

# 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:	<u>We Learn By Doing</u> 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	<u>Songs of Ascent</u> Ps. 120-134 The Pilgrim Songs History Historical Uses General Themes Jerusalem Psalms Biblical Reflection Journals
Block Six	<u>Experiencing the Psalms Through Prayer Pathways</u> 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:	<u>The Psalms in Story and Song</u> Journey to Jerusalem A Prayerful Journey From Nazareth to Jerusalem Praying Twice in Song
Block Eight:	<u>Psalm 151 and On.....</u> 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.



