

# Shaped by the Psalms

Calvin Symposium on Worship  
January 26, 2012

Betty Grit  
Worship Renewal Grants Program Manager



Love You

Sorry

Why?

I'm listening

Help

Thank you

What can I do?

Bless You

Praise

Confession

Lament

Illumination

Petition

Thanksgiving/Gratitude

Service

Blessing

Where do we learn these  
words?

In daily life

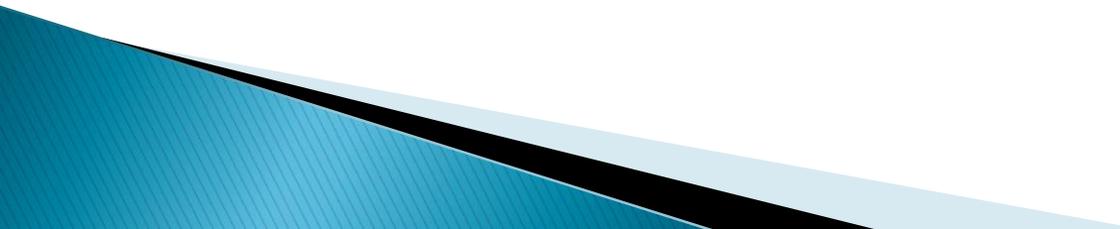
In worship

In the Psalms



Is it important that  
we practice these  
words?

In our relationship with others  
In our relationship with God

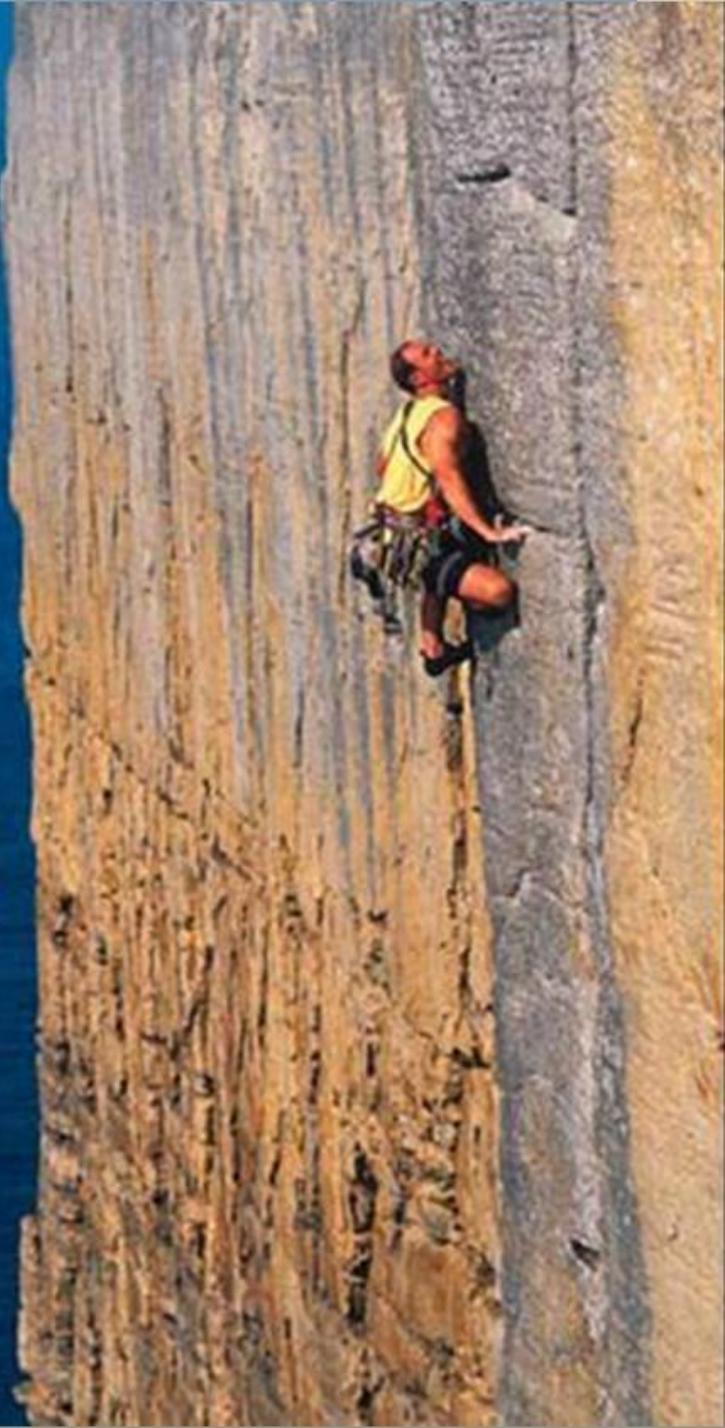


# The Vertical Habits Story



The River  
Community  
Church  
Vertical Habits  
Logo

Vertical Habits





Third  
Christian  
Reformed  
Church

Zeeland,  
Michigan

# African Community Fellowship, Grand Rapids, MI



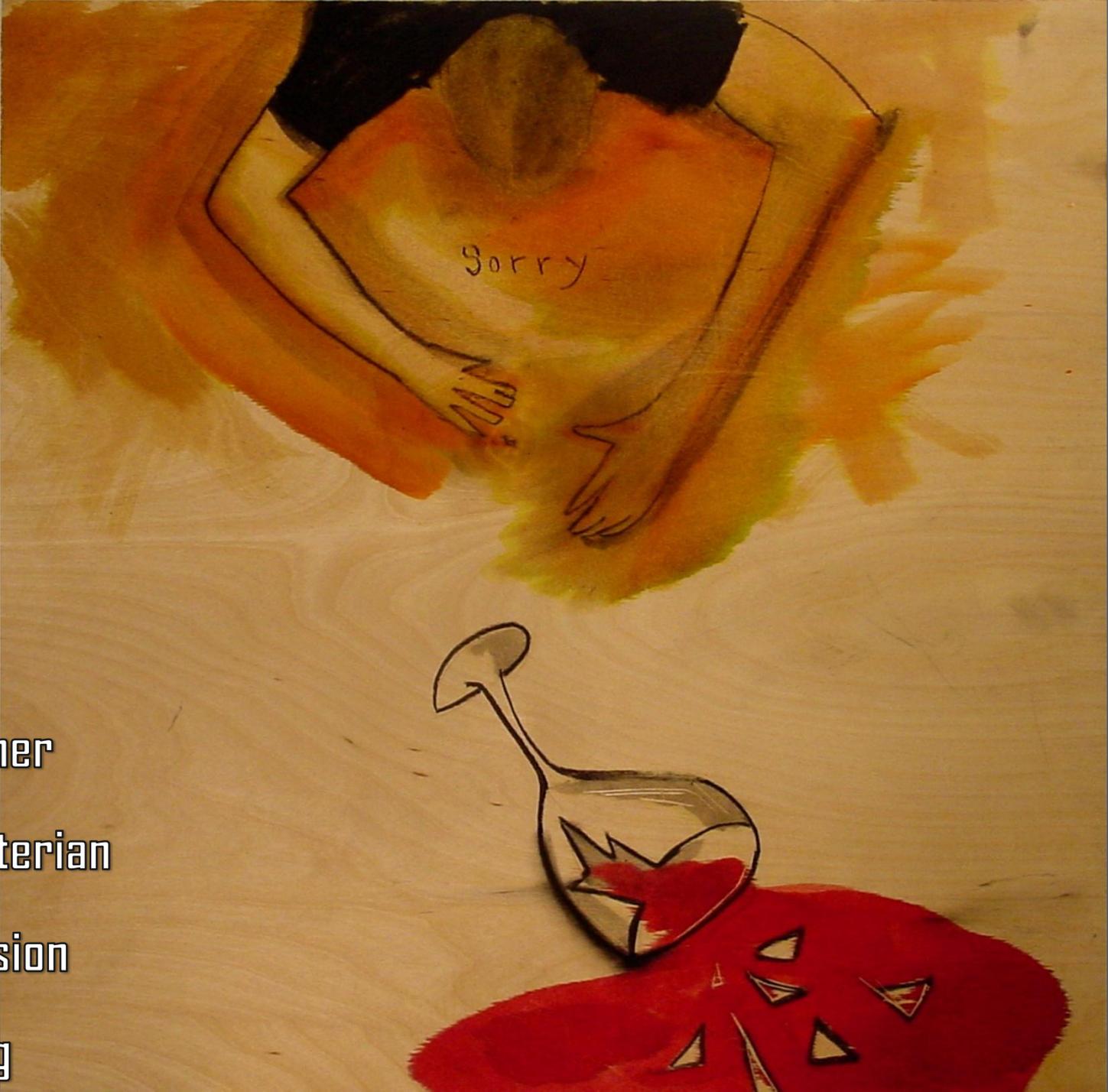
**We Praise You Lord**

River City Church  
Cambridge, ON

Sorry



Create in me a clean heart, O God.  
Renew a right spirit within me.



Redeemer

Presbyterian

Confession

Painting

Randy Beumer

The Ashes of  
Why



I'm  
L. x  
i's  
t e l  
h. i n  
g

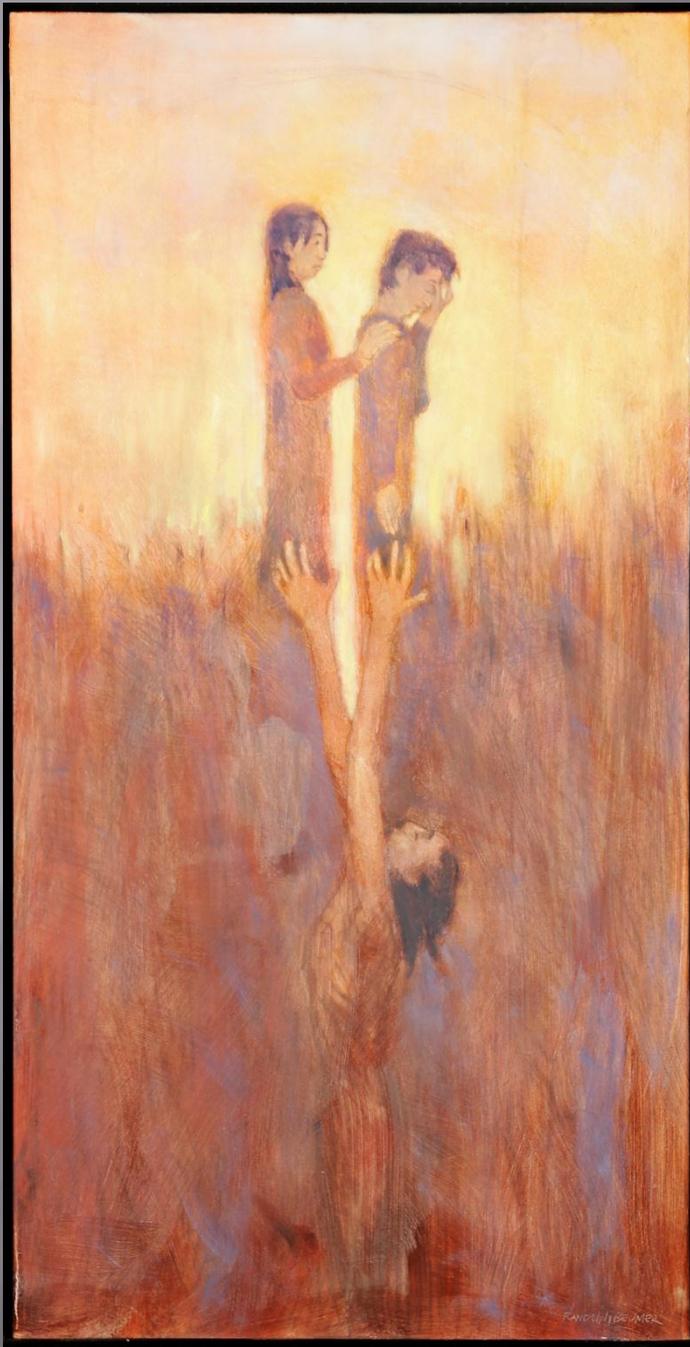
Bethlehem Church  
Randolph, NJ

I'm Listening

Help

River City Church  
Cambridge, ON





Randy Beumer

How Can I  
Help?

**Redeemer  
Presbyterian  
Gratitude Icon**

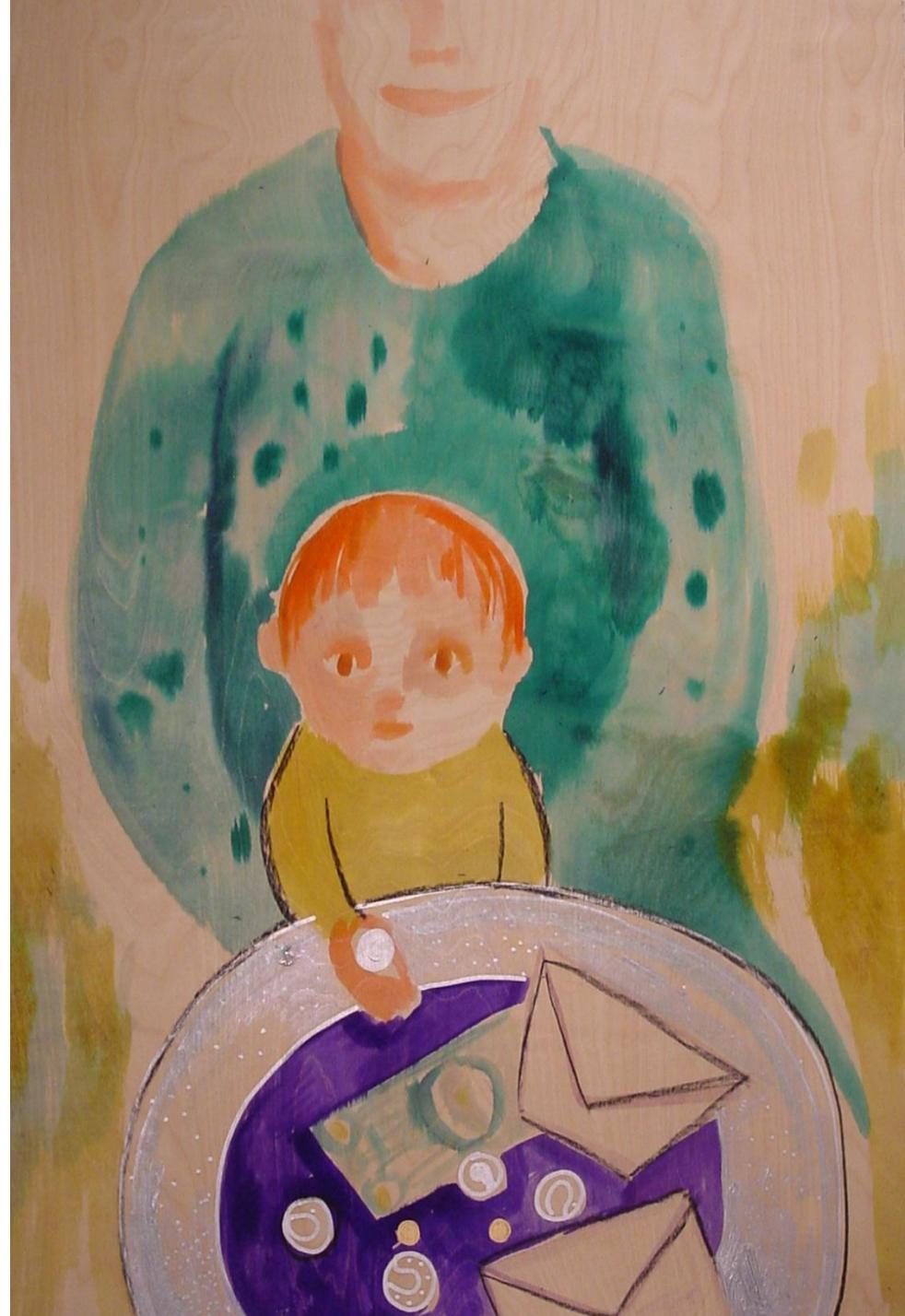


Redeemer

Presbyterian

Gratitude

Painting



What can I do?



River City Church  
Cambridge, ON

Redeemer

Presbyterian

Blessing

Painting

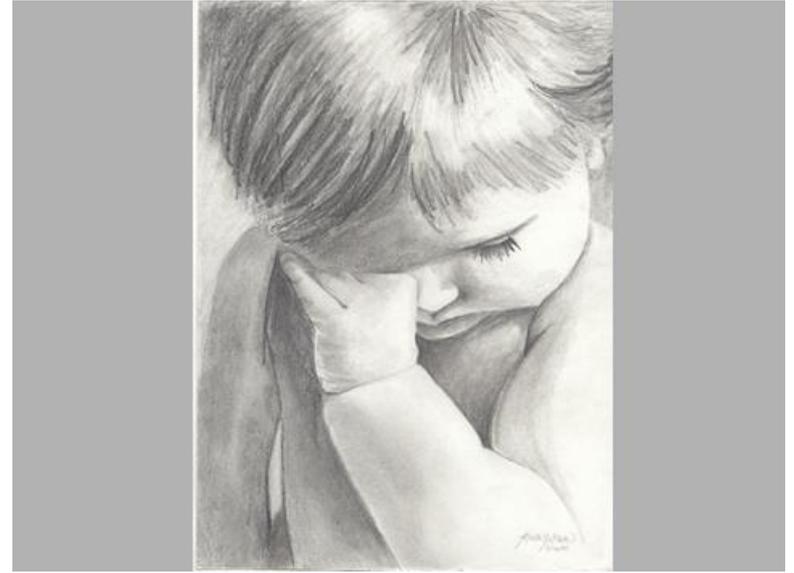


Muskegon Christian School, Muskegon, Michigan

Go Vertical!



# Unity Christian High School, Hudsonville, Michigan



# Who is using Vertical Habits?

## 2011 Worship Renewal Grant Recipients

- First CRC, Pella, Iowa
- Grace Lutheran Church, Upland, California
- Millbrook CRC, Grand Rapids, Michigan
- Princeton CRC, Kentwood, Michigan

## Past Grant Recipients

- Sunnyside Christian School (2008)
- Mayfield Central Presbyterian (2008)

- ▶ Wise is the congregation who seeks to more deeply understand worship and give voice to the multitude of emotions we express in worship.
  - ▶ Wise is the congregation who studies, prays and sings the Psalms to give voice to all the emotions we express to God.
  - ▶ Happy is the congregation that carries the spiritual vitality and rugged beauty of the Psalms from corporate worship into weekday living.
- 

<http://worship.calvin.edu/resources/resource-library/showcase-vertical-habits-worship-and-our-faith-vocabulary/>

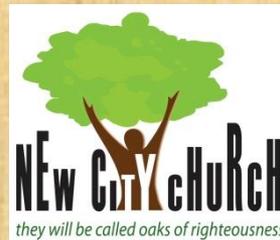
[www.xanga.com/cornerstonecrc](http://www.xanga.com/cornerstonecrc)



# New City Church

## Jersey City, New Jersey

**Loving Kids for Change:  
Using the arts, learning, and leading to invite children  
into the whole life discipleship of Christ.**



CALVIN INSTITUTE OF CHRISTIAN WORSHIP  
for the study and renewal of worship

This program is made possible through a Worship Renewal Grant from the Calvin Institute of Christian Worship, Grand Rapids, Michigan, with funds provided by Lilly Endowment Inc.

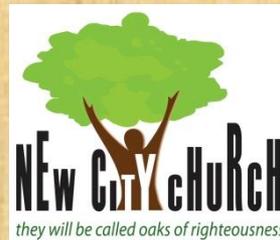
# **New City Church**

**Jersey City, New Jersey**

---

## **A Journey Through the Emotions**

### **Psalm 139 Video**



**CALVIN INSTITUTE OF CHRISTIAN WORSHIP**  
*for the study and renewal of worship*

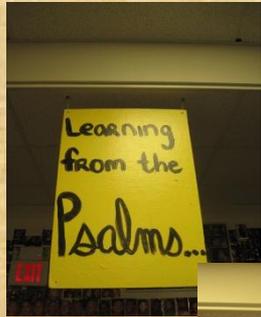
This program is made possible through a Worship Renewal Grant from the Calvin Institute of Christian Worship, Grand Rapids, Michigan, with funds provided by Lilly Endowment Inc.

---

# New City Church

Jersey City, New Jersey

## After School Center Theme "Relationship Toolbox" (Vertical Habits!)



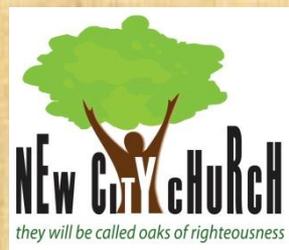
CALVIN INSTITUTE OF CHRISTIAN WORSHIP  
for the study and renewal of worship

This program is made possible through a Worship Renewal Grant from the Calvin Institute of Christian Worship, Grand Rapids, Michigan, with funds provided by Lilly Endowment Inc.

# New City Church

## Jersey City, New Jersey

### Psalm 23 Mural Project



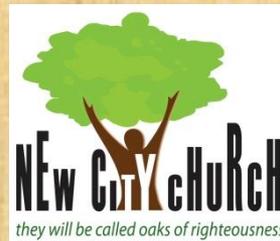
CALVIN INSTITUTE OF CHRISTIAN WORSHIP  
for the study and renewal of worship

This program is made possible through a Worship Renewal Grant from the Calvin Institute of Christian Worship, Grand Rapids, Michigan, with funds provided by Lilly Endowment Inc.

# New City Church

Jersey City, New Jersey

## Worship Services



CALVIN INSTITUTE OF CHRISTIAN WORSHIP  
for the study and renewal of worship

This program is made possible through a Worship Renewal Grant from the Calvin Institute of Christian Worship, Grand Rapids, Michigan, with funds provided by Lilly Endowment Inc.

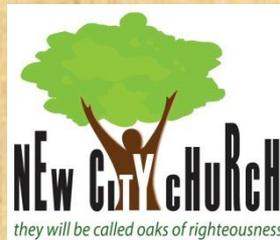
# **New City Church**

Jersey City, New Jersey

---

## **Highlights**

- ☐ Increased interest in Bible memorization and in Scripture more generally (from students who were surprised to find the Bible engaging and relevant)**
- ☐ Collaboration across New City's departments with a unified theme (After School Center, Teen Life Internships, & Discipleship)**
- ☐ Multi-sensory projects and activities (art, dance, drama, music, video)**



---

CALVIN INSTITUTE OF CHRISTIAN WORSHIP  
*for the study and renewal of worship*

This program is made possible through a Worship Renewal Grant from the Calvin Institute of Christian Worship, Grand Rapids, Michigan, with funds provided by Lilly Endowment Inc.

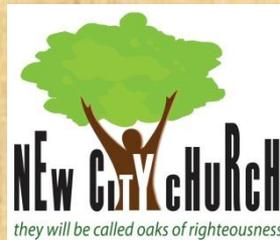
# **New City Church**

Jersey City, New Jersey

---

## **Resources**

- ❑ **Journey Through the Emotions video**  
**[http://www.youtube.com/watch?v=m2IJ\\_Krj3XE](http://www.youtube.com/watch?v=m2IJ_Krj3XE)**
  
- ❑ **Psalm Twenty-Three, Illustrated by Tim Ladwig, Eerdmans Publishing (1997)**
- ❑ **Psalms Now, by Leslie F. Brandt, Concordia Publishing House (2003)**
- ❑ **Psalms for Young Children, by Marie-Helene Delval, Illustrated by Arno, Eerdmans Publishing (2008)**



---

CALVIN INSTITUTE OF CHRISTIAN WORSHIP  
*for the study and renewal of worship*

This program is made possible through a Worship Renewal Grant from the Calvin Institute of Christian Worship, Grand Rapids, Michigan, with funds provided by Lilly Endowment Inc.

# **New City Church**

**Jersey City, New Jersey**

---

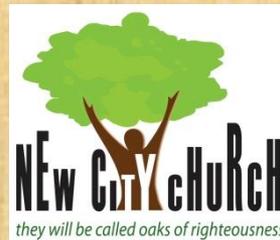
***Contact info:***

**Deborah Lemmen**

**deborah@newcitykids.com**

**201.915.9896**

**www.newcitykidschurch.com**



**CALVIN INSTITUTE OF CHRISTIAN WORSHIP**  
*for the study and renewal of worship*

This program is made possible through a Worship Renewal Grant from the Calvin Institute of Christian Worship, Grand Rapids, Michigan, with funds provided by Lilly Endowment Inc.

---

**Cornerstone  
Christian Reformed  
Church  
Ann Arbor, Michigan**

Young Kim

[www.xanga.com/cornerstonecrc](http://www.xanga.com/cornerstonecrc)

# Grace Brethren Church Long Beach, California

Jessica Garcia





sojourn  
COMMUNITY CHURCH























sojourn

# BEFORE THE THRONE

# Psalms and Authenticity

The Psalms teach us to sing and pray through the whole range of human emotions.

# Psalms and Theology

The Psalms meditate on God's attributes, his work, his promises, and more.

# Psalms and the Mission of God

The Psalms demonstrate the right orientation of worship and mission. Worship in the Psalms is directed to God, with his people, before the eyes of the watching world.

# Shaped by the Psalms



Laura Keeley, Director of Children's Ministries  
14<sup>th</sup> Street Christian Reformed Church,  
Holland, MI

# Old Banners



# The Beginning



- Adults designed the art and made the materials available.
- Kids did the art

# The Beginning

- Art with Children in Worship



# The Beginning



# Bigger ideas







# A Grant?

1. Visual arts
2. Vertical habits
3. Psalms

Team



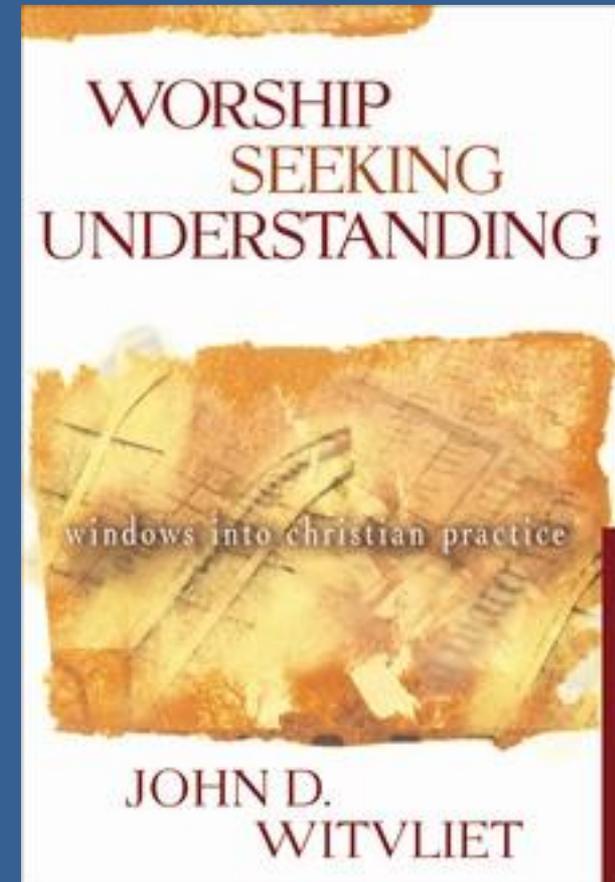
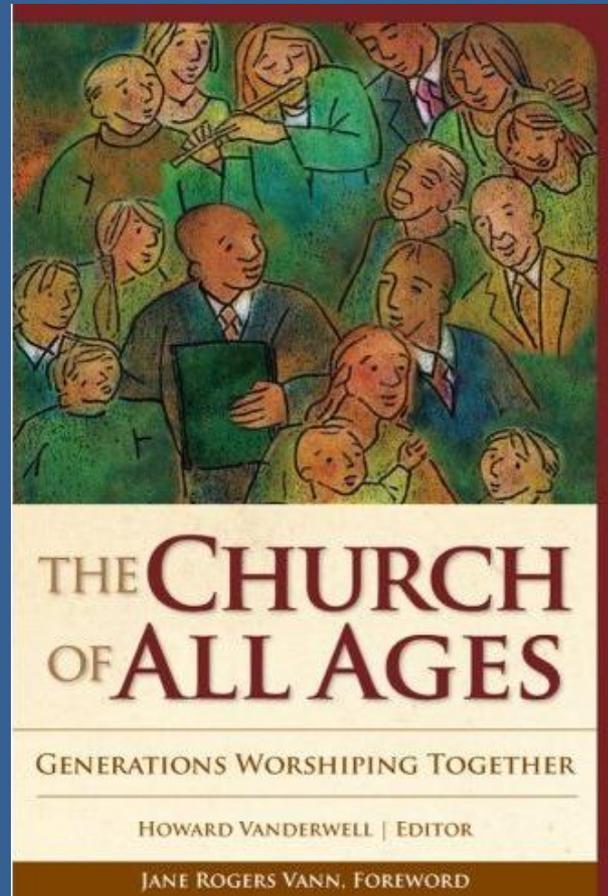
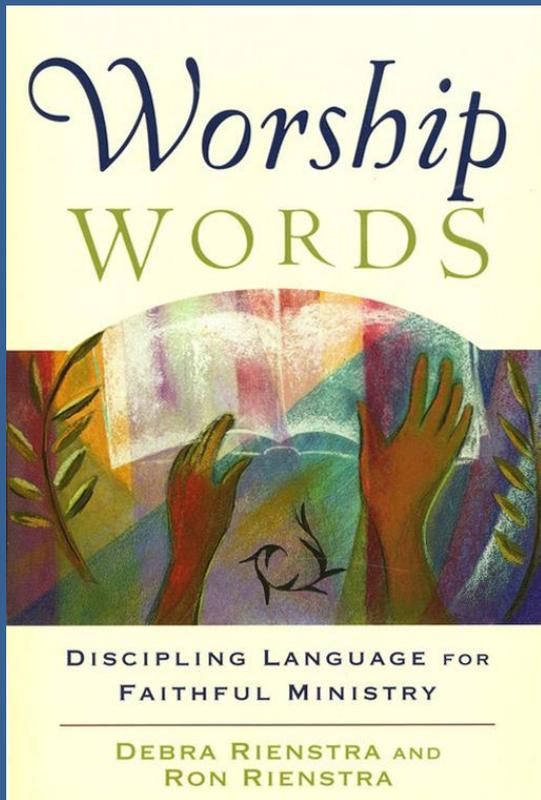
# A Grant!

1. Psalms
2. Vertical habits
3. Visual arts





# The grant team read books.



# Speakers

- Art: Betsy Steele Halstead
- Projection: Dean Heetderks



# Psalms Speaker Series

Sunday evenings with dessert and questions

- Deb Rienstra: Writing the Psalms: The Language of Song
- Emily Brink: Singing the Psalms: A Historical Journey



- Barry Bandstra: Hearing the Psalms with Hebrew Ears
- Ron Rienstra: New Musical settings for the Psalm

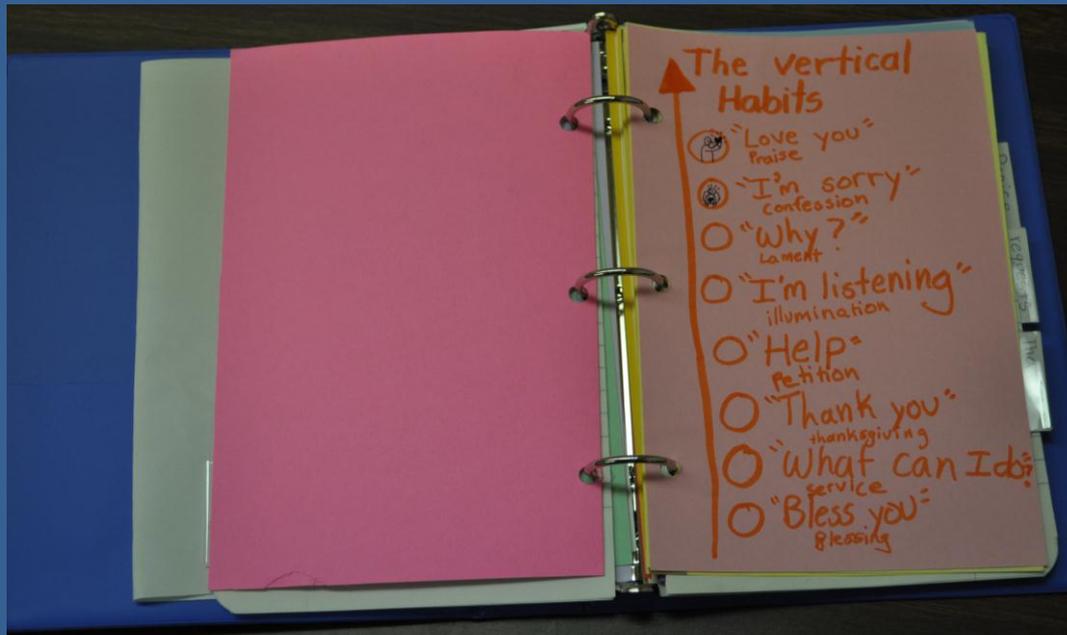


- Greg Scheer: Singing Psalms in Modern Worship
- Chris Overvoorde: Visuals in Sacred Space



# Children's Worship

- 3<sup>rd</sup> and 4<sup>th</sup> grade worship center worked with
  - vertical habits
  - worship words
  - Psalms



# Art In Worship

- Kids drawings

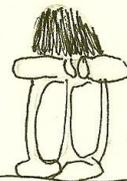


my Rock my my  
God God God  
Rock God  
my my is God God  
is  
my my  
Rock God Rock  
my is  
Rock God Rock  
Rock God Rock

THE LORD  
is my sheperd  
I shall not be  
in want.  
HE MAKES ME  
LIE DOWN IN  
GREEN PASTURES

Cry  
Help me Lord  
listen

LOST



# Intergenerational Events

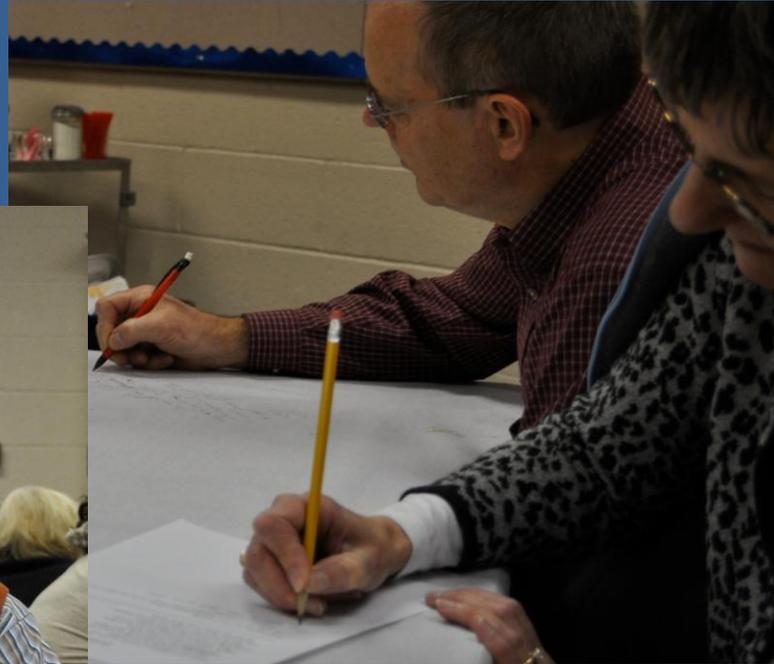
Psalm 107 – Thank You



# Reading of Psalm 107



# Rewriting Psalm 107



# 14<sup>th</sup> Street Psalm 107: 1-9

Hey 14<sup>th</sup> Street Family,

The Lord is good! He loves us! Always!

Everyone listen up and join us—

We know God is good.

He brought us from many places

and made us one family though his love.

Sometimes we had trouble figuring out what to do.

Others had problem making ends meet.

We called on God and he helped figure things out.

Praise him.

# Illustrate Psalm 107



# Illustrate Psalm 107





# Intergenerational Event Vertical Habits





Write synonyms  
for the vertical  
habit.

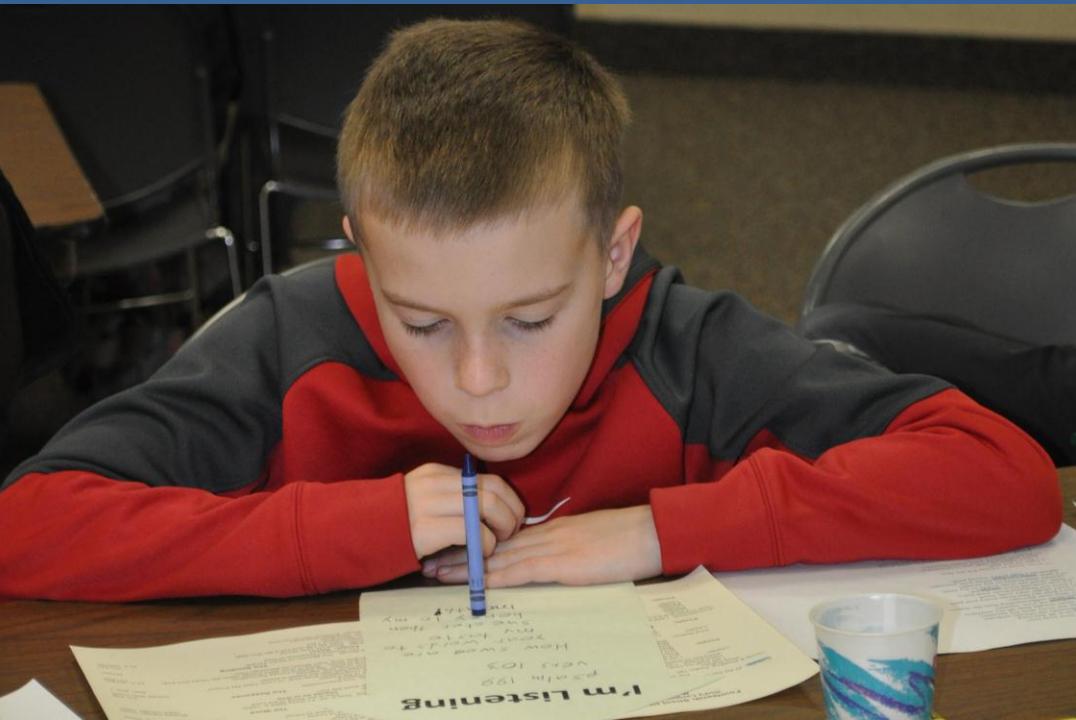


Pick one verse  
from a Psalm that  
illustrates the  
vertical habit.

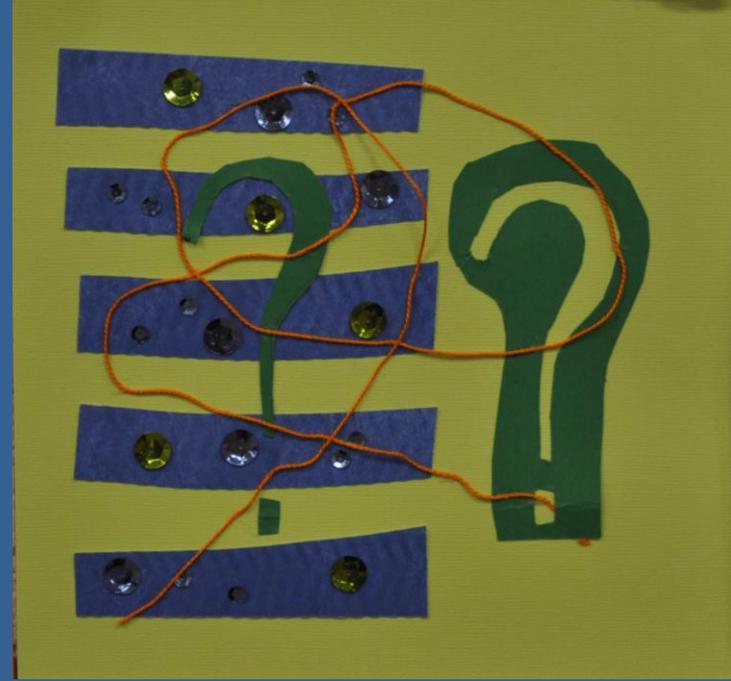




Where in our  
order of worship  
is that vertical  
habit  
represented?

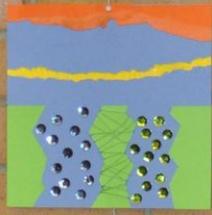


# Art Response



# Why?

How long will I  
Will you forget  
me forever?  
How long will you  
hide your  
face from  
me?





Help



What Can I Do?



Sorry



Love You



Thank You



Why?



I'm Listening



Bless You



**A Celebration of the Psalms:  
God's Language School**



10:30 AM Worship  
May 15, 2011

14<sup>th</sup> Street Christian Reformed Church

# Psalmsfest



# Psalmfest

- Order of worship highlighted the vertical habits
- Many different styles of Psalm singing



# Psalmfest Dinner



# Psalmfest



# Responses to the Psalms

- Mark reads a Psalms everyday. Some days he can't connect with a Psalms so he thinks "Who can Connect with it? " or "Who in this world could say those words today?" Other times he reads another Psalms to find one that he can understand. But he will come back to the difficult ones, again and again.
- Irma's grandpa died in 1956. He held on to the promises of Psalm 27. "The Lord is my light and my salvation of whom shall I fear." She is going through some difficult times and she holds on to Psalm 34 " I sought the Lord and after wards I knew..." Pray for us, You know us. You love us.

- Scott didn't want to do a high school chapel but says that God gave him a topic he had to talk about. He had been using the Psalms for prayer and learning new ways to pray.
- Tamara has been praying through the psalms. Before she didn't know the Psalms because her previous church didn't sing the Psalms. She purchased the Psalm Project CD and listens to it daily.
- Helen told about how the Chinese government is cracking down in China because of the unrest in the middle east... e.g.. Egypt and Liberia. Christian Chinese are under siege and Psalm 148 has special meaning for them. "He has raised up a horn for God's people. The people close to his heart."

# “Don’t Be Afraid”

## Psalm 46



# What we learned

- The Psalms are filled with emotion. We could share our joys and sorrows by connecting with the Psalms
- We learned to lament. Our Easter and Christmas worship services acknowledged that some people are present who are not able to rejoice.

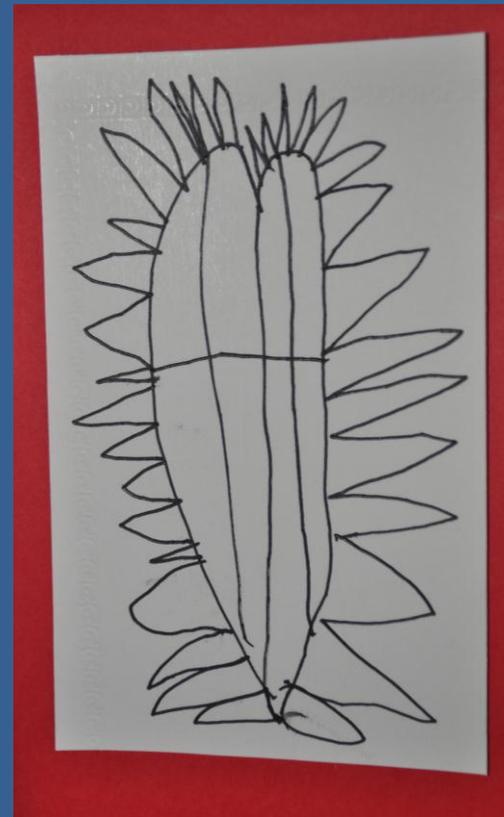
Displaying the art we had made helped us to connect to the ideas presented and led us to have more conversations about them.



# Post grant

- Psalms are read or sung in every worship service.
- Intergenerational Events are happening.
- We are reading books in small groups in other areas such as youth and mission trips.
- Invited CJ Grier to come and help us sing the Psalms in the gospel tradition.
- Maps of the globe were placed on the walls of the sanctuary and surrounded us for World Communion Sunday.

# Post grant Advent Devotional Book



# Post grant

The wolf will live with the  
lamb. the leopard will lie down with  
the goat the calf will be with  
the lion and the yearling together  
a little child will lead them.



# Post grant

- 3<sup>rd</sup> and 4<sup>th</sup> graders..  
Time of silence
- Use of *Psalms Project* in worship and Children's Worship
- Middle school youth group studying Psalms
- High school art response to their study of Revelation



# New banners at church

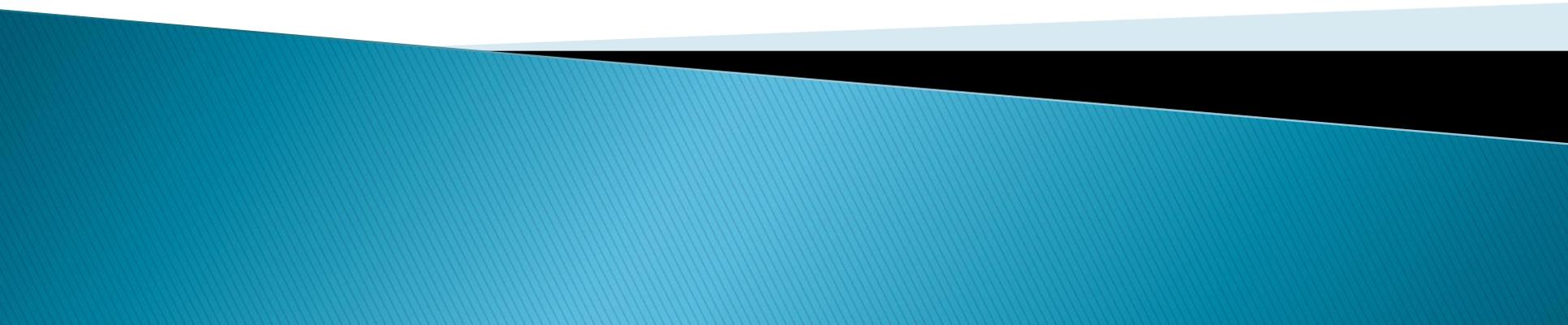




New  
perspective  
about what  
belongs in our  
worship space.

# First AME Bethel Church New York, New York

Henry Belin



# **USING LAMENT**

## and the Vertical Habits in

# **Adolescent**

# **Residential Psychiatry**

Cincinnati Children's Hospital Medical Center  
College Hill Campus

**Rev. Kristin Moore, M.Div.**  
**Staff Chaplain I**

# OVERVIEW

We used lament and the Vertical Habits in a psychiatric setting serving youth ages 8-17

By the end of the year, the Vertical Habits and using lament became a part of the language and culture of the treatment milieu

# OVERVIEW

Lament was used

- as a way to maintain in dialog with God in the face of loss, suffering, and righteous anger
- as a form of faithful protest
- to provide a ritualized way to express anger, grief, and emotional / spiritual pain

# Outline

This story is presented in the following order:

- I. Description of the setting  
hospital > psychiatry > residential
- II. The environment of care
- III. Using lament and Vertical Habits
- IV. Discussion of Outcomes  
– great for this setting!

# The Big Picture – Cincinnati Children's

Psychiatric services provided at  
Cincinnati Children's College Hill Campus

Inpatient – short term, acute

Residential – long term, chronic

Partial – partial day, used to transition

Outpatient – outpatient therapy



# ENVIRONMENT OF CARE

## **Adolescent Residential Psychiatry**

(a locked facility)

Ages: 9 - 17 years

Stays: 1 mo. - 1 year (temporary “home”)

Diagnoses:

- wide range of mental illnesses

- behavioral / personality disorders

Majority have trauma history including

- physical and / or sexual abuse

## ENVIRONMENT OF CARE, cont.

**Clients commonly demonstrate one, many, or all of the following behavior traits:**

Distortions in thinking and perception

Inability to self-regulate

Unpredictable / explosive / impulsive behaviors

Inability to maintain themselves in the community due to inability to keep one's self or others safe (self-harm or assaultive)

## ENVIRONMENT OF CARE, cont.

### Primary goals for staff:

**\*\*\*\*\* Safety is ALWAYS the \*\*\*\*\*  
highest order of business**

Maintain a therapeutic milieu with adolescents who exhibit unpredictable and potentially dangerous behaviors

Teach and model self-regulation skills to clients

Adaptable to the needs of the moment

# ENVIRONMENT OF CARE



# THE EXPRESSIVE ARTS

We used a wide range of expressive arts to teach the Vertical Habits and engage in lament



## USING LAMENT AND THE VERTICAL HABITS

With clients, using a 14 week cycle, 3x a year:

### VERTICAL HABITS

- |           |                                    |
|-----------|------------------------------------|
| Week 1    | Vertical Habits overview           |
| Weeks 2-9 | Focus on one VH each week          |
| Week 10   | Celebration! clients get tee shirt |

### LAMENT

- |             |                             |
|-------------|-----------------------------|
| Weeks 11-14 | Lament, using various media |
|-------------|-----------------------------|

# The Vertical Habits



**“Love You”**

Praise



**“I’m Sorry”**

Confession



**“Why?”**

Lament



**“I’m Listening”**

Illumination



**“Help”**

Petition



**“Thank You”**

Thanksgiving



**“What Can I Do?”**

Service



**“Bless You”**

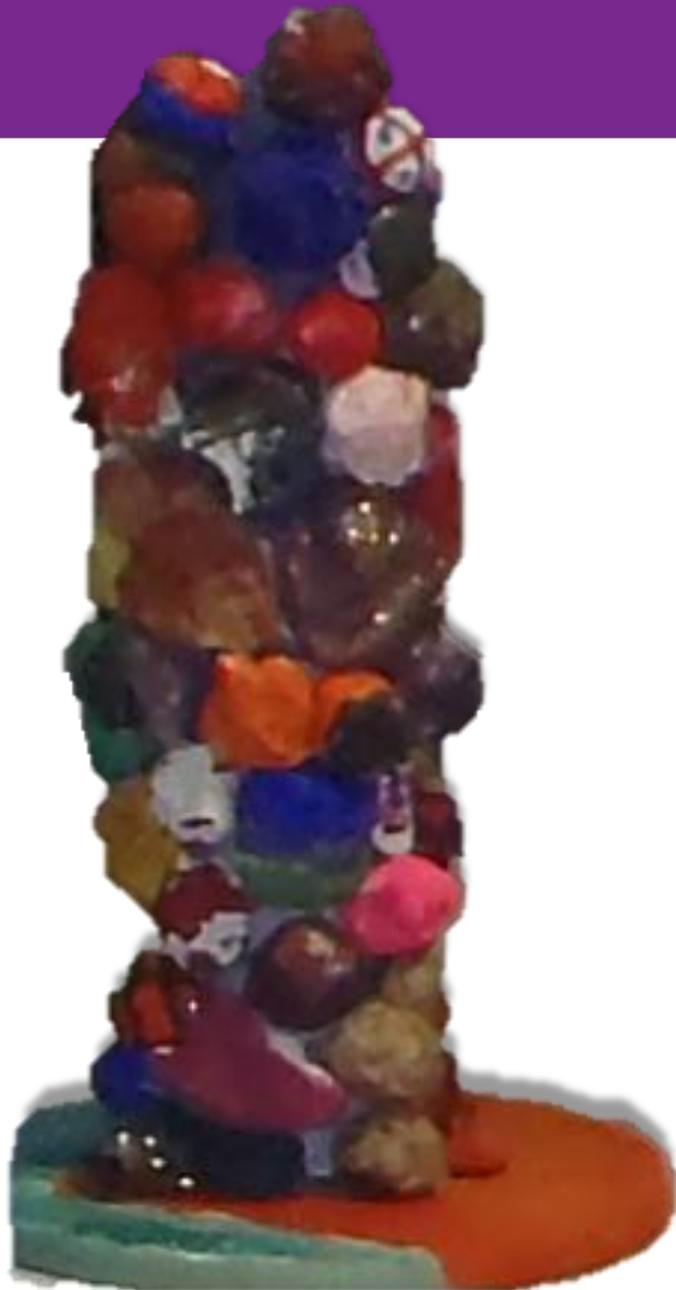
Blessing

**MAKE THEM A HABIT**

# INTEGRATING LAMENT INTO PROGRAMMING

Chaplain and Art Therapist partnered to:

- structure worship using the Vertical Habits, which allowed a weekly opportunity to lament
- provide experiential opportunities to lament visually, verbally, musically, theatrically, and using movement
- provide rewards for doing hard spiritual work



## FREQUENCY OF ENGAGEMENT

Weekly:  
Chaplain's groups  
Art and Worship groups  
Worship Service

Prayer  
Pillar



## DRUMMING GROUPS

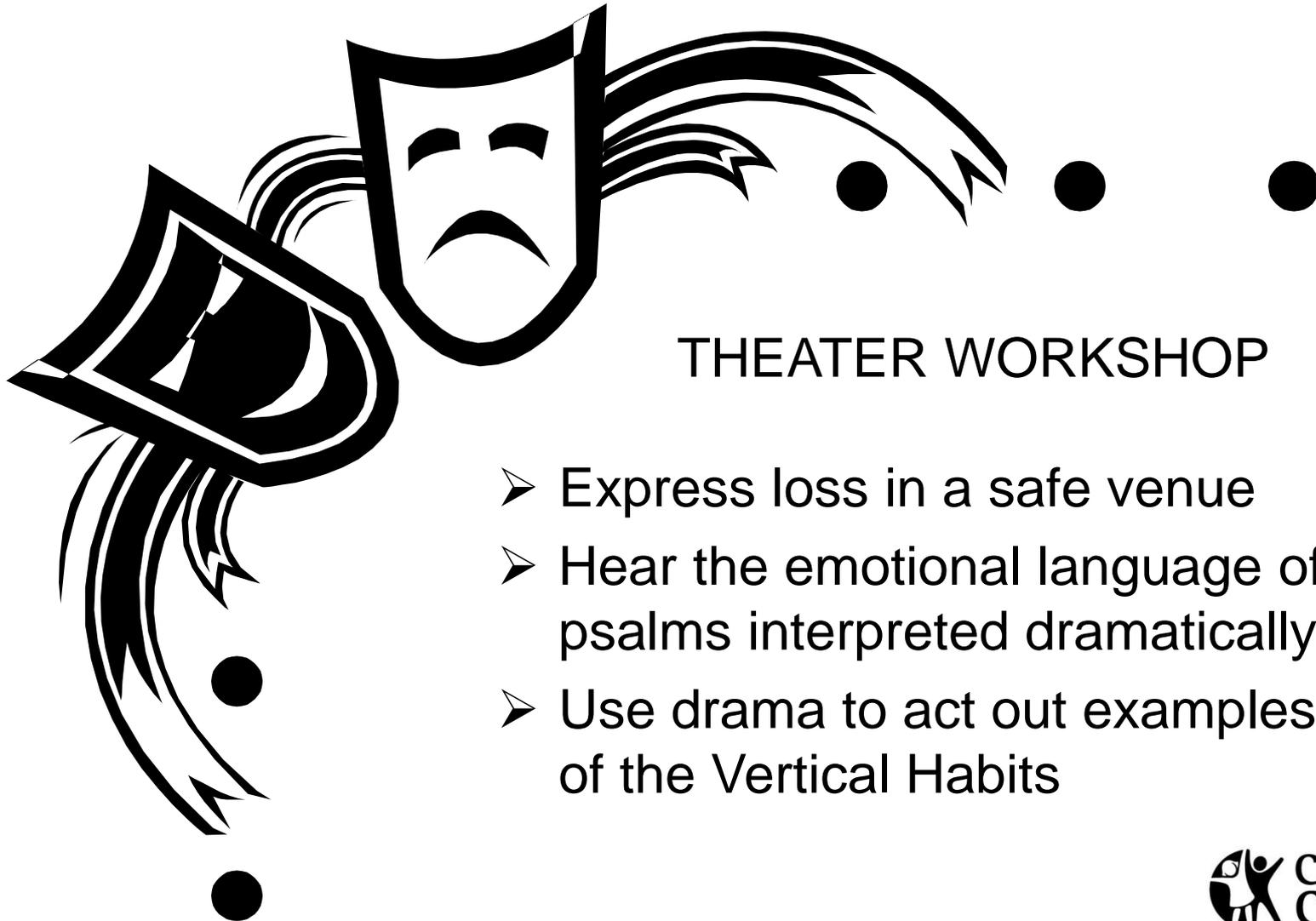
Use the drum to:

- express a lament
- confess
- make a petition
- express thanksgiving
- do an act of service
- practice listening



## MOVEMENT GROUPS

- lament suffering
- express praise
- give thanks
- serve others
- offer blessing



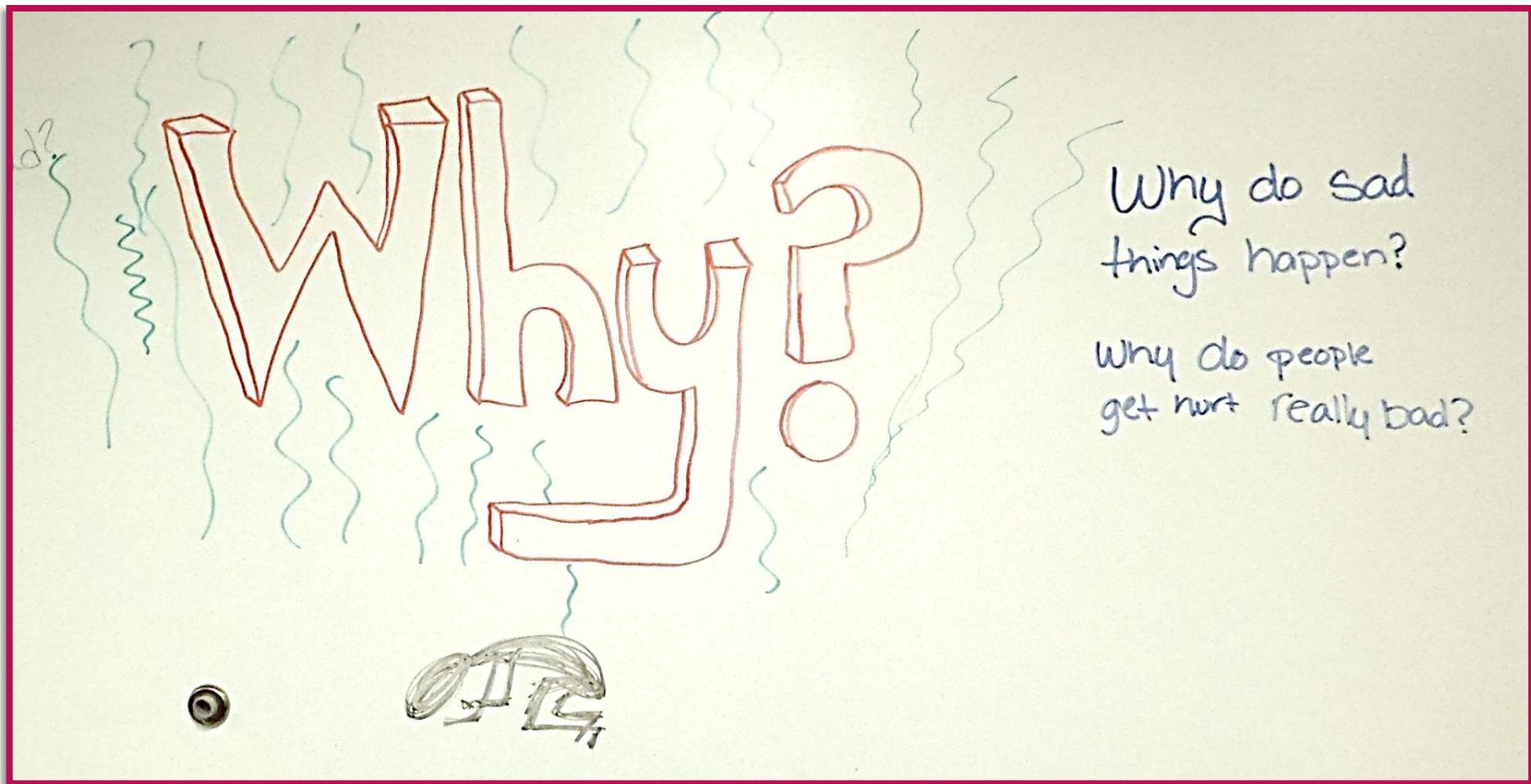
## THEATER WORKSHOP

- Express loss in a safe venue
- Hear the emotional language of the psalms interpreted dramatically
- Use drama to act out examples of the Vertical Habits



Lament Quilt





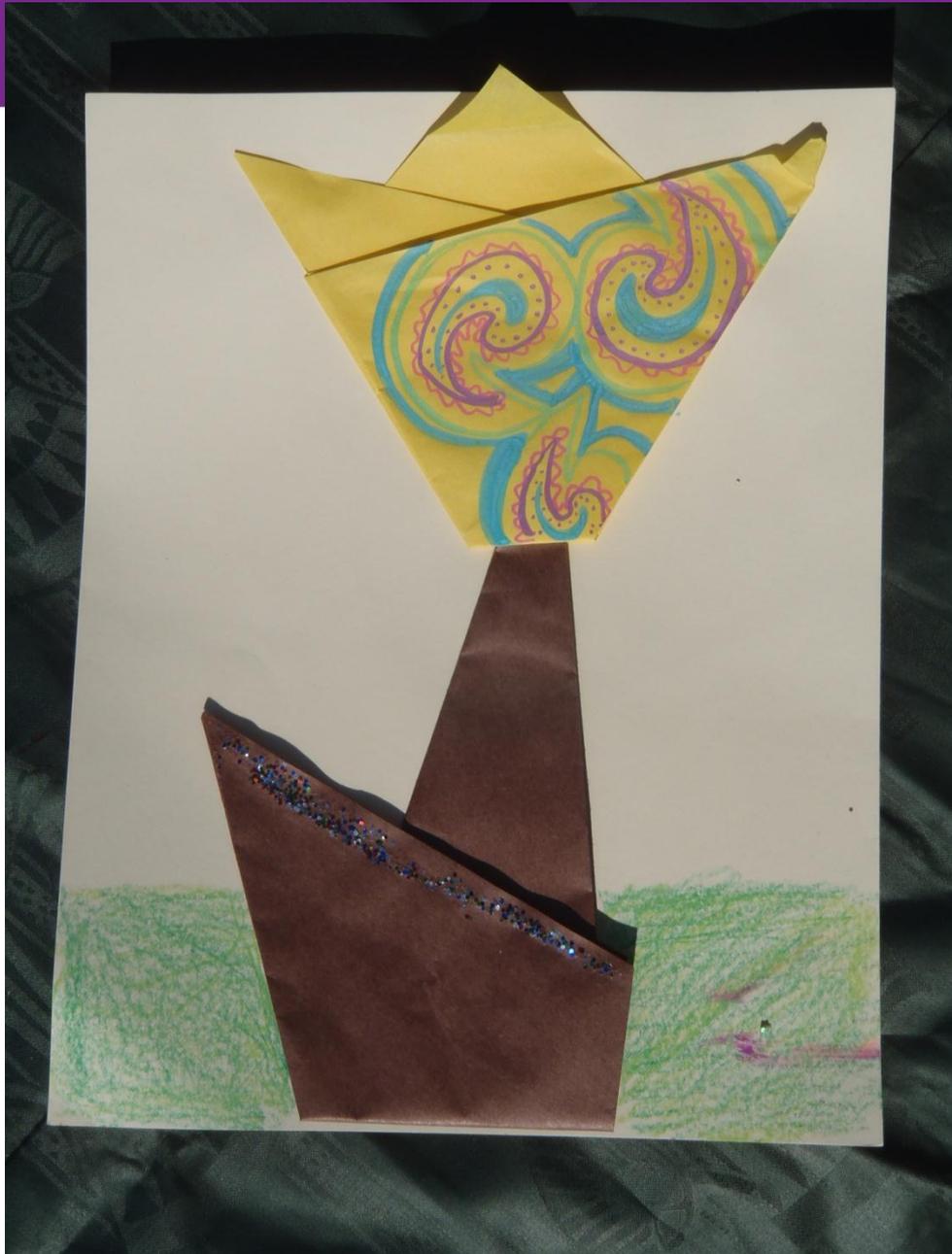
Client lament, drawn on a white board in the worship space

# Lament Bowls



# Confession Vases



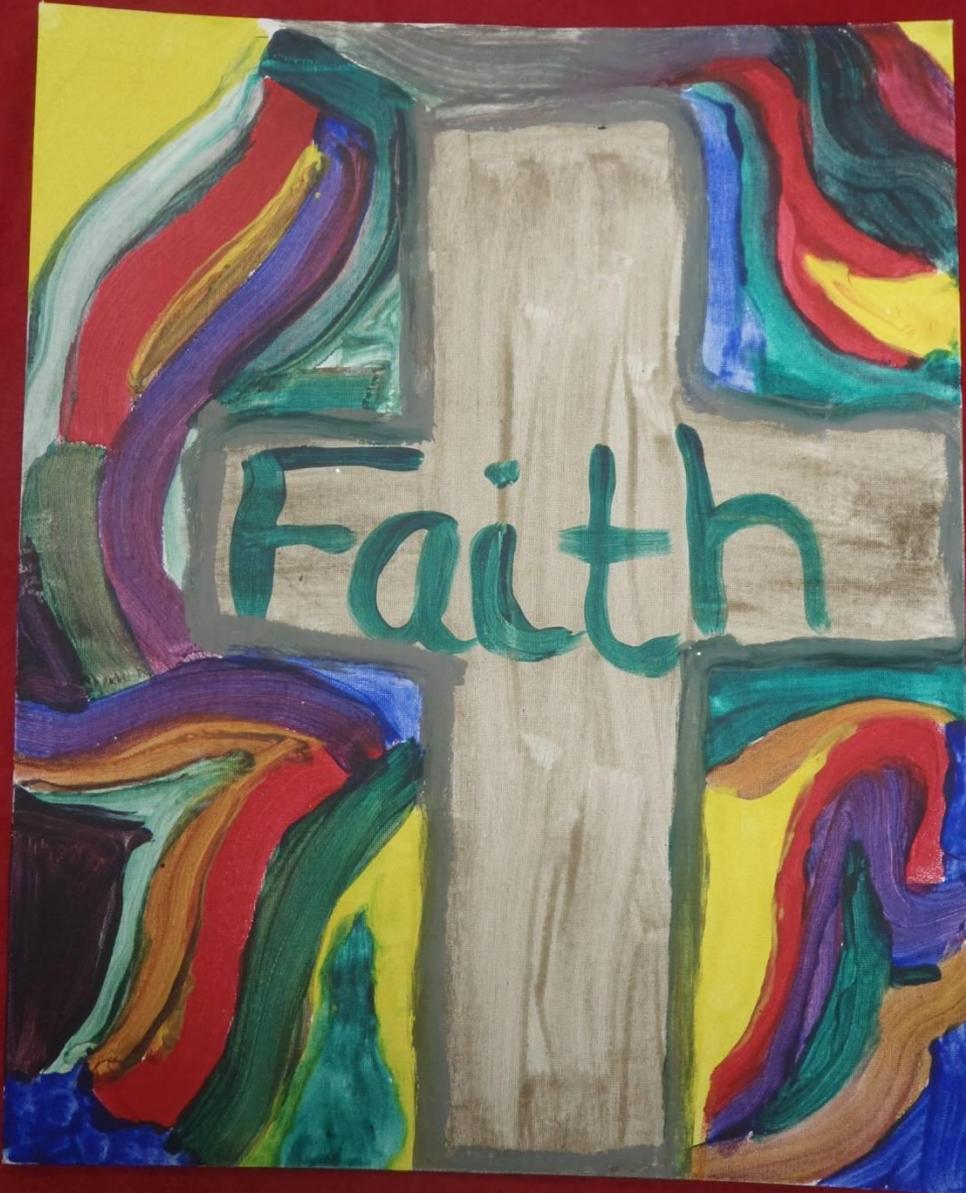


# Origami Confessions

A group of people are gathered in a community room, playing djembe drums in a circle. In the center, a large, colorful tapestry is laid out on the floor, featuring various religious and spiritual symbols and text. The room is carpeted and has several folding chairs arranged around the drummers. In the background, there are tables with information displays and other people walking around. The overall atmosphere is one of community and spiritual expression.

## Spiritual Journey Service Project





Paint your Prayer



# Blessing Boxes

## WORKING WITH STAFF

**Challenging environment –  
physically, emotionally, spiritually**

Vicarious trauma

Assaults to core beliefs – theodicy

Constant threat of being harmed

Recurrent themes of “will it be enough?”

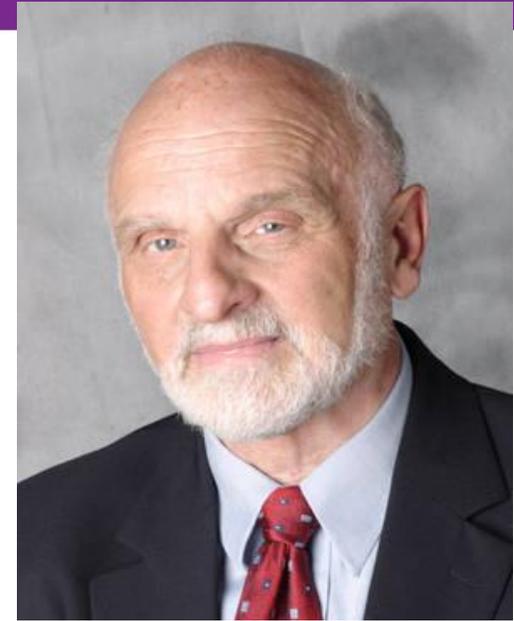


# USING LAMENT AND THE VERTICAL HABITS

## **With staff**

Educating staff about the meaning, intended purpose, and hoped for benefits of the Vertical Habits with the clients

Utilization of lament at two day-long worship-based professional development retreats



Retreat activities included:

- Dr. Walter Brueggemann speaking on the lament Psalms
- Creation of lament rain sticks
- Writing of laments

## WHY THE VERTICAL HABITS WERE WELL SUITED TO THE RESIDENTIAL SETTING

- In a multi-faith, multi-cultural setting, the Vertical Habits gave us a way to speak about God which was not religion-specific
- In a setting where learning delays and language deficits are common, the Vertical Habits spoke in easily accessible language
- In their simplicity, the Vertical Habits were easily accepted by clients and appreciated by staff

## WHY ... continued

- The Vertical Habits provided a model for a population which struggles with building and maintaining healthy relationships
- The order of the Vertical Habits provided a convenient structure on which to base the liturgy for worship and to organize groups
- The tee shirts became an outward way to identify clients and staff as a community

## WHY USING LAMENT WAS WELL SUITED TO THE RESIDENTIAL SETTING

- Our youth were already lamenting, but not in conscious, intentional ways. Rather they were using maladaptive behavior to express their pain, loss, and brokenness.
- Creating a structured framework in which to express lament allowed individuals to voice their pain in a way that felt safe

## WHY... continued

- Creating a structured time for lament put a boundary around the process, which helped clients regulate their feelings
- By providing non-verbal ways of expressing lament, clients felt more empowered to “name” their pain and “express” their protest
- Doing this in a group setting fostered a sense of solidarity among group members

## USING LAMENT WITH STAFF

Using lament with staff was a very powerful experience.

They were able to

- name feelings they had carried for years
- lament the suffering of youth they serve
- speak their anger regarding the abusers
- acknowledge the impact this work has had in their own lives and on their beliefs

**AND...**

**we were able to do all this  
while framing it  
in the context of worship**

# Acknowledgements

- This program is made possible through a Worship Renewal Grant from the Calvin Institute of Christian Worship, Grand Rapids, Michigan, with funds provided by Lilly Endowment Inc.
- My deep appreciation goes to Art Therapist Gina Roell for her partnership on this project
- Thanks to the many dedicated staff who serve in this setting and who have taught me much about caring for traumatized youth

# Shaped by the Psalms

Calvin Symposium on Worship  
January 26, 2012

Learn more at:

<http://worship.calvin.edu/resources/resource-library/symposium-2012-shaped-by-the-psalms>