

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

31 July - 5 August 2019
West Sussex, UK

images of Light
 raising up and lighting the way
 movement in worship
 movement in worship

Essence West Sussex, UK

31st July- 5th August 2019

Venue: Holmsted Manor YWAM Base, Coach House, Staplefield Road,
 Cuckfield, RH17 5JF (see <http://ywamholmsted.org>)

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 Tuesday 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 Brighton and surrounding area; these times will be facilitated by the teachers.

Everyone on the course will be involved in the Oasis: Life Rhythm Spirit event on Saturday the 3rd of August in the Brighthelm Centre garden. This is an all-age community outreach event incorporating a drum circle, movement, face painting, a Spirit Dream Booth with spiritual readings and dream interpretations, children's activities and community art.

Here's the planned programme for the week:

Date	Time	Content for all	Separate basic content		
			Movers	Rhythm	Spirit-Led Encounters
Wed 31st 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
Thurs 1st August	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
Fri 2nd August	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 – Chanctonbury Ring *			
	18.00	Social Evening – BBQ (food provided)			
Sat 3rd August	09.00-17.00	Mission 1: Oasis event at Brighthelm *			
Sun 4th August	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	Mission 2: Brighton & Hove tbc *			
	18.00	Social Evening – Fish & Chips (pay for own food)			
Mon 5th August	09:00-16:00	Daily devotional and trust exercise Theme: The Power of the Prophetic Debrief from Week	Prophetic movement	Prophetic percussion Street drum circles: call & proclaim	The language of the Spirit: Interpretation and Communication - Dreams, visions and pictures

Hosts and Teachers:

Essence is a joint collaboration between Movement in Worship, MIW Rhythm Makers and Images of Light. For several years we have partnered together in worship and mission. 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 **Juliet Fuller** and team. Since the awakening of her own spiritual senses, Juliet has been passionate about pursuing greater understanding and discernment of the language and voice of God. Through her preaching, teaching and 1-2-1 ministry her desire is to encourage and equip others in hearing God's voice, so that they too may deepen their intimacy with Father, Son and Holy Spirit and be released into their God-given identity and purpose. This desire extends to those who have yet to know God through leading outreach events in Surrey and Sussex.

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 8th July 2019** 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**'.

Payment for accommodation needs to be paid by **Friday the 28th June 2019** (payment for accommodation is separate to the course fees).

The balance will be due on **Wednesday 31st July 2019**. 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:

There is self-catering accommodation available onsite in the venue. NB: There are no shops within walking distance. Accommodation will be within a shared twin room with an ensuite bathroom, on site at Holmsted Manor. The cost of this accommodation is £20 per person, per night. If you would like to book this, please state in your application form which nights you would like accommodation for. Please note payment for this needs to be sent by **Friday the 28th June 2019**.

Travel to the venue and parking:

There is free car parking at the venue. Holmsted Manor is just 13 miles from Gatwick Airport. A taxi direct from the airport costs approx. £13. Alternatively you can travel by train from Gatwick to Haywards Heath (where there is a Waitrose supermarket next to the station if you need to buy food supplies) then catch an hourly 271 bus from the station to Holmsted Manor – the bus will do a request drop off at the bottom of the driveway to the venue.

***NB:** Participants will need to car share to travel to Intercession and Mission locations. You will also need to pay for car parking- we suggest that this is shared between the driver and passengers.

Food & drink

There is a 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 Holmsted Manor. There is a Londis 5 minutes drive away or a variety of supermarkets including Tesco, Waitrose and Co-op in Haywards Heath, which is a 10-15 minute drive away. There are no shops within walking distance.

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,

Louise Howitt

Essence 2019 Coordinator

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