Ritual - Weaving Together the Elements
  Taking the Temperature of the Ritual
    Climate
    Tone
  Putting All the Pieces Together
    Symbol or Theme
    Music Selection
    Scripture
    Stories
    Poetry
    Movement
    Prayer
    Faith Sharing
Assigning the Parts
  Leadership Roles
  Things to Consider
  Inviting Your Students Into the Process
Review
  Where Will God Show Up?
  How Will the Ritual Help Us Relate to God?

Part Three: Recipe for Ritual - Designing a Simple Ritual
Workshop participants break up into small groups to design a simple classroom ritual then share with the larger group the results of their work.
THE LIVING WORD

Objective:
To experience God through drama by equipping those who work with children with simple tools and drama techniques they can readily and easily use for special seasonal opportunities and or everyday classroom lessons.

Program Overview:
The "Living Word" is a 1-2 hour workshop is led by Christian director, dramatist, workshop leader, writer, poet, singer and songwriter, Sam Kauffman, a roster artist with NEAG with more than twenty years experience in Christian theater. Sam utilizes the music, poetry, stories, programs and one woman dramas she has written for this workshop.

Children are hams who love to playact and pretend creating fanciful worlds and wild characters! By understanding the basic elements of drama, catechists can bring Bible stories and weekly lessons to life for their students through the dynamic and exciting medium of drama. Using simple, easily adaptable techniques, God’s word and life lessons are taught to children through an experience that will never be forgotten!

Part One: The Script - The Basic “Ham” In All of Us
  Introduction to and the Basic Elements of Drama
  Types of Dramas and Object Lessons
  Dramas for the Classroom and Dramas for an Audience
  Putting Experience Into Drama - Assigning Roles, Costumes, Props, Lighting, Sets, Music
  Volunteers - Adults, Youth, Teens
  Practice and Going With the Flow
  Acting vs. Showing - Off

Part Two: Take Your Places Everyone
  Two Christmas Pageants
    The Little Star - The Making a Children’s Story Into a Drama
    The Living Christmas Story in Tableau

Part Three: The Curtain Goes Up - Dramas With a Part for Everyone
  Two Stories with SIMPLE scenery
    Noah
    The Little Star - Seeing the Star in a Different Light

Part Four: Enter Stage Right
  Pantomime
  We Are Church
  The Stations of the Cross

Part Five: Exit Stage Left
  Vignettes

Part Six: Take a Bow
  Repeating Dramas - Changing Character Assignments
  What Did the Children or Youth Learn