



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

Edinburgh, Scotland
 23-28 July 2018

images of Light
infusing art and light into everyday life

movement in worship
 movement in worship

Essence Scotland, UK
23rd-28th July 2018

Venue: Wellsprings, 71 Whitehill Street, Newcraighall, Edinburgh, EH21 8QZ
 (See www.wellsprings.uk.net 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 Monday 30th April)

(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 city of Edinburgh and surrounding area; these times will be facilitated by the teachers.

The course will culminate with our final mission event where we'll be partnering with the Wellsprings Community on the Saturday to do a 'Spirit Rhythms' community event in the Wellsprings Venue.

Wellsprings has a weekly gathering on a Sunday at 4pm. Participants are most welcome to attend on the Sunday before Essence, it will be a great opportunity to connect with the Wellsprings community. They will not be having a gathering on Sunday 29th July as many of the Wellsprings community will instead be part of the Spirit Rhythms evening on Sat 28th July.

Here's the planned programme for the week:

Date	Time	Content for all	Separate basic content		
			Movers	Rhythm	Spirit-Led Encounters
Mon 23rd 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 24th 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 25th 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: Venue TBC *			
	17.30	Social Evening – BBQ (food provided)			
Thurs 26th 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 27th 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: Edinburgh City Centre TBC *			
	18.00	Social Evening – Fish & Chips (pay for your own food)			
Sat 28th July	09:00-10:00	Daily devotional and trust exercise			
	11:00-15.00	Mission 2: Portobello Promenade * followed by debrief			
	19.00-21.00	Mission 3: Spirit Rhythms at Wellsprings – help with set-up before			

Hosts and Teachers:

Essence Scotland 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. The school will be hosted by **David & Maggie Hewitt** at Wellsprings, which is the Scotland Movement in Worship base. 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 19 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 2nd July 2018** 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 23rd July 2018**. 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:

Wellsprings community is able to offer a limited number of spaces for informal self-catering accommodation in the Prayer Room (some floor mattresses, sofas etc which will need to be cleared each day for the room to be used for one of the teaching Streams) if people bring sleeping bags & pillows, and if possible, inflatable beds. Kitchen facilities, showers etc available. There is a nominal charge of £25 per person for the week to cover overheads. Please contact David Hewitt on david@wellsprings.uk.net to check for availability.

In addition, there are a few accommodation options available locally at a Premier Inn (Newcraighall) 5 minutes away on foot. Also by car there are various B&Bs, contact David at Wellsprings for possibilities. You may also find other accommodation on the www.visitscotland.com website, or University of Edinburgh accommodation <http://www.accom.ed.ac.uk/for-visitors/> or inexpensive hostels or flats found online. Shared accommodation will work out cheaper.

Travel to the venue and parking:

The nearest international airport is Edinburgh Airport (18 miles). Other airports to consider are Glasgow Airport (63 miles). From Edinburgh Airport you can catch the tram to the centre of the city and then come either by train or bus to Newcraighall.

The venue is on the Lothian No.30 bus route and is a short walk (5-10 mins) from the Newcraighall Railway Station (2 stops from Waverley Station in central Edinburgh). For more information see the Wellsprings website: <http://wellsprings.uk.net/contact>

***NB:** Participants will need to use the local bus service to get to the Intercession and Mission venues or car share and pay for car parking. Bus tickets cost £1.60

Food & drink

There is a small shared kitchen in the venue with limited fridge space which will be shared by everyone. Therefore, please limit the amount of refrigerated food you bring. You may wish to buy food with others on the course once you have arrived at Wellsprings. There is a corner shop in near walking distance and several supermarkets (Marks & Spencer, Asda, Lidl) a short drive away or 10-35 mins to walk.

Light refreshments - tea, coffee and cold drinks will be provided during the teaching times.

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 Scotland Coordinator