

CONTACT INFORMATION



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MG

**Multi-Generational
Worship Arts**

adults - children - youth

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Vessels of Worship (V.O.W) Dance Ministry

2025-2026



***“Let them praise His name with dancing, making
melody to Him with tambourine and lyre.”***

Psalms 149:3

PURPOSE

The Bible speaks about dance as an act of worship. It is a way to glorify God through movement, as an expression of worship and praise to God.

VISION

To usher in God's presence, inspire, and uplift believers.

INTERPRETIVE DANCE

It incorporates a wide variety of dance styles and techniques, that brings forth the emotion and/or tells a story associated with the music or song (we bring to life the words of the song through movement).

WHAT TO EXPECT

- This ministry serves to help cultivate and ignite a fire and passion for worship.
- Dancers will be instructed and coached on proper mechanics of dance, which include basic ballet, modern, expressive worship through sign language and various instruments of worship.
- Dancers will learn to correctly operate in a spontaneous or choreographed dance.
- From time to time, there will be instructional material and tools used to assist in the act of worship through dance.
- Through opportunities the Lord provides, there may be local, regional, national, and international travel to minister to others through dance.
- This ministry serves to help dancers understand the keys to ushering in the presence of the Lord.

DANCE TEAMS

Junior Dance Team: Grade 3rd - 8th

Senior Dance Team: Grade 9th - Adult

DRESS ATTIRE

Dancers will need to purchase their own body suit/unitard and palazzo pants. Other dance wear will be provided by the ministry.

(Financial assistance is available)

ATTENDANCE POLICY

- Dancers are asked to dance at the following services (8:00, 9:30 and 11:00 AM).
- The team will need to be fully dressed and ready for soundchecks by 7:30 AM.
- It is highly suggested dancers attend the Wednesday night rehearsal the week of the Sunday they will dance. This is the night utilized for all teams rehearsing together, lighting and stage arrangements and adjustments. We will not have time on Sunday to work through this process.
- Dancers must not have more than 2 unexcused tardies or absences, per ministry opportunity. Not adhering to this policy could result in a team member not being able to participate with the team for a specific event or service. There will be a 5 minute grace period from the expected arrival time for rehearsals and ministry engagements.

EXPECTATIONS & GUIDELINES

1. Team members need to have a desire and commitment to live in a way that is pleasing to the Lord in every aspect of their life.
2. He/she is connected to The Heights Baptist Church and regularly attends.
3. A dancer under 18 must have a parents signed approval to participate.
4. He/she has either God given ability to dance, or have some form of formal dance instruction which would qualify them to be a part of this dance team.
5. That he/she is able to commit to the practices required, unless otherwise agreed upon from the beginning.
6. If the dancer is unable to attend practice they must contact the Dance Instructor as soon as possible.
7. Modest clothing is to be worn to dance practices. No short shorts or shirts.
8. Must be able to dance in all services.
9. Team Members should be open to receive advice, correction, training, and should be committed to becoming proficiently skilled at their ministry.
10. Team members will be selected through an audition process. (Information will be provided in advance prior to audition to help plan and prepare for auditions).

COMMUNICATION

Ministry correspondence will be sent to the team using the following methods. It is important to check these sources regularly to stay on top of important information about the ministry.



Email



Facebook



Text



Handouts

PRACTICES

Junior Dance Team will practice the 1st and 3rd Monday from 5:30 PM - 7:00 PM in the Worship Center

Senior Dance Team will practice the 2nd and 4th Monday from 5:30 PM - 7:00 PM in the Worship Center.

Additional practices may be scheduled based on complexity of the routines and to prepare for worship services or outreach opportunities.

AUDITIONS

WHAT WE ARE LOOKING FOR:

- Someone who has the ability to dance (the ability to move the body in a rhythmic way, usually to music and within a given space, for the purpose of expressing an idea or emotion).
- Someone who can usher in the presence of God through praise and worship movements.
- A desire to dance for the Lord.

AUDITION PROCESS:

- The person will be asked to put together a mini routine to Christian music to present on the day of audition or via video.
- The routine needs to be choreographed for no more than 3 - 5 minutes.
- The person will be judged on rhythm, movement, and dance expression.