

St James News: Thought for the day – Monday 10th August 2020

A thought about dancing – Revd John Marshall

Did you do country dancing at school? If so do you remember the clapping dance – sides, together, clap etc – if performed correctly – I could be put to sit on the stage for the rest of the lesson. At a party at the Arts theatre, pre-punk- I danced and jumped my head into a low beam (it was very low).

However I do like to watch others dancing and to see the sheer joy and expressiveness of it.

Surprisingly I like ballet (I admired Ricky Starr the ballet dancing wrestler.) But we love the Nutcracker , and the Tales of Beatrix Potter.

It is great when a story is well told, through dance, and it can cover a whole gamut of emotions.

At the coffee morning we shared different clips of dancing – and heard rumours of different abilities in dance.

Do you remember the dance sessions we had to use movement in prayer and worship?

I also remember with a degree of horror the time I taught dance; (short lived).

In the Bible the Psalmist urges “Let them praise his name with dancing and make music to him with tambourine and harp. For the Lord takes delight in his people.” Ps 149. 3-4

We learn of the joyous dancing of Miriam and David. “David danced before the Lord with all his might, (on the return of the Ark of the covenant.)

We are reminded that “There is a time to weep and a time to laugh, a time to mourn and a time to dance.” Ecclesiastes 3.4

Take note of the role of dance in the story of John the Baptist.

But remember Psalm 30.11 “You turned my wailing to dancing, you removed my sackcloth and clothed me with joy.”

So keep dancing and keep praising.