

# European Bibliodrama Workshop – Wuppertal 17.-21.8.22

Gen 8,6 -9,17 Noah – Transformation  
 preparations from Maria Harder and Bruno Fluder

leading text fragment:

Gen 8,21 The LORD smelled the smell of resting.

(וַיִּרַח יְהוָה אֶת-רִיחַ הַנִּיחֹחַ) (ruach / nuach=ruhen)

Material Bruno

## Do. 18. August WS1 entire text

Zeit	Wer	Tätigkeit	Material
09.00	MH	<p><b>Bewegungssequenz Tag- und Nacht-Gleiche</b> (<i>wirklich schon am Anfang?</i>)</p> <p>In our ws we are together with a text about the new beginning of life on the earth – and we are a little bit in a rhythm of time.            So we have a breathing exercise, This exercise will get us through the day – thats our idea.            At the first I will show you, and than you can try it with me, and then do it in your own breathrhythm.</p> <p>At first: I am going to show you.            Find a comfortable position, feed hipwide apart, without any tension in your knees, watch your breath.            Die Arme without tention on your side.            And when you take the next breath lift your arms to the side and when you exhale close your palms over the head.            When you inhale wide your stance to your left and make a big circle with your right arm an lay your hand on lower back. Take a deep breath in and feel the stretch in your left side.And when you exhale return to your last position.            Do the same movement on the other side.            When you inhale stretch your body backwards and when you exhale foled your body with a big circle downwards.            When you take the next breath lift your right arm with big circle and watch your own movement with your eyes. When you exhale return to your last position. Do it in the same way wit the other side.            Bend your knees lift your arms back with the palms facing the ceiling and when you exhale sigh it out and move yourself to a squat. Take your last breath, take your hands and lift them up with your whole body over your head, then exhale and slowly lower to the starting position.            Do it in your own breathing-rhythm</p>	
	MH	<p><b>Atem-Arbeit:</b> „Saat und Ernte“</p> <p>1. Lay your hand on your chest, close your eyes and feel your breathing in your hand. Try your breathing – <b>shallow and deeper</b>. And be aware in your body –</p> <p>2. <b>Wave breathing:</b> Find a place – Your gaze goes outwards, you turn your back to the group.            Go in a stance – one foot forwards and move your body backwards and forwards in the rhythm of breathing, take your arms with you – inhaling go backwards and exhaling and wish with your palms the breath away, for example, all the things do you leave at home now and take the you one or the good one with you, - come in an fluid movement</p> <p>3. And a little bit the same. Find a good position feed hipwide and take the energy with your breath from the earth and give it back – in movement with your arms. – fluid movement – So we can start</p>	
09.30	BF	<b>self presentation:</b> with the feather you brought with you	

09.50	MH BF MH	<b>text reading:</b> lay down comfortably and hear the text in 3 acts	Textblätter
10.00	MH	<b>Körper-Erinnerung</b> an das Gehörte: <ul style="list-style-type: none"> <li>• Please, walk around the room, be with yourself and watch the breath</li> <li>• Please, remember: What did you hear? Words, sentences phrases? And where did you feel it in your body, what did you here? Where in your body, Feel it (head, shoulders, stomach, arms legs, back, wherever – feel it) Try it out? – If you feel this?</li> <li>• How is the feeling?</li> <li>• And: What gesture comes up, when you feel it in your body?</li> <li>• Which part of text is it, sentence, word?</li> <li>• Be aware of your breathing in this feeling? How is your breathing in this moment?</li> <li>• Please go around, and show each other gesture you found</li> <li>• And find a group of three person</li> </ul>	
10.10	BF	go in these groups in the "box"/arch and exchange about: <ul style="list-style-type: none"> <li>• your gesture/body remembrance/text fragment</li> <li>• how is it related to yourself? (first personal encounter in the group)</li> </ul>	
10.35		PAUSE	
10.50		groups of 4 according to languages: <ul style="list-style-type: none"> <li>• tell each other <b>the own story (perhaps in your childhood) with this bible story</b> of Noah</li> <li>• agree for one common representation of this stories (e.g. only 1 of these stories, or a common quintessence...), form is free, max. 1 min.</li> </ul>	
11.10		representations: <ul style="list-style-type: none"> <li>• reaction of the visitors: e.g. title, gesture, sound...</li> </ul>	
11.30	MH	Notizzettel-Kasten basteln <ul style="list-style-type: none"> <li>• We have many boxes. You can choose one of them. It will be your box for the day.</li> <li>• And we will see what is in the box now/in this moment?</li> </ul>	Kalenderblätter A6-Zettel
11.45			

## Do. 18. August WS2 8,6-19 opening (1. Akt)

Zeit	Wer	Tätigkeit	Material
	BF	ask for remains of the morning	
14.30	MH	Bewegungssequenz Tag- und Nacht-Gleiche - s.o.	
	BF	<p><b>breathing bodywork:</b> „cold and heat“</p> <ul style="list-style-type: none"> <li>• search a good place for you - stay well grounded</li> <li>• observe your breathing without changing anything</li> <li>• 3 deep breaths [brɛθs]</li> <li>• <b>alternating breathing</b> (Viloma Pranayama &lt; Yoga): in with left nose hole (close other hole with thumb - count to 4) - pause (4) - out right (with index finger - count to 8) - pause (4)</li> <li>• feel the <b>temperature</b> of the air breathing in - out: difference?</li> <li>• which part of our body feels actually as the coldest? - breathe in to this part - warmest? - breathe</li> <li>• breathing normally - be aware that we all <b>share the same air</b> in this room and outside - with animals and plants (they change our carbon dioxide to oxygen)</li> <li>• look around - choose 1 person without showing it to this person - be aware that you exchange the air with this person (after corona we try to do it without any fear - is that possible? - god gave 1 atmosphere for all creature)</li> <li>• look around and build pairs - be aware of exchanging your breath - approach to each other as near as you stay comfortable by exchanging your breath</li> <li>• what gesture comes to you to underline the exchange of breath <b>and</b> your comfort with that</li> </ul> <p><i>(mit Interaktionen als Vorb. auf das gr. Spiel)</i>  <i>(Schluss: entdecke deinen eigenen Handlungsimpuls: wann kommt er? – wie Noah zu seiner Initiative gefunden hatte...)</i></p>	
14.55	MH	<p>Textlesung: <b>Thoraschule</b> (evtl. mit Übersetzung in eigener Sprache vergleichen)</p> <p>Now we will read the text. Take your text, go around the room and read loud in your own way. Try it out with different sounds. Hear in the background the other sounds, maybe. Do it in a form like „Thora-school“</p> <p>If you end, find a place, take the text in your mother language and look, what is different, what is a surprising.</p>	
		<p><b>Textarbeit:</b> alle 14 Tätigkeiten von Noah markieren</p> <p>Take a pen, pencil and find the words, which describes, what is Noah doing...</p>	Textblatt
15.10		<p><b>Rollenarbeit an Noah:</b> an ein Fenster treten; wir lesen die 14 Tätigkeiten langsam vor, TN agieren diese aus und achten auf die innere Bewegung</p> <p>Find a place in the room, if it is possible near the window, a place of your own.</p> <p>And during our reading the words of Noah, try a movement for the words.</p>	
15.20		<p><b>Austausch</b> im Plenum:</p> <p>Come together to the circle and let us sharing or collect somethings.</p> <p>What thoughts come to me</p> <p>What feelings came up</p> <p>What was surprising?</p> <p>Why Noah became active?</p>	
15.45		PAUSE	

16.00	BF	<b>big play:</b> reading the text – find a role – choose a cloth – appearance with self presentation one after the other	clothes rope
		free play – ending with gong	gong
		exchange: • role feedback	
		note box: personal notes: what came out for my personally? <i>(leave it in the protected room of your box)</i>	
17.30			

## Fr. 19. August WS3 8,20-9,7 altar – self reflection of god – blessing (2. Akt)

→ Text BF engl

Auseinandersetzungen mit Menschenbild und Gottesbild:

grosse Fragezeichen an diesen Macho-Akt:

1. Reine und unreine Tiere
2. Mensch von Jugend auf böse
3. Gott segnet nur die Männer mit Fruchtbarkeit
4. Überbevölkerung
5. Tiere haben Angst vorm Menschen
6. Ausbeutung der Tierwelt
7. Gott verlangt Blutrache

Zeit	Wer	Tätigkeit	Material
09.00	MH	Bewegungssequenz Tag- und Nacht-Gleiche	
	MH	<p><b>Atem-Arbeit:</b> „Sommer und Winter“</p> <ul style="list-style-type: none"> <li>• we are here now a new day. Let us wake up our bodies, shake your bodies, knock of the body, find a good position with a little movement in your body, go tot he right tot he left side and in the middle forwards like possible an backwards.</li> <li>• A massage for the face, with knuckles of fingers over the brow, over the forehead, from the root oft he nose tot he tip oft he nose, over the mouth and under the mouth, on the cheekbones and st last rubb the hands and lay the palms on the face for a moment, be aware, open slowly the hands</li> <li>• (As a preparation for smelling) Division of space into the four seasons – Imagine winter, feel it in your body, how is your breath and Do you have a smell in your nose? – the same spring, summer, autumn)???</li> </ul>	
09.20	BF	<p><b>intuitive smoking:</b> 3 smoking stations with different herbs - choose 1 of them with your nose &gt; build groups - wave the scent with a feather to each other and be aware of your associations (images like a daydream or memories) - tell them in the group <i>(participants are in the role of God)</i></p>	<p>3 Räucherstationen 3 Federn (Fotos der Kräuter+engl Namen)</p>
09.45		plenum: meta reflexion: How were you doing with the experience of smoking?	
10.00	MH	<p><b>Textlesung:</b> PA:</p> <ul style="list-style-type: none"> <li>• Please choose a partner, find a place to sit next each other and one reads and the other listens and then you change the roles</li> <li>• You sit accross from each other, face to face and same procedure</li> <li>• Make notice in the text for your own: 1. ! „Thats what I think» - ? «I don't understand» – Lightning “that <b>excites/upsets</b> me»</li> <li>• Write your lightnings on each card - understandable to others</li> </ul>	Kärtchen
10.20	BF	<p>plenum:</p> <ul style="list-style-type: none"> <li>• sort all together the cards by themes (at the edges of the room) <i>(will there be 7 themes?)</i></li> </ul>	
10.30		BIO-PAUSE	
10.40		<ul style="list-style-type: none"> <li>• go to 1 of the themes – prepare <b>fluid sculpture</b> in the group (or also alone)</li> </ul>	
10.45		<ul style="list-style-type: none"> <li>• presentations, in free order - the visitors react max. with 1 word <i>(or: what happened with your breathing when you saw the presentation?)</i></li> </ul>	

11.00		<ul style="list-style-type: none"> <li>• everybody goes again in the final image of her sculpture</li> <li>• be aware of the other sculptures - when you feel an impulse to react, to act, to speak: do it; all the room is now stage; until we will set an end with gong</li> </ul>	
11.15		exchange plenum: <ul style="list-style-type: none"> <li>• which role did I take?</li> <li>• what was my experience in this role?</li> <li>• what's the significance for my understanding of the text?</li> </ul>	
	MH	Read the text	
11.45		Make notices and do your cards with lightnings in your box	
11.50			

## Sa. 20. August WS4 9,8-19 covenant (3. Akt) – what's our answer to this proposal?

Zeit	Wer	Tätigkeit	Material
09.00	MH	Bewegungssequenz Tag- und Nacht-Gleiche	
	BF	<p><b>breathing bodywork:</b> „day and night“</p> <ul style="list-style-type: none"> <li>stay well grounded - design in front of your body with your stronger hand a lying eight / 8 / <b>lemniscate</b> (symbol of infinity) hand is always vertical (not turning) - coordinate your breathing with this movement (in in one half, out the other half of the movement) - change rhythm - change hand</li> <li>walk through the room in the form of a lemniscate</li> <li>give you a rhythm of breathing in and out corresponding to this walk - shorten the form so you can breathe in in one half and breathe out in the other half of the lemniscate</li> <li>stop by the crossing point - learn the <b>song of day and night:</b></li> </ul>  <ul style="list-style-type: none"> <li>sing it as a round of 4 parts (<i>Kanon singen</i>)</li> <li>sing by walking through the lemniscate (symbol of day and night) - sing in a round</li> <li>[if time: look for a partner, share the lemniscate, sing in a 2 part round]</li> </ul>	Liedblätter in Raum verteilen
09.30		<p><b>text reading:</b> everybody only in one part/half of the room</p> <ul style="list-style-type: none"> <li>MH + BF read one after the other the 7 steps of the covenant and place them in a bow in this half of the room</li> <li>participants step out the 7 texts slowly by reading them</li> <li>choose intuitively 1 of the 7 texts - exchange about it in the group (<i>why this verse? which verb describes God's acting with the covenant?</i>)</li> </ul>	7 Vers-Blätter in 7 versch. Farben
09.50		<ul style="list-style-type: none"> <li>step again along the 7 steps of the covenant, stop at the border to the other part of the room</li> <li><b>EA:</b> notes for your note box: what do I bear with me at this border? Perhaps something still in the box? - read again your notes</li> <li>place your note box in front of the border</li> </ul>	
10.00	MH	<p><b>Schritt in den neuen Raum:</b></p> <ul style="list-style-type: none"> <li>On the floor you can read the Sons and daughters of Noah came out off he arc»</li> <li>Here you have a pen with feather – Go your own step in a new way.</li> <li>Take your box and find a your own answer off he contract or God covenant and do it in a form of Haiku</li> <li>We do it in the other space of room</li> </ul>	Schreibfeder Schönes Papier
10.10		<p><b>Presentation:</b> We're in a semicircle and one by one reads it aloud - After each we take three breaths</p>	
10.15		PAUSE	

10.30	BF	<b>exchange:</b> <ul style="list-style-type: none"> <li>• How am I now? Do I miss a certain step?</li> </ul>	
		perhaps: clean up remains....	
11.00	MH	<b>Prozessauswertung</b> der 4 Workshops: Chairs with papers <ul style="list-style-type: none"> <li>• Leading team</li> <li>• text</li> <li>• group</li> <li>• Me</li> </ul> One by one goes to the chairs and says something	5 Zettel
11.35	BF	<b>smoking blessing:</b> the group decides if they want to be smoked by the leaders or by each other	
11.45			

## act 1: Gen 8,6-19 (translation: NIV)

- <sup>6</sup> After forty days Noah opened a window he had made in the ark  
<sup>7</sup> and sent out a raven,  
    and it kept flying back and forth  
    until the water had dried up from the earth.
- <sup>8</sup> Then he sent out a dove  
    to see if the water had receded from the surface of the ground.
- <sup>9</sup> But the dove could find nowhere to perch  
    because there was water over all the surface of the earth;  
so it returned to Noah in the ark.  
He reached out his hand  
and took the dove  
and brought it back to himself in the ark.
- <sup>10</sup> He waited seven more days  
and again sent out the dove from the ark.
- <sup>11</sup> When the dove returned to him in the evening,  
    there in its beak was a freshly plucked olive leaf!  
Then Noah knew  
    that the water had receded from the earth.
- <sup>12</sup> He waited seven more days  
and sent the dove out again,  
but this time it did not return to him.
- <sup>13</sup> By the first day of the first month of Noah's six hundred and first year,  
the water had dried up from the earth.  
Noah then removed the covering from the ark  
and looked:  
    indeed the surface of the ground was dry.
- <sup>14</sup> By the twenty-seventh day of the second month  
the earth was completely dry.
- <sup>15</sup> Then God said to Noah,  
<sup>16</sup> "Come out of the ark,  
    you and your wife and your sons and their wives.
- <sup>17</sup> Bring out every kind of living creature that is with you—  
    all flesh,  
    the birds,  
    the animals (livestock),  
    and all the creatures that move along the ground—  
so they can multiply on the earth  
    and be fruitful  
    and increase in number on the earth."
- <sup>18</sup> So Noah came out,  
    together with his sons and his wife and his sons' wives.
- <sup>19</sup> All the animals  
    and all the creatures that move along the ground  
    and all the birds—  
    everything that moves on land—  
    one kind after another ("Mischpoke")  
came out of the ark.

## act 2: Gen 8,20 - 9,7

<sup>20</sup> Then Noah built an altar to the LORD and,  
taking some of all the clean animals and clean birds,  
he sacrificed burnt offerings on it.

<sup>21</sup> The LORD smelled the smell of resting (*a pleasing/soothing aroma*)  
and said in his heart:  
“Never again will I curse the ground because of humans,  
even though (*or: for*) every inclination of the human heart is evil from childhood.  
And never again will I destroy all living creatures, as I have done.

<sup>22</sup> As long as the earth endures,  
seedtime and harvest,  
cold and heat,  
summer and winter,  
day and night  
will never cease.”

<sup>9,1</sup> Then God blessed Noah and his sons,  
saying to them,  
“Be fruitful and increase in number and fill the earth.  
<sup>2</sup> The fear and dread of you will fall on all the beasts of the earth,  
and on all the birds in the sky,  
on every creature that moves along the ground,  
and on all the fish in the sea;  
they are given into your hands.  
<sup>3</sup> Everything that lives and moves about will be food for you.  
Just as I gave you the green plants, I now give you everything.  
<sup>4</sup> But you must not eat meat that has its lifeblood still in it.  
<sup>5</sup> And for your lifeblood I will surely demand an accounting.  
I will demand an accounting from every animal.  
And from each human being, too, I will demand an accounting  
for the life of another human being.  
<sup>6</sup> Whoever sheds human blood,  
by humans shall their blood be shed;  
for in the image of God has God made mankind.  
<sup>7</sup> As for you, be fruitful and increase in number;  
multiply on the earth and increase upon it.”

## act 3: Gen 9,8-19

<sup>8</sup> Then God said to Noah and to his sons with him:

<sup>9</sup> “I now *establish* my **covenant**  
with you  
and with your descendants after you  
<sup>10</sup> and with every living creature that is with you -  
the birds, the livestock and all the wild animals,  
all those that came out of the ark with you -  
every living creature on earth.

<sup>11</sup> I *establish* my **covenant**  
with you:  
Never again will all life be destroyed by the waters of a flood;  
never again will there be a flood to destroy the earth.”

<sup>12</sup> And God said,  
“This *is the sign of* the **covenant** I am *making*  
between me and you and every living creature with you,  
for all generations to come:

<sup>13</sup> I set my rainbow in the clouds,  
and it *will be the sign of* the **covenant**  
between me and the earth.

<sup>14</sup> Whenever I bring clouds over the earth  
and the rainbow appears in the clouds,

<sup>15</sup> I will *remember* my **covenant**  
between me and you and all living creatures of every kind.  
Never again will the waters become a flood to destroy all life.

<sup>16</sup> Whenever the rainbow appears in the clouds,  
I will see it  
and *remember* the everlasting **covenant**  
between God and all living creatures of every kind on the earth.”

<sup>17</sup> So God said to Noah,  
“This *is the sign of* the **covenant** I have *established*  
between me and all life on the earth.”

<sup>18</sup> The sons of Noah who came out of the ark were  
Shem, Ham and Japheth.  
Ham was the father of Canaan.

<sup>19</sup> These were the three sons of Noah,  
and from them came the people who were scattered over the whole earth.