

St. John the Baptist's Breath of Heaven Liturgical Dance Team uses dance as a form of prayer and a way of communicating and spreading God's word. The dance team has done a variety of performances in the past, from large conferences in London to bringing up the offertory gifts in our own parish; no matter how small the performance may seem, they are all important as a way of sharing our faith. We have also performed in smaller conferences, various prayer services in our parish, and held dance workshops, explaining to others about what we do and teaching them some dance moves and choreography.

I am going on my eleventh year as a member of the dance team and on my fourth year as a coach. I first joined the dance team because I enjoy dancing. This is still true but dance has become a way of communicating myself, my feelings, and my thoughts. I can still remember my first performance on the team. It was in London for a Jubilee ceremony in front of hundreds of people and we danced to Let Us Pray and The Great Adventure by Steven Curtis Chapman. I was so nervous and afraid of messing up, but when I looked up and saw the crowd cheering and dancing along with us I knew that no matter what happened we made an impact. Being on the dance team has brought me closer to my faith and my understanding of it. For every performance the dance team does, we interpret stories of the Bible and other messages that are important to our faith into movement and dance. I don't normally express and share my faith verbally to others, I can never seem to find the right words, but when it comes to dance I feel that I can express anything I want. Now, as a coach of the team, I not only choreograph and teach the other members dances, but I also believe I am a mentor and an example to the younger members. I remember that when I first joined the team, I lacked confidence in myself and my ability to dance, so now I try to show all of the dancers that they are just as important to the success of the team as I am and that what we do can spread powerful messages of Christ to others.

Nicole Delmore