

RESONANZEN

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BIBLIODRAMA ONLINE From a view of a participant

Internetbibliodrama aus der Sicht einer Teilnehmerin. Die Autorin berichtet von ihrer Teilnahme an einem online-Bibliodrama und resümiert: Was braucht man für ein Internetbibliodrama? Einen Internetanschluss und ein smartphone oder PC. Man muss sich Zeit für das Bibliodrama nehmen. Und um sich selbst die Möglichkeit zu geben, sich zu engagieren, braucht man einen abgeschiedenen, separaten Ort, an dem man nicht gestört wird. Es gibt Ähnlichkeiten und Unterschiede zwischen Internetbibliodrama und natürlichen Begegnungen.

Ähnlichkeiten: Der Körper und alle Sinne werden einbezogen, der Austausch von Erfahrungen, das Teilen von Gedanken, die gemeinsame Reflexion sind möglich. Es ist sogar möglich, ein Grand Play zu machen, auch wenn wir es diesmal nicht gemacht haben. Die Imagination und Interaktion müssen anders funktionieren.

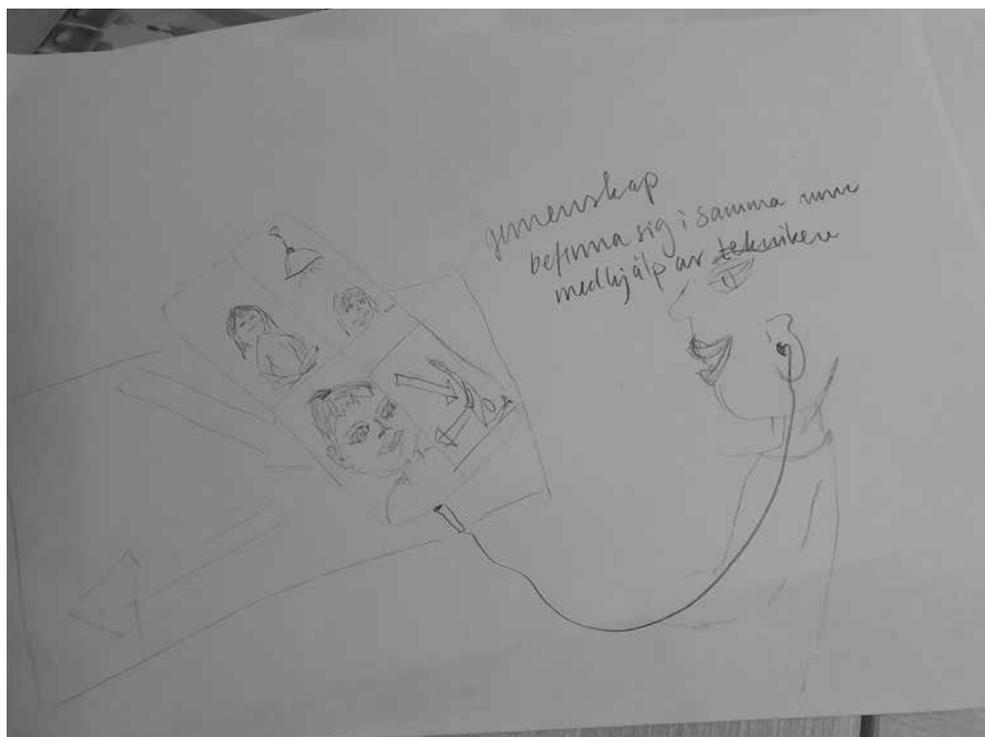
Unterschiede: Die Auseinandersetzung mit dem Text wird länger und sehr langsam sein, da ich mehrere Wochen damit lebe. Ich kann zurückgehen und meine und die Reflexionen der anderen lesen, und ich kann noch einmal darüber nachdenken. Wenn man sich physisch trifft, reagiert man spontaner und unwillkürlicher, man kann eher improvisieren.

I heard about Bibliodrama online, in English, when I was at the EBN meeting in Findhorn and thought; yes, I want to participate, imagine what fun to keep meeting, though we live in such different places. In early October, I got an e-mail from Anna Gradin. Do you want to be part of Bibliodrama online? Yes, absolutely! I replied. Ever since 2013 I've had the privilege of participating in Bibliodrama online, with Anna as a leader. The challenge this time was to formulate myself in English. Anna's instructions are available as a guide, I think they are easy to follow, and if you want to do in a different way, it is perfectly ok. There's no right or wrong! I like Bibliodrama online because I can participate. Usually I am leading Bibliodrama once a month for others, it's enriching, but I can't wait to be a participant myself too. That's why it suits me to be online like this. I don't have to travel to be able to participate. I can do the exercises in my own time when it suites me. I appreciate this form of Bibliodrama. It really touches me deep. Time works in the „slowness“. I can take my time in thinking, and let the text and questions grow in me. And I like that.

Online I have more time to reflect and take my own time. Especially to formulate my self. The fact that the Bibliodrama online continues over a longer period, this time it was six weeks, the exercises has time to grow in me in my daily life. It is enriching to read my own thoughts and others'. What you formulate is still there, is not as fleeting as what is said at the moment. I like it, because I need time to articulate myself, it takes time for me to find words.

When the invitation came in October, the participants came from different countries, Sweden, Germany, Poland, Belgium and Finland. A total of ten, including Anna. The theme was Pilgrim and carefree, not be anxious. The Bible text was from Matthew's Gospel 6: 25-34. The Bibliodrama spanned six weeks. For starters, we got acquainted with the online tool "Teams." For some of us, it was easy. But others had some difficulties at the start. The problem were mainly getting access to the webtool. We approved the agreements for the work online. As a tip for how we could relate to meeting each other on Bibliodrama online, Anna gave us the following:





- Imagine sitting down together in a big comfortable sofa with plenty of time to share and listen.
- Slowness is desirable, so we give ourselves and each other space. We train our ability to pay attention and have an inner openness when reading and writing.
- We are different and will remain so. You are who you are and I am who I am. So we don't have to compare ourselves to each other. That is god isn't it? The differences in the group are an asset.
- We write in different ways and our English skills are different. Our love for technology is varied but we have our love for Bibliodrama in common.
- Even though you don't know everyone, we're doing this experiment together. We are all co-creators. You are important and a contribution to the whole.
- Everyone takes responsibility for their own learning and interest in each other's processes.
- It is permitted to try things out. We give ourselves and each other that space. We write what we think and feel from a current situation. It doesn't have to be ready.

The first week we were invited to present ourselves through a thing. We should write as if we were a thing we use in our daily life. Who are you? Describe yourself and your relationship to your owner. Describe your owner from your point of view. It was easy and fun with that task. It was my pack of fine liner pens that came to speak. It was so interesting to read the presentations of the others. First warm-up we were invited to take a walk and notice what we spotted around us, heard or smelled. We would write down our experiences from the walk, read it and reflect on it and think about how it corresponds with my life right now, and then share what I wanted in my presentation.

The second week, a conversation about being a pilgrim was initiated, and whether we had any relationship with that word. We were also instructed for Bibliodrama 1. I started by collecting things I needed for the creative work. In order to focus on one exercise at a time, I put a piece of paper over the instructions. In the text there were many questions, we would find things around us as symbols for them. I suddenly saw with other eyes on things in my surroundings! I did an installation of what I found, photographed it, and posted it along with my reflections on the text in our common document. Wow, what enriching it is to read the other people's reflections. It deepens the text with so many approaches. We also got a task, that would follow us during the week. "-What questions, similar to those in the text, do you have in your life?" This is such a question that gives me an opportunity to think and work with the text, bring it in to my ordinary world. It was not an easy task. It needed time and effort. But the task and text really have the time to grow in me over the days. I like to get a task that spans over several days. It has a chance to be a part of and deepen in me. Bibliodrama requires slowness, you need the opportunity to take time, dare to give up your control to be able to let the text touch you. Courage to open up to the meeting with the text and myself. Bibliodrama gives the text a possibility to become the genome of life itself/God.

The third week we had group calls on the web through our web tool. It worked great! It felt like we were in the same room. On my cell phone screen, the other participants had an own "video-window". We had the opportunity to tell each other about our thoughts and experiences so far, listen and get feedback. In the end, each one drew a summary of the conversation that we showed each other. My thoughts after the conversation were a nice confirmation. I'm not alone, fellow people have similar experiences. God is with me.

The fourth week we dealt with the text again, from a different angle. *Bibliodrama 2*. We would search for words in the text, or from our own previous reflections, which could serve as a compass in my life, to guide me. We would find a symbol of the compass word, say it out loud, let the body follow the impulses and live with the compass-words, write down reflections that come to us during the week, and then share it in the pair-talks during week five.

Week six was time for summary. I can't believe time has passed so fast! Finally, the thing that introduced me at first, was given the opportunity to say some final words about their owner's journey and experience. I liked that angle! Now that I read the Bible text again, I see it with new eyes. In some moments during the process, I thought, am I in the text now? Or is it just my thoughts that are reflected. But I was really in the text. As always, I discover that the text explores me and I explore the text. It is a gift to share with others/each other, to listen, reflect and summarize.

This time pilgrim was a part of the theme, so many exercises included walking. When I'm out walking in my everyday life, it's a distance to be accomplished. Walking with focus on, for example the world around me, makes my steps slow in, I walk slower. Attention is turned towards the response my senses and my body gives me. Another thing I discovered was that I speak more slowly in the video conversations. I became more thoughtful when I was searching for words in a foreign language. It can feel frustrating, but it was also beneficial in some way.

I liked the exercises. I really had experiences in the exercises. I like to write down my reflections. I can reflect and chose my words. To read other persons reflections is nice. I like it very much, to go back and read them again and again. The group/pair conversations was really a gift, and we understand each other reasonably well. It was nice to have eye contact and to be able to interact with each other.

A big and warm thank you to Anna Gradin who planed and guided me and all the participants with gentle hand through these weeks. I also will give a thanks, to all the participants who enriched me in different ways with what you shared. Another help was the translation tool in Word, it was a guide to find words. But sometimes it was rather funny to read the translation.

Course structure

Week 1 Start presentation agreements

Week 2 Bibliodramaexercise 1

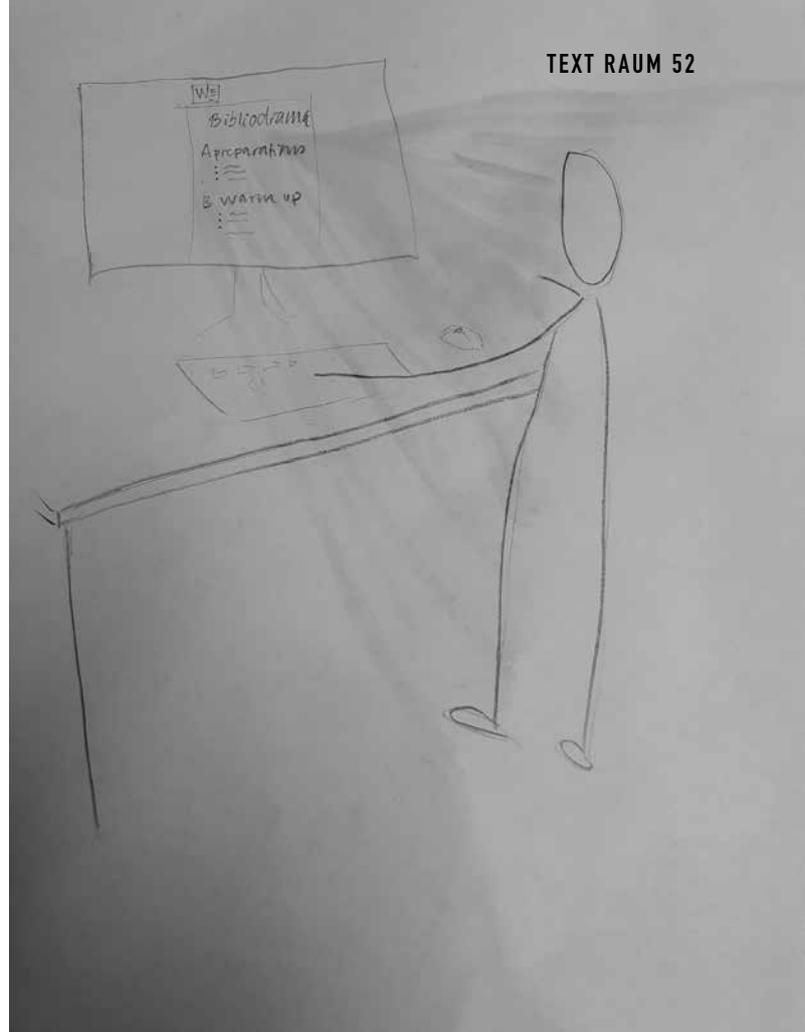
Week 3 Reading others and webtalk in groups moderated by Anna Gradin

Week 4 Bibliodrama exercise 2

Week 5 Reading others and webtalk selforganised with one other

Week 6 The ending part and sharing and evaluation

About the web tool: Microsoft Teams. It's a platform that offers chat, video calls, files for documents with instructions and Bibliodrama exercises and places to write down reflections.



Rules by Anna Gradin

Rule 1. We use the English we have (non perfect English is totally accepted).

Rule 2. You need about 3 hours for exercises and at least 2 shorter sessions for "reading what is happening in the course" every week. You also need time for walking and for reflections. Some exercises can be with you in some way every day. You get exercises every week for about 5 hours then you have 5 hours for your own work and practise.

Rule 3. You do the course for you one sake and you can do it when and where you want, except the time for the web talks, when we are together at the same time in smaller groups. It is a good idea to put away time in your calendar to do this every week.

Rule 4. To get a certification for the course you need to do the exercises, write your reflection to the group and participate in the web talks.

Rule 5. You need some time in the beginning to learn how to use our Bibliodramarooms on the Internet and have some patience with it!

Rule 6. If you have any questions, do not hesitate, ask me.



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