

UK DANCE BLESSING

Mobilising a dance army
across the UK.

#dancingarmy
#dancealittlelouder
#ukdanceblessing

Co-ordinated by Anna Gilderson, Prinith De Alwis
Jayasinghe and Drew Crow

A Collaborative dance project between UC Grace and the Birmingham Movement in Worship Base Leadership Team.

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Original Song "The Blessing" by Cody Carnes, Kari Jobe and Elevation Worship.

Written by Chris Brown, Cody Carnes, Kari Jobe and Steven Furtick

UK Blessing Music Audio produced by Trevor Michael in collaboration with UK churches

UK Blessing Song music is used with permission.

With thanks to Les Moir and Andy Au for helping with seeking this permission.

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About

UK Dance Blessing Vision

Mobilising a dancing army across the UK, which collaborates with dancers, dance ministries and worshippers. Whose heart it is, is to pray a blessing for the area they live in using dance and movement.

This was the heart of the project to encourage those that love to move and dance as their language and communication with God, to choose to pray and move for the area that they live in.

In Acts 17.28 it says *'for in him we live and move and have our being'*. Each of us have the ability to move in response to our relationship to God, for each of us that will look different. But the desire behind it is the same. That we want to be in Him, of Him and seek more of Him.

When this project launched we could not foresee the corners of the UK that it would travel to and the impact that it would have. To some extent we will never know. What we do know, is the impact that it has on the dancers and movers that chose to be obedient and step out to God's call to pray for and move in their areas.

This book draws together those testimonies and the journeys that we the project team went on, as well as the dancers and movers themselves.

Our prayer is that people see Jesus in the dancing, Jesus in the testimonies and recognise that Jesus' heart is to love, support, envelop, carry and so much more within our day to day life.

God shared with Anna last year a picture of a whirlwind converging and changing the atmosphere, of the importance of dancers and movers coming together with one goal, as we have gone through the year 2020, the opportunities to draw these whirlwinds together has grown. If you wish to read more about the golden whirlwind head [here](#).

Meet Anna



Anna Gilderson is a dancer, teacher, choreographer and writer. Her passion is to teach and share about the interaction between dance and movement and how that exploration helps us to have a deeper conversation with God. Anna's passion for movement began when she was young, when she realised that she felt a sense of release as she moved. As she got older she recognised that it became her conversation with God- her heart's release when words didn't work, simply moving and dancing allowed expression of Anna's heart to God and God's heart to others.

Anna first began teaching in 2000, simple dance workshops that put movement to worship songs. This started a journey of recognising the relationship between her faith and dance and movement. In the early days she volunteered with charities and taught at Christian camps. Then in 2009 she took time out to take part in Elevate Foundation apprenticeship with Springs Dance Company. This was a pivotal point that encouraged her to step out and set up UC Grace.

As UC Grace began, she worked a lot with schools and community centres, developing groups, and giving access to dance to those that didn't normally get it. It became clear, as UC Grace developed that God was nudging it down a specific route. The route to encourage, grow and release people to combine faith, with movement and dance.

Dance to Anna is an embodiment of one's soul, one's heart, one's very essence. As you move and dance, more of who you are gets revealed. Often, people know that there is something greater inside them, but to tap into it, to release it... is scary, and not a journey people want to go on, on their own.

Anna's passion... is to help each one of those things to develop, to provide a safe space for people to dig deep into who they are, fall head over heels in love with God, to lay at His

cross those things that they are struggling with, to lean with their whole body weight onto God in complete trust, and feel safe and secure in the knowledge that he is for them 100%. But to do that, using the tool dance and movement.

Anna's Dance Blessing Testimony

When lockdown began I went through many different emotions, and knowing how to handle, or where to take them initially I found hard. But my language is movement, choosing to make the decision to move for Jesus in all circumstances. As I began to pour my heart out through movement, that became the way for me to process the situation, grow closer to God and generate lots more conversations with others. The Blessing song first came across my path as the lockdown began and was a regular on my playlist.

By the time the UK Blessing version had been released, I had had an incredible 5 weeks growing a community of people meeting to move and pray to God's word. The impact and encouragement from it was unfathomable. The essence of our desire to move for God connected us. As I listened to the song I was aware that an army of dancers needed to gather and respond to this song, declare God's word and reclaim territory. From there working with Prinith, the UK Dance Blessing began to form.

When it came to recording a contribution for myself, I wanted to take the time to move somewhere different. So I stepped out of my back gate onto the small green behind, the sun was setting and I gathered my rainbow streamer and white piece of fabric. Paused, and moved my prayer for the community I live in. We live near a RAF base, daily chinooks fly across the space above our house, families prepare to be separated from loved ones for extended periods of time and people grapple with loneliness and isolation as they move to yet another area where they have to make friends all over again. My prayer as I danced was for peace, comfort and an encasing of God's love for the people and situations that surrounded where I was.

Meet Prinith

Prinith was born in Essex to Sri Lankan Christian parents. She loved to dance but sadly little Asian girls get piano lessons not ballet lessons. She can still remember the first time, as a child, seeing the teenagers perform a choreographed dance in church. She was one of the girls who danced at the induction of the new church minister and she was involved in a

number of Christian musicals her church put on. As a teenager she asked if she could be involved in youth services and slightly strangely got asked to dance with 1 other girl.

At 18 she did her first dance class - a couple of terms of bharatanatyam - amazingly with Susannah Harrington who turned out to be a Christian! Leaving the class to go to university she undertook contemporary dance classes and finally did her first ballet lesson when after university she was a Springs Dance Company apprentice on their short course. Her dance training was totally backwards to the norm.



Different seasons meant times of lots of dancing in church and times of not. Involved with the Christian Dance Fellowship for a long time. Undertaking dance workshops with Christian Music Ministries in Birmingham. Having heard of Movement in Worship she finally got to their Essence School of worship and mission in Edinburgh in 2016. This was followed by the MIW Discipleship Training Course, a mission trip with them to Portugal and Training the Trainers. Following the Discipleship Training Course in Brighton, she chatted with MIW about something closer to

Birmingham and the MIW Birmingham Base was born with her as one of the leaders. The base meets once a term, has a workshop once a term and provides a team of dancers every other month to Burn 24 - 7 Birmingham.

She is passionate about creativity in worship and is very blessed to be in a church where she is actively encouraged to use her dance gift. She loves to encourage everyone to dance and through attending Anna Gilderson's workshop on Teaching Children has been able to share dance as a way to worship with the toddlers in her church.

Prinith's Dance Blessing Testimony

When I watched the UK Blessing for the first time I was really struck by the number of people singing across the UK and across different kinds of churches, the spirit of unity across the church. Unity when so often churches work in silos and fail to partner together for the gospel. I remember seeing Anna Gilderson post on Facebook that the next dance collaboration she was going to run was to The Blessing. I remember tagging Andy Au in a comment saying we should work together, UC Grace and Movement in Worship working in unity.

A short time later I remember my heart thumping in that way it does when God puts an idea into your heart that you just have to obey and do. I remember ringing Anna Gilderson up, something I'd never done before and saying to her, "we have to do this!" Like our churches, our dance ministries can tend to work separately. I wanted the same spirit of unity across our project. I had a telephone call planned with Anna Arnold a member of the Christian Dance Fellowship of Britain and shared the idea and thankfully she also caught the vision and agreed to communicate the plan to the CDFB members.

Throughout the project I keep being reminded of the passage in Joel where it talks about the spirit being poured out on all people, and in the same way I hoped that this project would demonstrate unity - men and women, old and young, all different ethnic backgrounds, professional and amateur, representing the 4 nations of the UK. We got excited when we had 20 videos, then 70, by the deadline we had received over 200!!

For me the focus of the project then shifted, how amazing that all across the UK people have prayed in movement, a blessing over our nation, what power in us all praying together. As the people sent in their videos they started to share testimonies. They were so faith building that we decided to ask people to send them in and considered a way to share them, hence this ebook. Obviously we still wanted to edit together a video and my prayer is that it will communicate to people's emotions, both Christians and non - Christians.

Sometimes it's easy for words to go in one ear and out the other, but my hope is that together our dance can communicate God's love in a way that impacts even those who usually reject it.

Meet Drew



Drew started moving in worship with flags in 2004 after an encounter with God during an evening worship service. Then began a journey into worshipful movement that began with attending a flags and staffs workshop with Andy Au in Edinburgh in 2005. Many years later, Drew is a Movement in Worship licensed trainer, delivering their core workshops as co-leader of the Movement in Worship Birmingham Base. Drew has a heart to see men in particular be released into worshipful movement and experience the freedom it brings.

Drew's Dance Blessing Testimony

The process of editing this project together has been a unique one for me spiritually. At points I've balked at the scale of the undertaking when it became apparent what the scale of the response was going to be. In those moments I was forced to press into God and allow him to carry me above the very human worries I was experiencing.

When I stressed about how to choose which videos to use and which not to, He gave me an image of a man building a dry stone wall. The man took each stone, turned it over, felt the weight and observed the shape. If the stone was sound and there was a space for it that seemed a perfect fit, he placed it in. I said to God: "What if there are stones left on the pile when the wall is complete?" and He said to me: "I'm the one handing you the stones."

Throughout the whole editing process, I've sat with God, taking the stones He's passed to me and fitting them into the wall

Now that the wall is complete, I've come to feel like I know the people who contributed, even those I've never met, because every video was a glimpse into the heart of the person who made it. My overwhelming sense is that people across the UK, of all ages, colours, genders and physical abilities are discovering a connection to the heart of God through the use of their bodies in worship, just as I have done since beginning my journey into worshipful movement back in 2004. Nothing fills me with joy more than knowing that, and I know that your willingness to put yourself out there will be the start of others' journeys toward the same discovery.

UC Grace

UC Grace is a dance company passionate about sharing ways of putting Jesus front and centre in life, and generating deeper conversations with God, which together enable people to find grace in their everyday life. This is done by:



- **Encouraging** creativity and movement in people's conversations with God.
- **Growing** people's movement and faith to deepen their conversations with God.
- **Releasing** people to share how their movement can impact their faith.

UC Grace runs dance mornings, training, soak events and dance weekends for all levels of ability. It also provides both practical and written resources to help people to go deeper with God. More information about UC Grace can be found here www.ucgrace.co.uk.

Movement in Worship

We are an international network of passionate, dynamic and creative worshippers. We see ourselves more as a community of worshippers, a family of families, rather than a ministry or organisation. Dance, creativity, liturgical dance, banner worship flags are all great and we use a lot of these things, but they are not our focus. For us the most important thing is to worship God with everything.



Our vision is to be contagious: To raise the profile of creativity in worship by modelling and inspiring others in movement and dance. We have danced and taught at Churches, events and conferences throughout the UK and all over the world. We specialise in releasing people into freedom to worship creatively with the whole of who they are; body, mind and spirit. More information about Movement in Worship is available here www.miw.org.uk.

Testimonies

Adele Sutton

A friend messaged me about the UK Dance Blessing Project and straight away I knew I wanted to be involved. I had seen the video of the UK Blessing and loved both the song and the message of hope it represents. Dance has always been a huge part of my life and is a natural way for me to express myself, especially in worship. I felt led to use a mixture of choreography and freestyle movement as I feel it represents my experience during lockdown so far - moments of structure and moments without, a mix of the known and the unknown. I wanted my movement to communicate both the freedom and anchoring hope I have in Jesus, particularly with everything going on around us at the moment.

Alex Reeve

It was a real privilege to take part in The Blessing UK Dance Worship project. I was so moved by the song and seeing so many different people joining together with one heart and one purpose - a sense of the church arising and revealing God's heart of love over our nation and individual people and families. A friend that I know who is a dance worshipper sent me the information about the project. It was wonderful to have the chance to express my worship and our prayer of blessing over the UK through dance. I really believe that releasing God's love and heart through music and movement can touch people's hearts in a special and profound way. I am so excited to see what God is going to do through this project at this time.

Alison Rhythms of Colour Dancer/Artist

When I first listened to the UK Blessing I immediately started dancing to it! I was feeling a bit run down to be honest, and as I heard it I felt an urge to dance and as I did I got supernatural energy! Which happens quite a bit with me! There is such lovely anointing on the music! It's great that other countries are also doing their own. When I heard it, an idea came to me to do a dance version of it and I was thinking to start asking people, so I was delighted when I saw on Facebook that you guys also had the same idea. I knew then it was

definitely a God Idea!! I think it's really special that people are coming together through video to bless with song and dance in this time of lockdown. It would be great to see Dancers from other nations doing their own too. Lets infiltrate the internet with creativity and blessings!

Amayra Hurd

When I saw this song circling on whatsapp i was thinking that it would be so great to do a dance version.... I haven't danced in worship for a long time and it would be an awesome reason to dust off my dance shoes. One day later the message was sent to me.... the dance/movement version was here. I had to get on board.

Brilliant idea and thank you for the opportunity.

Anna Edwards

When I was a child I was always interested in the church and finding out about the bible. I went to a church school but didn't always understand everything which made everything feel a lot more challenging for me. I felt this held me back in my faith and sometimes I was worried about what to believe in due to what people would think.

From a young age I had always been so passionate about dancing, as I grew older I started to drift away from God because I was so invested in this, that I was often busy doing competitions. When I went to high school I always knew God was there with me through everything but I really struggled to be able to express my feelings and also was so worried what people would think of me so never really showed this or did anything about it. I continued to drift in my relationship with God.

I left my school in year 11 to go to a dance college to do something I really love. In my first year of college I knew I always loved to dance but I was struggling to get into this new adventure I was taking and wasn't really sure why. I really struggled with my mental health. It was only really in my second year of college when I started again to get back into a close relationship with God and I had never felt so happy. In my second year I started to get closer with a different group of friends where one of the girls was a Christian. I was so nervous about expressing who I am I was afraid to tell people how I have this connection with God.

It wasn't until I had an operation on my toe that was in pain, and my friend asked to pray for me, and I had that amazing feeling where everything started to feel better that's when I knew Jesus was definitely alive. I still wasn't confident enough to express my feelings fully but then

my friend told me she was passionate about starting up a Christian Union and I knew this was a chance and sign for me to get to the place I want to with God and to grow my relationship. Ever since the Christian Union started I have found myself growing so much in my relationship with God and also finding some amazing friends and people who have helped me amazingly through my journey. I'm now connected with a local church and cell group which have the kindest people who are so inspiring to me.

Something I feel really passionate about exploring is prayer and worship through movement and dance. My friend from college has been putting on classes doing this and it has been so helpful, I have learnt so much and have never felt so connected with God. When she told me about this amazing project I was delighted I would be able to show my love for dance and my love for my God together to bless the nation. I really enjoyed dancing and worshipping the Lord, throughout the piece I could feel God helping me move to bless everyone and could feel him saying to me to help and pick up those who may be struggling at this time. I pray that many people will view this video and those who do will see Jesus in the movements and recognise the prayers prayed across the UK.

Anna Griffin

I found that I was able to pray over the whole of the valley I live in. I've obviously been carrying twins and I wasn't able to do a massive amount of movement after about 7 months and then they came at 8 months, they came early and so it's been absolutely flat out since then. And so it really opened an opportunity for me to know that it was still my calling and know that it's something I'm still very passionate about. I've danced with the twins, I've danced over them. Lastly when the twins finally woke up it was quite an ironic situation cos they'd slept for longer than they ever sleep in the morning and as soon as I finished they woke up.

Bethan Daniels

Earlier today I was so blessed at the opportunity to join with this for the UK blessing song. I decided to go on a prayer walk round my local area (Barnwell in Cambridge) and take my camera and music with me to dance and pray over different areas.

I found this amazing as you're not just declaring the words in this song to the people who listen to it on social media... But the places you walk in and dance in with it!

It was definitely special dancing in different local places as part of my prayer walk. There are a lot of young children, youth and council estates in our area so praying for the park and families and blessing the land I danced on was powerful I believe.

Brent Hemus

I never really "experienced" worship until I began to express my worship in movement.

Carmella Knight

I woke up early in preparation for dancing... The sun was shining, the birds were singing and I felt alive and inspired by the Holy Spirit to come into His presence and align with God's word. As I moved, I felt a deep sense of peace, love and JOY for our nation and particularly the neighbourhood and shared house where I live. It felt as though God's blessing was going deep into the land and the truth of His going before us and behind us, through all generations was being declared in unity with every person singing

Raising a banner and streamer, I sensed a move in the Spirit to release the love of the Father. As I danced, our neighbour came outside and looked over the garden wall. He paused to stop and listen; it felt as though the sound of worship and God's blessing touched him with the light of Jesus. A beautiful time in which I had an awareness of not only God's love for the world, but the togetherness of the church.

Carole Bell

I was very moved to watch the singers from so many churches praying the blessing over our needy nation. I was excited to express through dance this same desire to bless our nation. I was particularly moved by this blessing declared through the generations as I have several dear grandchildren & expressing this blessing on them & future generations through them as I danced was very powerful. He wants to bless us so we can be that powerful force of blessing to many others in our land who do not yet know him....for his glory!!

Catherine Taggart

Thanks for giving us all the wonderful opportunity to dance the blessing during this challenging time. It has truly been a blessing and uplifted my spirit and brought a fullness of the Joy of the Lord. It is wonderful to feel a part of a larger UK gathering of dancers. May the video you create minister and truly bless all who see it and may you in turn be richly blessed.

Cecille Ocampo Nebres

Somehow, while scanning the daily news online, I came across the music video a few hours after it was first released. It showed how massive God's community is, and how quick His people are to respond. That was very powerful to see. Nothing can stop His kingdom to shine!

When we went on lockdown, I have been reaching out to as many people as I can online. I posted the video and it was further shared and so on. Our worship leader informed me about the dance collab (me being the Children's Ministry leader, and totally an amateur, but with a lot of passion to praise!). On some days, I would play the music while out in the garden and just soak in the spirit. Yesterday, my son tried filming me, armed with flags and with music blaring. After that, my neighbour, whom I couldn't see, cheered and clapped.

Someone, I believe, has been blessed.

To God be the glory.

Celina Martin

I was actually super grateful for the opportunity to do something creative during this lengthy and monotonous time. As a mother of a young toddler I relish those creative opportunities as I can share my creative gift and experiences with her and see her express herself too! So I was very happy to use this as a time for that. I was also warmed by the church-wide effort in the UK of the original idea and was blessed when I saw it - particularly when I recognised some friends and people and churches that I personally have had relationships with (as a Birmingham native). I figured that someone else would have the same experience when they see me and my daughter in the video considering we're not even meant to be in Birmingham right now (since we're moving abroad), but due to circumstances out of our control we are!

Claire Grant

It was a God moment actually. I thought I'd have some privacy in the middle of a wood, but God had other ideas. My heart was beating but God said go for it and dance in front of them! I had a family, and an older couple watching me worship. It was really beautiful and intimate and my BOSE speaker packed out some decent sound!!! Gosh I so needed to worship like that!!!!

It felt more like I was taking territory for God. Declaring healing. The whole atmosphere changed. Could sense Angels and Cloud of witnesses with me and a resonance in the space afterwards.

It was funny the two families were there and didn't walk on until the end - kind of hovering in the trees watching. 🙏

Cristine Dyer

Writing up how I came across the project and ended up taking part goes back a few months. The Holy Spirit started speaking to me about dancing a few months ago and I kind of listened. I grew up a dancer but found my voice in worship a few years ago and that has been where I have worshipped. I waved a few flags and moved my arms a bit more but knew the word I was hearing was for more. Lockdown happened and I heard the voice even louder. Dance for joy, dance for hope and dance for freedom. The call came for videos and I literally did it a few hours before cut off. It is my declaration and me listening to God. I have felt that there is an anointing upon those who are called to worship God in dance and song especially during this time.

So looking forward to the final video, even if I am not in it. Knowing I have been obedient and knowing the video will be a blessing is what it was all about!

Dan Cosette

I'm so grateful we could participate in the beautiful expression of God's heart for this land. As soon as I realized there was a way to dance a blessing over the UK I knew I had to be part of it.

Dawn Green

I really enjoyed being part of this project – being part of something bigger – it felt like a real privilege too. I had to take the recording outside as inside I have to be very careful as I am rather prone to hitting the lights etc – so glad I had the space outside. I found just dancing outside was very freeing – although I have danced outside before I had never done it in my own garden – a new experience for lockdown. The Blessing song is brilliant but I don't know it very well (yet)– so I was trusting God to lead me especially in the bits I didn't know. I recorded my first two dances to it (one with and one without flags) – I wanted it to be worship and not performance – although I was a little self-conscious of being both outside and on

camera but relaxed as I got into the worship. Flags for me are my more natural medium for worship but I thought it was important to worship with and without flags as they give you different ways to express what's inside of you to God – to release worship in different ways – we are all unique and express our worship to God uniquely.

Debby Ward

I walked up the hill for many reasons.

Firstly to use this as a blessing on my home town below, which is why I turned to face the town .

I also walked it because last year I had a knee operation and a huge foot operation which resulted in me being very immobile, I am only just getting the ability to walk back and in fact I have to do the walk with a crutch, (which came in handy to attach the flag pole to with a couple of elastic bands)walking the hill is overcoming all that I went through last year and a hope that I will be able to dance again .

And lastly I was accompanied by my daughter who has some mental health issues, for her walking is therapeutic.

I used that flag as it is one that I made a few years ago. God gave me a picture and I had a lovely afternoon recreating it on silk. So I call it my prophetic flag. To me it speaks of hope and God's promises to us, but I often ask people who ask about it, what does it say to you? It can speak to different people in different ways .

As the wind took the flag it was as if God danced with me, he took his part and I mine. I walked up there and He met me there. It was a wonderful blessing I hope, to my hometown but also to me .

Desmond Hedman

The Blessing - Numbers 6:24-26. May the word of God speak into the families & children and their children into the next generations. But remember the covenant was with Jehovah and Israel to keep the covenant and I will bless you and your family, children and their children under the law.

But we have a better covenant through the Lord Jesus Christ, so we can worship and make our movement show God's grace in our lives as we magnify him through movement. Remember the Blessing outweighs the curse. So in this hopeless time, we have this hope in worshipping Him to a thousand generations

1 John 3:3 And everyone who has this hope in Him purifies himself, just as He is pure.

Edward Leigh - Wood

I'm relatively new to expressing my worship of God through moving; when I do move, it's very personal and meditative. I feel a connection with God in the repetition of moves.

Elaine Wyatt

I was using it as time to worship and pray over my neighbourhood from the back garden. I've sent you both the rose from the garden that features in the background, it came into bloom at the weekend and I thought that was prophetic for what you are doing, birthing your version of "The Blessing".

Emma Hulme

Recording this was a very special moment for me as I hadn't had a chance to dance since November and had just spent 3 days in hospital with my 2 year old son. I was exhausted but felt God prompting me I still needed to record a dance to this song. I had an hours window whilst my children napped so I borrowed my friends garden, prayed and asked God to fill me with his spirit and give me the movement to the words. I felt nothing initially but as the music started I felt his presence rising up in me and just started moving, the more I danced I could feel the power in the words and movement coming together, the emotion overflowing. Afterwards I felt so refreshed and encouraged- I got to the end and didn't even know what I had danced! I have never recorded myself before and playing it back I can see the joy in my face and the movements repeating through the song- I definitely couldn't have done as good a job if I had choreographed a dance myself! I have even felt able to share this with people I know who have said how they have been blessed by the combination of words and movement which is so powerful.

Fusion

We found this project a blessing!

As you may know we are a youth praise dance team and it is often hard for our young people to connect to some songs. As the leader, I don't just pick a song that is easy to dance to, it has to bless my dancers first and then they can dance with meaning and passion. Each dancer connected to this song as you may be able to tell through the video. They felt it! The majority of the moves the children came up with themselves. God really used them. Our prayer is to be vessels and that whoever sees us dancing with be blessed just as we were blessed. Also that they don't see us but they see God and turn to Him.

Hannah Ninan

Dance and worship has been something I've been passionate about for a long time, but for various reasons I began to do less of it, until lockdown. Slowly over the last few weeks I've been dancing my worship with my one year old daughter in my living room, helping me prepare us for the day and try to deal with the many emotions this season is bringing. so when I received an email about this opportunity I got so excited. I love the song and just the process of moving to it blessed me so much, if it's able to bless someone one else then all the better

I'm currently training to be a dance movement psychotherapist and this has reminded me how much I want to use my dance ability and passion within the church too. I prayed the morning of filming that there would be more opportunities to use dance within the church and only a few hours later I received a message that my Church would like to use footage of me dancing as part of their upcoming online services 🙌 ... they are so supportive of using creativity in worship and I'm so excited to move forward with my dreams and ambitions in this area!

Hatti Crawford

I have been moving in worship for more than 30 years now and have always found it hugely liberating. It helps me give full expression to all that's in my heart towards God, in prayer, in worship, in supplication and in praise.

I have also found it very healing having danced in worship through some very challenging life circumstances. It has given me a means of pouring out my heart and expressing my deepest emotions and finding wholeness. It seems a very natural thing at this time in our world for me to contribute to this blessing through movement and to use the rainbow as a God given sign of promise and hope that is over us and around us - all about us.

Heather Williams

I had not felt led to video myself dancing until I saw the call-out about your project. I knew straight-away that it was something that I should do. The time-period before the submission deadline seemed short for getting a dance piece together, then filming it, particularly since the process of my piece was a step into the unknown. During Lockdown, I have been busy despite 'not going anywhere'. Yet I had the time and opportunity to work with the 'UK Blessing' song on Youtube and to put together a dance. I filmed late at night, when it was quiet and the camera would not be affected by daylight streaming in through my window.

It seems to me that there has been good fellowship amongst worship dancers during the pandemic. I have taken part in worship dance events through Zoom and have seen more video clips of worship dance posted online than I remember seeing prior to the pandemic. I welcome and am thankful for this connectedness.. Your project is an important part of this.

Helen Keeble

First I danced the blessing in the garden and it was really good to have a way to pray for the nation and I love dancing. I looked at the videos to get an idea and on second thoughts thought I don't look very good and it's not worth me sending anything.

I was reading *Exodus 38* and '*they made the bronze basin from the mirrors of the women who served at the entrance to the tent of meeting*' always makes me think. That day it made me think those women went to serve at the tent in a very public place without knowing what their hair looked like - all of them - because they understood that who they served was more important than how they looked, and I could look at my screen less and God more.

Asked God what to do. I wanted to dance where people are and what God wants to say. Had a picture of what to do.

Roped my husband in and my son with a bucket.

I'm lucky so far not to have lost anyone but am very aware that for some people life can have changed quickly and dramatically if they have lost someone or are hoping someone will recover.

I wish I could portray God's blessing more in dance and am sure there are plenty of people who have done that well.

Heva Brown

My Dad died in April 2020, at the age of 96 and it was a difficult time for me and my family. I had been grieving and not able to dance. A week after his funeral, which was 3 weeks after his passing, which shook my world. I got an ear infection which caused me dizziness and nausea. As I started to seek God by praying for my healing. The holy spirit said I should start dancing again and that he would turn my mourning into dancing and heal me and the weapon of my warfare is not carnal but mighty in God to pull down strongholds.

The next day I got a text about dancing the Blessing. For one week, I asked the holy spirit to give me moves and confessed that by his stripes that I am healed in Jesus Name. Which he did and I was able to dance the blessing and the next day I was healed from dizziness and nausea. He has turned my mourning into dancing, where our Father has blessed me to be a blessing to others. Amen

J

As I got into my car to travel to a park to record the dance, a neighbour came over to tell me that her daughter had had a major operation the day before but was now in a serious condition in hospital and so she asked if I would pray for her daughter. I was saddened by this news - especially as I had met the daughter a few times and I knew her children.

As I drove to the park, I played The Blessing on repeat and sang along as I fought to hold back the tears.

It was a glorious morning and as I danced under the open sky I cried out The Blessing for, and over my neighbours daughter.

Just a few days later, I was delighted to hear that my neighbours daughter was making a good recovery and was even well enough to go home - this was amazing news, especially under the current Covid-19 situation as my neighbours daughter was extremely vulnerable to infection.

So thank You Lord, for Your healing touch...thank You for Your blessing!

Jacqueline Haywood and family

When I first listened to the UK Blessing version, it was the second half that pulled at me emotionally and made me cry. It still does, even after hearing it several times now. I recognised the first section as being Aaron's blessing, which felt a 'good' prayer to be offering to the nation, but I have always been struck/stirred by God's promise to "show love to a thousand generations of those who love me and keep my commandments." So the thought of God's blessing going out now, that would have positive ramifications for years & generations to come, overwhelmed me.

May His favor be upon you

And a thousand generations

Your family and your children

And their children, and their children

I felt it was right to use blue flags (hope, mercy) and gold/silver (God/Jesus/Holy Spirit). The main move we used, we refer to as 'fountains', so they are fountains (an endless supply) of mercy being poured out. The 'crown' formation, to accompany the Amen section, felt as though we were using the King's Seal to rubber stamp His amen with our own (or vice versa).

God has used it so far to give me a chance to talk to the neighbour who's drive we borrowed and the school teacher & children who came up to the fence to see what we were doing! I look forward to having more opportunities to share once the Dance Collaboration version is released.

Jane Butler

I loved the freedom and release that I felt as I was dancing and praying this blessing. Knowing too that we are joining our hearts as one in our prayer and worship when we collaborate our dances together across the UK with many different people throughout our land.

Once I was outside, with the wind blowing, and a beautiful landscape around me, it was wonderful to be free to move as I prayed blessing on the local community and those further afield. Knowing deeply as I danced that God surrounds us with his love, that God is for us,

knowing His peace from within, amidst the extremely challenging situations and circumstances that so many families are facing due to the pandemic and other traumas.

The reason I used the colours of the ribbons of light and dark yellow with red, was to represent dancing in the fire, meaning that I will worship the Lord Jesus, no matter what the difficult situations are around. To know that we are not alone in the fire. As in the Old Testament story in the book of Daniel three people were thrown into the fire, but four people were seen to be in the fire, as the Lord was with them, protecting them from the fire. None of them were burned and they walked out of the fire, unscathed.

To be honest, I have had plenty of extremely challenging situations throughout many years, so even as a Christian I have felt that I am always being tested in the fire. Knowing God has always provided for me, supporting and guiding me through the challenges, and answering my prayers not always how I expect of course.

Once I started to go deeper in preparation for dancing in worship and prayer with this song, I knew that the coloured ribbons were not representing the fire as in the challenges we face. The colours were representing the fire of the Holy Spirit of God. All around us, inside us, and that God is for us, not against us. Protecting us. Comforting us when we mourn or feel helpless. Showing us the next steps if we need direction. The Holy Spirit *“will unveil the reality of every truth within you. (Speaking) only what he hears from the Father.” John 16:13*
TPT

I felt very much too that this blessing was a prayer for favour to all generations which is why I love the section where it is praying God's blessing for you, your children and your children's children.

Jane Houston

When Anna and the team from UC Grace first heard this amazing version of The Blessing we all got very excited and wanted to immediately dance to it, the thought of bringing the dancing army together filled us all with such joy that we knew the spirit was moving and that God wanted to bless the nation through our movement and dance.

As I stepped out into my garden with my flags I was reminded of the scripture from John 4 where Jesus talks to the Samaritan woman at the well and says to her “but an hour is coming and now is, when the true worshippers will worship the Father in spirit and truth; for

such people the Father seeks to be His worshippers. I am also reminded of His words....
This is how others will know they are my disciples.

When I lifted my flags to the heavens I danced that this blessing would reach the hearts of those Jesus is seeking.

Janet Booth

At this time of lock down I have a vision to bring those in dance together with different abilities to give blessing to the nation and to show collaboration when we are apart.

Janet and Savannah Hanson

I remember lying in my bed whilst ill and watching the God channel when Karl Jobe and Cody Carnes sang, "The Blessing" and explained how they came to write the song. It made me so emotional. Not long after I saw the ministry request posted by the network and by another WhatsApp dance group. A friend who I hadn't heard from for a long time also directly sent me the ministry request link.

I am a midwife by profession and had unfortunately caught Covid-19 at work and subsequently Savannah and my son also caught the virus. Whilst recovering I listened to a message by my Co- Pastor titled "Let God's peace speak now" then the following day our dear Elder Simone held a zoom check in where she encouraged and prayed for all. We felt led to commit to your request and dance in this storm even though we were still not feeling 100% . I remember reading somewhere God does not need dance restored in the church but the restored to dance unto Him. I was claiming our healing in Jesus' mighty name- hallelujah. God is merciful and all three of us are recovering well. We had not ministered in a little while and yes of course, attempting to do this we were tested and due to the virus it can make you quite tired and weak. It may not seem it from the clips but honestly we refused to be defeated.

The beautiful words speak volumes and we claimed this prayer. Where God's presence is there is peace....."If God be for us, who can be against us?"

This part of the song especially resonated with Savannah as we claim receiving the Lord's showers of blessings regardless of our situation. We had faith that the blood of Jesus was spread on the door of our household so that we would be "protected". Finally Savannah shares that she saw favour, that we were overcomers that God had given another chance,

once again, to continue to profess His glory and hopefully encourage and bless others through dance ministry. If God can do this for us He will do this for many others. Thank you once again for sending out this amazing request offering us an opportunity to come together and bless the United Kingdom with this powerful proclamation- The Blessing.

Jenn Perry

How could the body of Christ rise up as part of God's Army in the middle of a crisis?

This question intrigued me for many months.

This was no coincidence of course...The Blessing UK song seen by over 2 million people was also shared by me several times.

On Saturday 2nd May I decided to join CDFB Zoom Dance meeting and was greatly blessed. No coincidence again, I was later invited by Anna and sent a link to join your Dance Collaboration UK Blessing.

For days I battled with it thinking about the vast work to choreograph a dance routine. One morning this scripture jumped out at me...

John 4:23 Yet a time is coming and has now come when the true worshipers will worship the Father in the Spirit and in truth, for they are the kind of worshipers the Father seeks.

Consequently, it led me to a Prophetic word I never really understood until now. This was given to me on a Missionary Trip a decade ago (2010)

'There is an oil in your Spirit, your worship will become great. Your hands will be used to powerfully proclaim glory to his name'

Dancing with the flags was greatly moving...I honestly feel greatly blessed to have found you and to be part of a dance collaboration that will not only go viral to bring unity, but most importantly will 'glorify God.'

John 4:23 for they are the kind of worshipers the Father seeks.

Jenny Howells

I was encouraged and decided to participate as I thought 'I feel there should be a dance blessing' and then I saw your post. It was great to spend time dancing and praying this blessing out in the process.

Jo Littledyke

It's been beautiful to be a part of this project. The collective consciousness of Christian dancers and movers feeling led by Spirit to dance, move, worship and pray all across the UK. Moving a prayer on the land for the land.

Even though we are all miles apart from one another, there has been a deep sense of connection. Joining with churches across the UK who first sang a blessing and we join them in moving a blessing. Praying and holding hope for this nation that His presence is before, behind, beside, around and within us. Amen!

Julia S - Blessing to dance in the sunshine.

Juliet Fuller

To be honest, I didn't feel experienced enough to take part but was encouraged by my Minister. As I listened to the song several times, I began to get a feel about how to embody it in movement. Even though I am still reticent about my own contribution (and sadly the light wasn't great), I felt it had been right to reach out and move to it as my prayer and blessing over our nation. It's such a beautiful way to hear and embody this amazing priestly blessing."

Katie Gamble

The project was easy to get involved in. We love dancing together in worship. Back in 2017 someone gave me a word about how my dancing with Lucy is like a picture of our Heavenly Father with us as his children.

Katy Luong

When a friend sent me 'The Blessing UK' song, I listened to it and was so struck by the favour of God on it. It is so anointed. I listened to it on repeat for many days and used it as a prayer for several families who were facing tough battles in their lives. It is a declaration of faith and I love the passion of those singing.

Lockdown has been tough in many ways and I have found not being able to meet with others to worship God really hard. I think that is why the unity of coming together to make the UK Blessing was so significant. God commands a blessing when we dwell together in unity. When we heard about the dance idea, we were soooo excited. We have a dance group at

our fellowship called One Body. We are a group of about 16 and a mix of ages, dance styles and abilities. What we have in common is our love for Jesus, a love of movement and we love to be together! So many significant and precious things happen when we explore ideas and create dances together.

For the UK Blessing dance, it was lovely to be able to have a focus again and a goal to work together. Everyone did their best. Many people sent me their videos and just wanted me to see them and not send them in. What was precious was that they were part of something, even if not in the official end product.

We all found it harder than we expected to create the movement and realised it was because we come up with great ideas when we are all together!!

Kelly Bond

I was directed to the project through a friend at Aylesbury Vineyard church who shared the link. We had been planning to create an evening of worshipping through movement at church which had to be cancelled due to lockdown.

I haven't danced for a long time since I initially found God while studying dance at university. This was such a beautiful opportunity to explore worship through movement in the absence of the evening we had planned. Having the project in mind helped me to dedicate time to actually worship through movement, and now I feel led to do it on a more regular basis. Using my passion for dance and learned skills from university has reminded me how God gives us all individual gifts. I feel I can praise him with the gifts he blessed me with in my own way of worship to Him, unique in the way that He created me to be.

Laura Gale

It was such a precious time to choreograph and dance with my little boy to one of our family's favourite worship songs - both doing what we love for who we love ❤️

Laura Helliwell

I really enjoyed creating a dance to go with the UK blessing song. As soon as I heard the song I thought it would be amazing to have a dance to go with it. I'm so keen for people to feel free to express their worship through dance. It was great being part of the creation of the dance and I'm sure it'll bless those who watch it.

Lauren

In this time of lock down I have been recording myself dancing and sharing on social media and have found that people have been deeply impacted by it. But it felt different dancing to this as it felt that it was ministering to me in this season. A season that has been hard emotionally and I know for certain that is what this song has been doing internationally.

Lesley Mills

Ecclesiastes 3:4

A time to weep, and a time to laugh; a time to mourn, and a time to dance

I heard the song UK Blessing a number of times over social media and Premier Christian Radio and loved the concept of the churches around the UK coming together to sing a blessing over the nation that is in many ways, anxious and unsure of the future at this time.

I am a member of the MiW South London base with Desmond Hedman and when he shared the collaboration instructions with us in our whatsapp group and I heard the song again and I knew I wanted to contribute to this continuing message of hope where the Lord can also speak to my soul through movement.

In this time of lockdown, we are seeing many collaborations of music and dance, Christian and Secular but so far the variety of praise has been mostly vocalists so I think it was timely to show our connection, reverence and response to what God is doing in this time through praise dance worship.

I believe that the video in its total worship style will bless many and feel equally blessed to be a part of it.

Lisa Greenwood

I absolutely loved being a part of this project! I'd already been worshipping with this song for a few weeks before being asked to take part so, I felt that the Lord had been preparing me for it. I prayed about which section to dance too and then the choreography flowed. I pray that God uses this project to minister His perfect peace into hearts across the nations.

Llyndyn Hodgkins

We were chatting via WhatsApp only just before and saying we really ought to dance in response to this amazing blessing. It's incredible and has moved so many to tears. I believe it's a song straight from heaven, it's as though heaven is singing with and over us.

I should add that some of these movements are ones I am and have been using in my intercessions for this time - particularly with the white and gold flag for the covering of righteousness, cleansing, God's glory, majesty and anointing.

The veil / scales dropping so that we can see and people's eyes are opened to what God is doing in His kingdom at this time.

The 'waters' parting - God to make a way just as He parted the sea for His people in what seemed impossible circumstances.

I believe that God is and will reverse curses to blessings just as He did for Joseph. He has plans for many to be blessed and come into His kingdom.

Lynda Cleland

I've been struggling with my health & mobility for over 30 years now. So to be able to worship God through basic movement now is a joy & passion for me when I'm able to do it, even though physically I am in constant pain & have limited ability with breathlessness & chronic fatigue.

I am a founding member of the Christian Dance Fellowship of Ireland (CDFI) I currently hold the position of Regional Rep for Northern Ireland.

I started 31:13 praise & worship workshops 10 years ago to help encourage others to praise & worship God with all their being, no matter what their dance experience or ability was.

To just simply be. To enjoy being in God's presence and for Him to enjoy us, as we allowed ourselves to become child-like & explored worshipping God with all our heart, mind, body, & soul through movement & the arts.

Maggie Woodall

When I heard about it I had an overwhelming desire to bless my country. The fact that it would be done in dance was a double blessing.

While I was dancing I believe I experienced something of God's great love for us: His heart of love. I also felt part of a group of priests representing God's word to His world. It was a privilege to be part of the project.

Mandy

The UK Blessing was beautiful and so anointed, and when it was being sung, I wanted to express my heart through an intimate dance with the Lord. Then my arms reached out to bless others with God's love, praying as I danced for God's intimate touch on people from all corners of the UK, especially those who were afraid and worried about their families - God would show His favour.

Mary Swain

I have always enjoyed using dance as a form of worship and dancing to this song reminded me of how powerful movement can be. Dance touches me in a way that is often very different to singing or praying and I am experimenting with it more during lockdown.

Megan Thompson

Taking part in this collaboration has been wonderful. It just demonstrates that even through a pandemic we are not restricted to Praise the King. We can still have the JOY of the Lord and what better way to express this by using our gifts - in this case dance! No matter where we are, together, apart or in "lock down" we as children of God can worship the King of Kings and Lords of Lords all the same.

Melonie S

I was immediately drawn to this song. The words '*The Lord bless you and Keep you*' It breathes the prophetic declaration of God's promise. Him promising never to leave or forsake us. Especially as we are facing this period of lockdown, God promised to be with us in every season. Dancing to this song, I did in my front gate, I used my purple flags, as I was doing it, people were passing and looking and smiling. I waved the flag as a sign of covering over my house, my street, my country and our nations in Jesus Name.

Meryl McKean

On Sunday 3rd May, 2020 I was thrilled to hear the UK Blessing compilation; the ministry of blessing has been a real focus in my life for a couple of years and I've been writing a number of blessings during lockdown.

On Monday I heard from Lucy, the leader of our Creative Worship Group, about this opportunity. Something in my spirit said, 'you need to do this'. Naturally I am not a dancer, I'm also not so young at 58, but I have found flagging really freeing as I worship. Something within me wants to move. A couple of years ago we painted silk scarves, praying to ask the Holy spirit to show us what to paint. I painted flames of fire all around the edge with a middle of white, representing light and the fire of God. My heart in flagging is to intercede as I worship.

That Tuesday, during a zoom staff prayer meeting, I asked for prayer for wisdom about a challenge that was way out of my comfort zone – I didn't elaborate but they know me pretty well! A colleague said the words 'atmosphere changer – remember the flagging'. On the Wednesday God spoke through a verse in *Ezra Ch 7 v 28* '*Because the hand of the Lord my God was on me, I took courage...*' God was saying his hand was on me for this. As I practiced that afternoon, working out how to practically do this, I tried kneeling down and felt that this was the way I should do it. I wouldn't need to worry about the rest of my body, just express myself with my painted scarf.

The next day after worshipping I was able to record the blessing and I pray that God will anoint my step of faith and obedience and maybe inspire others to step out too. May we see God change the atmosphere in our land and move in power.

Miriam Jannetta

We heard about the project through the Creative Christian Network Facebook group who shared your post. I immediately knew I'd love to have a go and have the other dancers from my church also. It felt quite exposing recording it as it's been a very long time since I have danced in front of anyone, something spontaneous and just worship. It's so much easier to do it in a corner of a large conference. As a teenager I danced in churches with a group and loved it. I always feel free when I dance and it helped me though some hard years having explored movement therapy a little bit during my play therapy training recently, I was reminded of its healing power and transformational possibilities.

I've been running creative connect groups for the last year and loving using arts to connect people with God. In January this year, I felt God nudge me to now bring dancers in my church together too and we set a date of March 30th to have our first evening of worshipping with movement together but sadly we got locked down and it wasn't possible. We've never danced together in public yet, but the project has brought us together virtually and we are even more determined to meet together and dance freely as soon as we are able to!

Monika Ptasinska

When I heard the song Blessings one months ago, I remember I was really touched by the lyrics and I saw an image that many people were moving together across the country to the song. And when I saw this UK Dance Blessing Project I was so glad that someone had the desire as well to put the movement blessing through people's movements. I found it very encouraging and a true blessing.

P

I just want to exhale and thank God for His goodness and mercies towards me. Many times when I fail the Lord still stretches forth his mighty hand and blesses me. He is so kind and true to me.

Proverbs 10:22 - It is the blessing of the Lord that makes rich, And He adds no sorrow to it.

I struggle on a day to day basis with joint pain, that some days I can just about walk but I decided to press my way into dancing for the Lord knowing that He will bless me immensely. Although I am greatly pressed mentally to release to the fullest power what God has for me I believe He still accounts and rewards my willingness of heart.

I am in the 'we ❤️ praise dance' WhatsApp group and when I heard of 'The Blessing' dance collaboration, I thought I must enter and do my part. I think I was the third person to share that video in the group (not realising it had been shared twice before) but this was definitely confirmation.

I have been pressed and challenged to not stress and just dance and worship freely; also let down about someone recording the video for but still God insisted that I would present and I am thankful and look forward to the uploaded collection all together.

2 Corinthians 4:9-10(KJV) 9 Persecuted, but not forsaken; cast down, but not destroyed;10 Always bearing about in the body the dying of the Lord Jesus, that the life also of Jesus might be made manifest in our body.

I even went the extra mile to forward it on to many church groups and people that do dance and was amazed when the report came through that there were 70 videos but then it fluctuated up to 200. Wow!

Nadine Jones

Before receiving the message God has been relighting my passion for flag worship. This has been laying dormant for years after stepping down from being a part of a dance ministry team 9 years ago, so this opportunity was purely God speaking to me about revisiting the gift that he has placed in me.

Through this I was able to reach out to the dance ministry team and encourage them, to which some of them shared their passion to dance and they sent their video in too. Just to worship God through dance was refreshing. It wasn't something I could have ignored. Personally for me to say no would have meant that I was returning back to God a present that He has given to me and essentially telling Him that I don't want it anymore.

Whether I am chosen or not for the video, to God be the glory. The main thing was that I got to worship God in a way that I haven't for years, I was able to experience His presence through dance in a way that I haven't for years and to be able to do it outdoors gave me a sense of freedom.

I was led to do this in a park, around His creation, trees, flowers, grass, listening to the birds sing as I danced. That was amazing. Confirming over again that God's presence is EVERYWHERE. An amazing blessing.

Pauline M

I wanted to express God's love and promise ♥️ . The rainbow symbolises God's promise, his love for us.

Richard Firn

Before knowing about this project I was really wrestling with my faith, certain situations in my life that seem to go and arise with my sexuality. Questioning God why me? Why do these feelings keep coming and going?

Through prayer and speaking to my pastors and of course the help from the Holy Spirit guided me back on the right route which was knowing the truth, the truth that sets us free, that in this life following Christ there are sacrifices we need to make, and knowing that the God almighty is our refuge and strength in all things.

Doing this project really helped me to release my frustration through movement and worship to God, but also to show my appreciation with the gift he has given me to be completely free and intimate through worship

Ruth Grant

I dance in worship as part of my expression of worship to God and have done so for about 12 years. I also teach and practice dance in worship as part of STORM Dance Company which I founded. The project was a great opportunity to pray for friends, family and the nation in this time of great need. I hope and pray the video will be a blessing to anyone who watches it and that they may find comfort and peace.

Ruth Hiscox

When I received the invite, from a contact at a neighbouring church, to join the dance to the blessing song, my spirit leapt and I knew I needed to be a part of it. I listened many times to the song to become familiar with the flow of music and the words so that when I danced, for the filming, I could relax and be free to dance to my Lord in praise and worship of His love for us. It's a privilege to be a part of this and share God's blessing with many others.

Rosie Hakim

So when I heard about it, I was in a time of kinda letting go and not getting too busy. Really just wanted to spend time with God.

I wanted to support it but didn't want to do it for the sake of something to do. So I said to God, please prompt me if you'd like me to do it. I started to see the stomping move. To me stomping like that is a prayer to help open things up where there is maybe dryness. Water

from a rock, life from dry bones. That was my prayer for everyone. The hope of freshness, new things, colour. It is coming.

I was still in 2 minds about doing it but I was on a zoom call where other friends mentioned they were doing it and I thought it would be nice to unite with friends in it too :)

As I did it I saw the springing movement for new life so did that too.

Rhonda Sparrey

I had felt for a while that God was whispering to me to bless others and draw them into his presence through worshipful dance on social media. This was as I was listening to a particular song on UCB one day and thinking about the challenge that our church had given about sharing our testimony to others. It felt that the way I could share God's love with others was through the medium of dance and my heart for worshipping him.

I was nervous about doing this on my own though, and so when the call came through to be able to minister in this way I knew this was the opportunity that God had been showing me.

Music reaches and touches people as does dance. It speaks when there are no words, it ministers when there are no words. It is gentle, it is strong and powerful, God uses it to connect with people and touch lives through the Holy Spirit.

It was so amazing to dance outside when videoing. It felt really powerful and significant in particular to bless my road. Such a privilege to use dance in this way.

Sandra Ray

From when I received the text about the UK Blessing, I felt the song will bless the nation and give hope to families and everybody who hears and sees the Blessing. It is a declaration for the nation of peace and joy which is a blessing from the Lord.

Sarah Garrard

I have always been a bit of an unsure dancer - my church doesn't really have a dance ministry as such, dancing doesn't really happen during worship unless it's planned, and even though I have had words about dance, I've never felt confident enough to act on them. At the beginning of the lockdown, I felt God nudge me to dance each day - just put some

worship music on and move - my excuse of 'Well, I don't have time...' not really holding water anymore!

In January, I was at King's Park Conference Centre in Northampton for a weekend for leaders from my church, which happened to be when UC Grace were there for their dance weekend! Someone from my church knew someone from UC Grace, who introduced me to Anna, who gave me info and I signed up for UC Grace updates and newsletters. I was due to attend a UC Grace event in February but couldn't make it because of poor health - and then the world changed!

But through UC Grace events going online, I have been able to view Prayer Dance Bites, attend a Soak Morning, and really begin to explore dance and movement in a deeper way.

When Anna emailed about The Blessing collaboration I was a bit unsure - the thought of filming myself dancing was very strange - I generally avoid cameras as much as possible, let alone film/photograph myself. But I really felt like God asked me to lay that down, and not worry about presenting a polished piece of choreography, and just try.

And I loved how as I was dancing I would hear different things in the music - the choral backing vocals, the strings - and God would ask me to respond and move to those.

Sarah Jordan

I am excited to be part of something so big, bringing together dancers across the UK.

I love the song and the words 'He is for you' really resonate with me.

I have often desired that there were more ways to bless my neighbours and friends and this recording will be the vehicle that lets me show them what God says about them.

It's been a blessing to be part of the blessing.

Sarah Lakes

I am excited about the project as the Lord has been leading me back to my calling in dance and I've been wrestling with what that looks like in this season.

The piece I recorded on the beach on Sunday evening was the coldest, windiest evening we have had in the midst of an otherwise beautiful spring. Dancing in the cold and stormy weather felt like finding peace despite the storms around us. So often the Lord leads us into green pastures in the midst of our enemies and I've lived in extraordinary grace through this crisis the world around us needs beacons of peace in the storms they and we are all facing! Though we are in no way immune to the shaking, the storms and all that come with it we can lean in to the Prince of Peace and find and share His peace which passes all understanding!

Shanade Brown

My pastor broadcasts a radio show on Sunday mornings, a few weeks back I realised the usual outro song had been changed. It was a short clip of Amen in song on repeat. I distinctly remembered thinking this sounds lovely.

It was a Sunday afternoon when I heard The Blessing UK via Whatsapp (it was actually my first time hearing any version of the song in its entirety). I felt such comfort from the message. It was like a supernatural hug from God. Such peace. I then realised that was the song I heard a few weeks back! Since then I've listened, danced, cried, sung to this song everyday and have read the passage in the bible.

My conclusion is that this project is an awesome way to share this message of joy, peace, hope, love and faith in God. My prayer is that when the visual video of The Blessing is released that those who see it will experience God's presence.

Simone Agoreyo

On the 29th April 2020, I had received some very upsetting news from the agency that I work for that I was suddenly being furloughed without warning. I was so upset that I cried because it meant that I didn't get to say goodbye to all the lovely children that I had taught. It was almost as if the bottom had fallen out of my world!

Then out of the blue, a friend contacted me with details of a dance ministration for May 2020, but I didn't understand the message in it so I called my friend and she apologised saying that she had sent me the wrong link but took time to explain to me that the right link that she would send to me later needed to be done in an open space and to be submitted on the 10th May. This meant I had time without the pressure of online work. I felt so much joy as if it was

an early birthday present for me but I also felt a bit apprehensive as I had never done anything like this before.

My friend sent me the link and I was pleasantly surprised because I had just heard the 'UK Blessing' song a week ago and just loved it! Such an anointed song! I prayed to God to please use me for His glory as I ministered in dance and He answered me. I knew God was in control because He carefully chose the exact movement to the words of this beautiful prophetic song. The Lord also used my husband to help as well (surprisingly he usually only smiles when he watches me dance but this time he spoke and made a few suggestions!).

In a nutshell, it was like God used this dance as a rainbow after the storm of disappointment. Our God is truly a God of HOPE, ENCOURAGE and BLESSINGS.

Stephanie Fisher

I haven't danced in a Christian sense since I had the kids 9yrs ago so thank you for giving me the opportunity to have a dance again I loved it!

S

To be part of dancing and worshipping the blessing song over our nation, at this time is a privilege.

Sylvia Lee

It was so good making space to worship God at home. He truly is everywhere! The UK Blessing video is so powerful, it touched me and my husband very much. There is such an anointing on this song but seeing so many of the churches in the UK praise the Lord with one tongue from wherever they are, wow there is so much power in that! God truly inhabits the praises of his people and it is magnified through unity!

T

On the 20th March 2020 after losing my job and my home because of covid-19 God spoke to me to record a dance for my church in Redruth of the Blessing. The scripture He gave me was -

Isaiah 41:18 I will make rivers flow on barren I, and springs within the valleys. I will turn the desert into pools of water, and the parched ground into springs.

I had been playing the song everyday for about a week, in March. I had so many obstacles recording the dance it was taking days to do... But I eventually did it.

I believed as always that every step we take as dancers in worship we break many strongholds. Praise God.

Tina Johnson

I first heard the Blessing song, a few weeks ago, when it was first released and was so impacted by the lyrics and started praying through movement for my family. Then seeing the UK worship response to this was so moving and I saw God's banner over the UK! When the invitation to be a part of this UK Dance Blessing Project was posted, I knew it would be a wonderful thing to be a part of this beautiful expression of worship and whilst we aren't able to be together physically right now, what a wonderful way to connect and dance together in unity releasing this blessing and the imagery of God's banner over our family and friends in movement.

Toddler mum from Bath

It was a bit of a bitter sweet moment for me. Usually when working on a piece of choreography, I would spend much more time on it but lockdown with a toddler means that I have had a lot less time than I used to. I spent a couple evenings listening to the song getting what motifs were important. I allowed a couple of times for recording but between the lovely hot sunshine and my time scale it felt like it was not perfect. I gave myself one more chance after thinking about it during the day and was able to record it in the evening. It wasn't perfect but it felt like I could express what I felt blessed with and what I wanted to bless others with.

Tracy Turner

Basically I found the first few weeks of lockdown very challenging. Working from home is fine although I go in sometimes but I live alone and miss my family so much. I had got quite down but as soon as I heard the song on that Sunday I was uplifted. I played it all week, shared it with others and started dancing in the living room to it even before seeing the challenge to send in a video.

Tracy Williamson

As I shared in my previous email to Prinit, I am profoundly deaf, partially sighted and coordination impaired. I work with the blind singer/songwriter Marilyn Baker for MBM Trust, speaking at the events we lead and am also a writer. About 20 years ago Marilyn and I were at a conference that Jennifer Rees Larcombe was leading. A dancer was going to lead a workshop but had to cancel so people were disappointed. I was shocked when Marilyn suggested I lead it instead as I had never danced and couldn't hear music! However that night God spoke to me, that many people feel they can't do it and it would help them to have a leader who felt the same! God's secret wisdom! I woke with that thought in my head and knew He wanted me to do it.

So I used the only music I had any idea of, Marilyn's older songs as I'd had a bit more hearing when I first joined her. I put simple mime movements to the words and then we worked at it in our little group of me, a blind lady, a lady on a zimmer frame, a very depressed man, a lady in her 80's and one or two 'ordinary' people. Amazingly it came together in a lovely way and I've been doing such workshops ever since although my hearing is now a lot worse.

When I received your invite last week from Nicky Enticknapp my initial reaction was no. It seemed impossible as I had no way of knowing how this song went. I played it over and over from your link and loved the words as they convey so much of God's heart but it seemed impossible to dance to it when I just couldn't work out the tune or timing. Added to that I would have to video it myself as Marilyn is blind (we share a home). I was going to refuse but again God spoke in my heart 'so many, especially those with weaknesses feel they cannot dance, but their slightest movement from a worshipful heart is so beautiful to me. Do the dance to represent all of those who feel they can't.' So with that I knew I needed to try and it was an amazing experience. Marilyn sang it over and over to try to get me familiar with the melody and timing and I felt a joy as simple movements came together to express the words in the first half. I couldn't do the second half but the first half was so beautiful. I know I probably miss the timing, but I do believe God inspired me with how to do it and that seemed amazing. Marilyn was a wonderful help too so it was a team effort. Thank you for this opportunity. I know that whether mine is used or not the Lord helped me to do something I never thought I could, to dance to a totally unheard and unknown song on behalf of all those with weaknesses or fear.

Trish Deeley

I don't have an amazing testimony to give regarding the project other than it sends shivers down my spine when I hear it (in a good way!) and that some whom I sent it too said they were brought to tears when listening to it. I believe it has God's anointing on it and I hope it will be released as a record.

Val Gibson

Two years ago I heard someone at Bible College mention "flag worship". I had absolutely no idea what this was so I was surprised to hear it was a form of dance & and worship. I used to cringe at flags (sorry!) but suddenly they started giving me goosebumps & felt.. powerful!!

Later I was at a prophetic conference in America and I had a vision of myself running onto the stage, full of joy with green & blue flags in my hand. I was shocked but after this I couldn't stop thinking about them.

I researched the biblical & historical meaning & realised how significant they were. The symbolism, the colours, movements.. and just the testimonies of encounter that people had through the ministry of flags and dance blew me away.

Then one day I felt God was showing me He was releasing dance over my church. I thought about how lovely that would be to witness but as I walked out the door a lady randomly handed me some old dance ribbons! I just felt like God was laughing and saying "Yes, you too!"

I have had dance prophesied over me for years but because I was so self conscious, I had never even considered the idea.

Finally the urge became so strong I ordered my first set of flags a year ago at Christmas. Since then I've gone from flagging alone to flagging in church and even have a few people that come along to join in on my practise night during the week.

It's been a battle to push through but the more I do the more joy and freedom I find. Through a friend I was introduced to people who are part of CDFI (Christian Dance Fellowship Ireland) and through them I was told about this project. At first I thought I couldn't but then I

really felt it was time to step out for God. The thought of this project blew me away, how so special it would be to dance and worship to bless others. Even for me, I feel taking part in this project was a real cementing moment of stepping into the journey of dance with God.

Valerie Watkins

Well I was coming back from a trip to Israel and on the plane the Lord said I want you to dance for me. There are many gifted young women around and I was a youthful 60. Had He made a mistake? I had always longed to do total body worship and intercession which unbelievably started in some parts of the UK in 1968 and here was I, having enjoyed 5 years intercessory worship in Israel really liberated into it.

I have never done an outside dance but I believe prayerfully done it would bring souls to Jesus, especially at Pentecost, the same time of year that the 10 Commandments were given.....everyone in white. I watched dancers worship to Let The Fire Fall On by Paul Wilbur. Youtube last night, fresh as ever! It was in Israel I learnt that the Blessing or Shalom is the full Aaronic blessing of Numbers 6 v 25 after adultery had been cleared out of the tribes. It means Victory within and without, Peace with God and friends and victory over enemies spiritual and temporal. Many do not understand how the Holy Spirit leads us into truth and praying in tongues takes us through the psychic and rational layers into the realm of The Lord's Spirit. There is much healing and restoration in dance as well as warfare and intercession. Delighted you have organised this powerful prophetic worship. HalleluYah - The God who goes before us, the God who goes behind the God of Angel Armies is Always by our Side No weapon formed against us shall stand. Plead the blood over your families and little ones.

Vivien Criddle

Myself and a couple others from my church have been really led, in the last couple of years, to develop a dance and flagging element to our worship. For me, this has been a reawakening of something I first started as a teenager/young adult but got pushed to the sidelines as I let 'the world' overwhelm me (I'm now 55). Recently, God has called me deeper into a new relationship with him and I am using this time of lockdown to spend more time with God and to develop movement worship as an individual - who knew the tiny space in my bedroom could be big enough! I'm still 'guilty' of not seeking God enough (I have my son & daughter in law as well as two granddaughters and a husband living in our small house) and I find it is 'easier' to be busy!

This time of lockdown has seen me resigning from my job (I'm a teacher) as I seek what God wants me to do next and opportunities to worship God in ways such as this project are a huge step for me into trusting Him.

Wendy Baker

First of all I would like to thank Prinith for sending me the link . My Dad passed away last year January 2019 after complications due to a stroke 8yrs previous. Since that time I have been on a roller coaster of emotions. I haven't danced with the flags as much. This has been a great opportunity to worship God and give glory to him in this time using the flags.

Personally it has reminded me of God's power and whatever we are going through whether it is grief, illness, or however we feel due to Covid-19 God is in control. When I do any kind of movement to dance my prayer is always that the movements will help and inspire someone else to worship God in whatever way he shows them. Through worshipping God they will draw closer to him and live out their calling. These verses also came to mind; Jesus commanded us in *Mark Ch 12 v 30-31 "And you must love the Lord your God with all your heart , all your mind, and all your strength, the second is equally important: Love your neighbour as yourself"*.

Yvonne Rowe

I was so very happy to send in a dance as I was struggling with grief of the death of a Friend of mine that week and a family member given a terminal diagnosis of cancer. I needed the joy of focusing on God.

Zinnette Andall

Amazing Lyrics, the song sung beautifully by the UK finest gospel artists. Whilst listening to the lyrics it gave me a sense of hope, drew me closer to God and inspired me to dance the blessings over the UK and included all nations.

Places people prayed



Abergavenny	Colchester	Hemel Hempstead
Aldershot	Corby	Hereford
Ashford	Cornwall	Hertfordshire
Aylesbury	Cranleigh, Surrey.	Highlands of Scotland
Barnwell, Cambridge	Crawley	Hove
Bath	Derby	Ipswich
Bedford	Dudley	Kegworth, East Midlands
Belfast	Dundee	Kenilworth
Bewdley, Worcestershire	Dymock Gloucestershire	Kenton, Harrow
Bicester	East London	Kidderminster, Worcestershire
Birmingham	Edinburgh	Kirkby, Merseyside
Bournemouth	Essex	Leamington spa
Brighton	Farnham	Leicester
Bristol	Four Mark, Hampshire	Lincolnshire
	Garford, Leeds	
Bulgaria	Germany	London
Burgess Hill	Gerrards Cross	Luton
Bury Greater Manchester	Guildford	Minehead, Somerset
Camberley, Surrey	Hailsham, East Sussex	Newport, South Wales
Cambridge	Halesowen	North Abingdon, Oxfordshire
Canterbury, Kent	Harrow London	North Somerset
Chelmsford	Headingley, Leeds	Northampton
Cheshire	Headington Oxford	Northwich, Cheshire
Chiswick	Headley Down, Hampshire	Nottingham

Oakley, Hampshire	Somerset	Walsall
Odiham, Hampshire	St Albans	Watford
Oxford	Stockport	Welwyn garden city
Pollards Hill, Micham	Stoke on Trent	West Bromwich
Pontypool, South Wales	Stourport on Severn Worcestershire	West Lothian
Portishead, Bristol	Sweden	West Sussex
Shrewsbury	Thornbury	Westcliff
Solihull	Vienna	Witney, Oxfordshire

Ministries Involved

31:13 Belfast	Justice in Motion
Active Angel's Group.	Kingdom Movement
Anointed Feet Ministry of Dance	Laura Gale Dance and Drama
Ascenddance	MBM Trust
Christian Dance Fellowship of Britain	Springs Dance Company
Christian Dance Fellowship of Ireland - Northern Ireland	
Christian Music Ministries	
Cover Me in Worship	
Created 2 Move Together	
Creative Christian Connect Group	
Creative Worship Group	
Dance into Worship	
Dawnbird	
Dayspring Church	
Encountering Him Flag Dance Ministries	
Fusion Dance Ministry	
Guildford Dance Fellowship	
Infusion Physical Theatre	
Inspire Dance	

Participants

Adele Sutton	Beth Tearne	Claudeth Bennett
Adele Templeton	Bethan Carys	Cortez Nelson
Adrian Anderson	Bethany Jones	Cristina Soper with Laura and Sarah
Akua Appiah	Bincy Thomas	Cristine Dyer
Alex Reeve	Bona Gerrie	Daniel & Melanie Cossette
Alex Teo	Brent Hemus	Daniella Cromwell
Alison	Brigitta Bowman	Dawn Green
Alison Kelly	Bryoni Hasler	Dawn Howells
Andy Au & Kirsty Jamurath	Carmella Knight	Dawn Thomas
Andy Raine	Carol Connolly	Debbie Elliott
Anja Meinhardt	Carole Bell	Debbie Tees
Ann	Caroline & Pippa Deakin	Debbie Ward
Ann Warren	Caroline Rous	Deborah Cruz Dunn
Anna Edwards	Catherine Taggart	Desmon Hedman
Anna Arnold	Cecille Ocampo Nebres	Diane Nash
Anna Bamber	Celine and Epifania Martin	Donna Stables
Anna Gilderson	Charlotte, Judah, Liberty & Miriam Lions	Doreen Basar
Anna Griffin	Chris Fry	Edward Leigh-Wood
Anna Hermanska	Ciselyn Alexander	Effe Curtis
Anna S	Claire Davison	Elaine Collins Elaine Wyatt
Astrid Staudenherz	Claire Dingle	Eleanor & Katy Martin
Becky Pringle	Claire Grant	Emily Lane
Beth Penhallurick	Claire Lees	Emily Liley

Emma Connor	Jacq East	Justin Watkins
Emma Hulme	Jacqueline and Paul Haywood and family	Kate Organ
Emma Swinden	Jan Jones	Kathryn Ball
Florence Gradwell	Jan Wyatt	Katie and Lucy Gamble
Francesca McDowall	Jana Meyer	Katy Luong
Fusion Dance Ministry	Jane Butler	Kay Mason
Gabby Leutzinger	Jane Houston	Kelly Bond
Georgia Gasson	Janet and Savannah Hanson	Laura and Aiden Gale
Georgie, Eve and Neo Williams	Janet Booth	Laura Jans
Hannah & Larna Martin	Janet Mealing	Laura Kitteridge
Hannah Coleman	Janice Dale - Wallace	Lauren and Thea Helliwell
Hannah Ninan	Jenn Perry	Lauren Cheetham
Hannah Parfitt	Jenny Howells	Lauren Lewis
Hatti Crawford	Jo Littledyke	Lena Jones
Heather Collett	Joan Sims	Lesley Miller
Heather Williams	Joanne Fletcher	Linda Carol Weller
Heather Wilson	Joy Budd	Lisa Greenwood
Helen and Julian Keeble	Joy Jacques	Llyndyn Hodgkinson
Helen Fletcher	Judi and Isadora Spratling	Louise Howitt
Helen Tetley	Judith Brown	Louise Hall
Heva Brown	Judith Forbes	Lucy Stokes
Inaida Antonia	Julia Stevens	Lynda Cleland
Ireta-Lee Pocal	Julie Hobbs	Lyndsey Stewart
Issac Wu	Juliet Fuller	Maggie Woodall

Mandy Aldridge	Patricia	Savannah Hanson
Marguerite Slatter	Pauline Barnes	Shanade Brown
Marie Bensley	Pauline McKenzie	Sharon and Rosie O'Farrell
Marita Young	Peter Hotherall	Shelley Dring and kids
Mark Soper	Prinith de Alwis Jayasinghe	Shleah Joseph
Mary Swain	Rachel Hewitt	Simone Marshall
Maya Stewart	Rachel Leigh-Wood	Steph Fisher
Megan Thompson	Rachel Whitby	Sue Bridges
Mel Shobowale	Rebecca Jackson	Sue Hook
Melinda Welch	Rebecca Magee	Sue wright
Meryl McKean	Rebecca, Jeremiah and Joseph Odubonojo	Susannah Harrington
Millicent Grant	Renee Williams	Sylvia Lee
Miriam Jannetta	Rhonda Sparrey	Taryn Nabi
Mitzie Livingston	Rosie Hakim	Tayrese Mills
Monica McArdle	Ruth Grant	Tiarna Moore
Monika Ptasinska	Ruth Hiscox	Tina Johnson
Nadine Jones and Amayra Hurd	Sabina Randazzo	Tom Wu
Nakai Dziya	Saffy Meathrel	Tracey Turner
Nancy Usher	Sally	Tracey Williamson
Naomi Waters	Sandra Ray	Trish Carvalho
Nelly Doyle	Sara Frith	Trish Deeley
Nicky Entiknap	Sarah Garrard	Val Gibson
Nicole	Sarah Jordan	Valerie Watkinz
Nicole Robinson	Sarah Oakes	Veronica Bell

Victoria Russell

Violeta

Vivien Criddle

Watford MIW base

Wendy Baker

Yvonne Rowe

Zinnette Andall

Zipporah and Lydia Entiknap