



Essence
Equipping for Spirit-led
mission & worship
using rhythm, movement
& the prophetic

CHOOSE FROM THREE STREAMS:
RHYTHM MOVEMENT & SPIRIT-LED ENCOUNTERS

AN INTENSIVE TRAINING COURSE LED
BY EXPERIENCED & DYNAMIC TEACHERS
FROM THE UK AND USA

Colorado, USA July 12-15, 2017
Colchester, UK July 24-29, 2017

images of Light
infusing art and light into everyday life

movement in worship
movement in worship

**Essence Colchester, UK
24th-29th July 2017**

Venue: Kingsland Church, Colchester, CO3 9DW, UK
See www.kingsland.org.uk/ for directions

Essence is an **intensive training course** that equips and provides opportunities for **Spirit-led mission, outreach and worship**. Teaching is provided in three streams that are proven to partner well in street outreach to gather, engage and enable people to encounter the Holy Spirit and God's living word.

Choose from three streams – Rhythm, Movement & Spirit-Led Encounters, (everyone will also get a small taster of the other streams).

Rhythm: gathering people and creating a vibrant atmosphere of worship. The Rhythm stream will help you discover your unique sound and develop your abilities to play in open drum circles and worship. Build your confidence to create rhythms and declare your love for Jesus, intercede and call people to encounter the Holy Spirit. Workshop-level djembes and percussion instruments are available if required. Feel free to bring your own percussion and hand drum.

Movement: intentional movement that dynamically brings God's life, light and colour to the streets. The Movement stream will take you on a personal journey to discover your unique dance style in response to the Holy Spirit. Build confidence to use your movement vocabulary in worship, intercession and the prophetic as an individual and within a group. You will need to bring suitable clothing for moving inside and outdoors – we suggest stretchy trousers, long tops and sturdy dance shoes or trainers. Flags and props will be provided, but you are also welcome to bring your own.

Spirit-led Encounters: bringing God's love to the street through prophecy, spiritual insights and prayer. The Spirit-Led Encounters stream will provide practical training and explore creative ways to bring God's heart and living word to people you encounter. Build your confidence to hear God and speak life and grace to people seeking spiritual answers.

Each day begins with devotions and biblical teaching together followed by practical sessions for each stream. During the course, the three streams blend together as we worship and go out into the community on mission and outreach.

If you opt for the Rhythm or Movement Streams please bring dark coloured trousers and bright one-colour tee-shirts to wear when we go out, there is no dress code for those on the Spirit-Led Encounters Stream.

This is a transformative week for the participants and teachers. We are excited to see what God will do in and through us. One of the highlights is always the community that is built throughout all aspects of the week including the fun social evenings.

Who can come?

No previous experience in dance, percussion, the prophetic or outreach is needed as experienced trainers will be facilitating the course.

The minimum recommended age is 12 years and there's no maximum age! Please contact us if you have children under 12 years who would like to attend. All under 16s need a participating guardian with them, who will be responsible for their behaviour and engagement.

Costs: £190 (or £170 early bird rate before Wednesday 31st May)

(EB rate cannot be combined with MIW Collective discount rate)

Please note: this does not include food & accommodation

What content will be covered?

Each of the six days will start at 9am and will include prayer, worship, biblical teaching and practical application that will build as the week progresses. Bring a notepad and pen so that you can make notes throughout the week. There will be an outdoor intercession time on a high place and 2 mission events where we'll be worshipping, interpreting dreams, prophesying and more out in the town of Colchester; these times will be facilitated by the teachers.

The course will culminate with our final mission event where we'll be partnering with Kingsland Church on the Saturday to do a community event in the town centre. We'll be inviting people we meet to attend guest services at 9.15am or 11am at Kingsland Church on Sunday 30th July. Please do stay on to be part of these services if you would like to.

Here's the planned programme for the week:

Date	Time	Content for all	Separate basic content		
			Movers	Rhythm	Spirit-Led Encounters
Mon 24th July	09:00-17:00	Daily devotional and trust exercise Theme: Essence: Encountering & imparting the presence of God	Unique Movement Vocabulary Dynamic Mass Sculpture	Discovering & developing a sound & rhythm vocabulary	Flowing in our identity: Knowing who we really are
Tues 25th July	09:00-17:00	Daily devotional and trust exercise Theme: Declaration: God, people, creation – drawing out the God colours Movement session for all	Moving with Banners	Group dynamics & soundscapes in worship & mission	Encountering God - For ourselves - In the market place Renewing mind-sets - Responding out of fullness
Wed 26th July	09:00-13:00	Daily devotional and trust exercise Theme: Flowing in the Spirit together Percussion session for all	Corporate movement - Flocking - Staffs	Moving rhythms: interpreting the dynamics of movement in rhythm	The language of the Spirit: Interpretation and Communication - Dreams, visions and pictures
	14:00-17.00	Outdoor Intercession: Bures			
	17.30	Social Evening – BBQ (food provided)			
Thurs 27th July	09:00-13:00	Daily devotional and trust exercise Theme: The Impact of Intercession	Intercessory movement	Intercessory percussion	Preparing to go out: Following the model of Jesus: - Message of grace - Blessings the human spirit - Principles and practicalities
	14:00-17.00	Afternoon off			
Fri 28th July	09:00-13.00	Daily devotional and trust exercise Theme: The Power of the Prophetic	Prophetic movement	Prophetic percussion Street drum circles: call & proclaim	The language of the Spirit: Interpretation and Communication - Dreams, visions and pictures
	14:00-17.00	Mission 1: Castle Park			
	18.00	Social Evening – Fish & Chips (pay for your own food) and worship evening at Kingsland Church			
Sat 29th July	09:00-10:00	Daily devotional and trust exercise			
	11.00-17.00	Mission 2: Lion Walk, Colchester Town Centre – followed by debrief after at nearby -Church			

Hosts and Teachers:

Essence Colchester is a joint collaboration between Movement in Worship and MIW Rhythm Makers with partners from Wellsprings Scotland. For several years we have partnered together in worship and mission. **Kingsland Church** is the host venue and **Michelle Tennens** who is part of this church will oversee the smooth running of the school during the week. The main teachers will be:

The **Rhythm Stream** will be led by **Simon Edwards** and **Yvonne Au**. Together with Michelle Tennens they lead the newly formed MIW Rhythm Makers which is part of Movement in Worship. Simon's experience includes live performance, professional drum workshop facilitation, prayer, worship and prophetic drumming. Yvonne works as an education consultant and trainer and brings her expertise as a seasoned facilitator to the stream. They are passionate about collaborating with others to use the language of rhythm to worship, pray and prophesy.

The **Movement Stream** will be led by **Andy Au** and **Kirsty Hallett** the directors of Movement in Worship (MIW). Andy founded MIW over 35 years ago; he also leads City Gate Church in Brighton. Kirsty has been dancing and teaching with MIW for over 15 years and she coordinates MIW internationally. They have danced and taught at a wide range of conferences and events in the UK and internationally. Their passion is to press into the presence of God and to take that presence out into the world. Together they bring over 50 years of experience of teaching and equipping people to worship God creatively in and out of church buildings.

The **Spirit-Led Encounters Stream** will be led by **David & Maggie Hewitt**. Together they lead the Wellsprings Community and have coordinated many prophetic outreaches in Edinburgh such as Spirit Rhythms, with dreams and spiritual insights tables in places like Starbucks and local bookstores. Their passion is to mobilise the local church to go 'under the radar' in offering people an encounter with the Lord. Maggie is also a licensed MIW teacher.

How to book:

You can book in, filling in an online application and paying via PayPal on our website: www.miw.org.uk/essence

Alternatively application forms need to be posted to us by **Monday 3rd July 2017** at: Essence School, Movement in Worship, City Gate @ Brighthelm Centre, North Road, Brighton, BN1 1YD. Please send a deposit of £50 with your application. Please make cheques payable to '**Movement in Worship**'.

The balance will be due **on Monday 24th July 2016**. Alternatively you can pay the full payment before the first day of the school. Please note the cost of the course **does not** include accommodation or food.

Accommodation:

Kingsland Church are able to offer a limited number of Bed & Breakfast accommodation spaces, staying in the homes of people, on a first come first served basis. We ask that you give your hosts a financial gift of £10 per night and there will be a £10 arrangement fee for this. Please contact Michelle Tennens on michelle@tennens.net to check for availability.

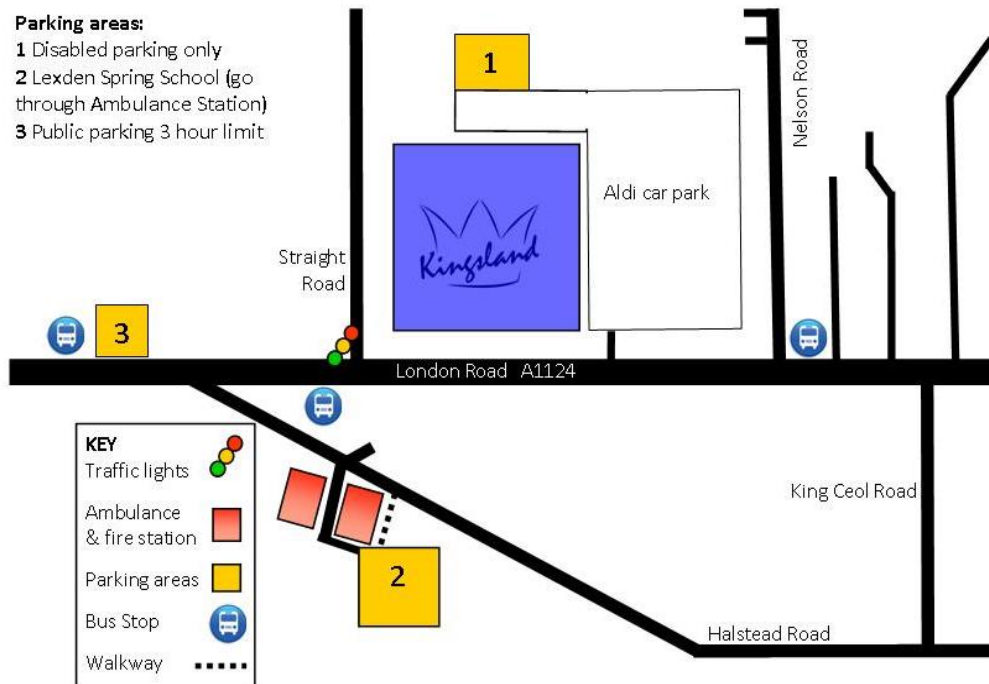
The other possibility is to book your own accommodation. The Holiday Inn Colchester is a 20 minute walk from Kingsland and on a direct bus route and there are numerous bed and breakfasts in the area. Colchester Holiday Park is 10 minutes walk away and is suitable for caravans and tents.

Travel to the venue and parking:

The nearest international airport is London Stansted Airport (30 miles). Other airports to consider are London Gatwick (83 miles) and London Heathrow airport (92 miles).

Regarding getting from the airport to the venue. From London Stansted there is a regular National Express coach service to Colchester. From London Gatwick Airport or London Heathrow you can get a coach to Colchester (usually via Stansted Airport) see www.nationalexpress.com for details. The bus station is in the town centre from where you can take a local bus to London Road (service 65 or 88 are suitable services as well as others, ask the Driver to let you know when you are close to Aldi, Kingsland Church is located above Aldi Supermarket on London Road).

If you are driving to the venue please park at Lexden Springs School behind the ambulance station where there is free parking available all day. Please do not park in the Aldi or Kingsland Church car park as this is reserved for shoppers, disabled and other church users during the week and you may be charged.



NB: Participants will need to use the local bus service to get to the town centre mission venues or car share and pay for car parking. Bus tickets cost £3.60 (approx). We'll car share to get to the intercession venue where parking is free.

Food & drink

Kingsland Church have a day time cafe with a great range of sandwiches, paninis, baked potatoes and specials available for lunch. They can also cater for specific dietary needs if known in advance. Please do support them if possible by buying lunch there. If you are bringing your own food, please respect other cafe users and do not leave your leftovers in the cafe. There is also a convenience store in easy reach.

Tea, coffee, cold drinks and hot chocolate can be purchased from the cafe.

Please do get in touch with us if you have any further questions. We look forward to having you join us for the Essence adventure!

Grace to you,

Kirsty Hallett

MIW & Essence Colchester Coordinator