

Press release

Laughter is a language of the world

CaBri sound installation „Laughing allowed“ Altstaedter Nicolaikirche at Bielefeld

For the first time, the tower of the Altstaedter Nicolaikirche at Bielefeld will sound different than usual.

The church bell in the center of Bielefeld will announce its quarter-hour time signal with a laugh in the period from 23 April to 7 May 2017. The laughter melody will be heard four times an hour from 10 am to 6 pm, ever more intensively up to the hour. The bells of the church clock and the glockenspiel will rest during the time.

The sound installation "Laughing allowed" is an art action of the Frankfurt artists **CaBri, Carolyn Krüger and Brigitte Kottwitz**. The project is presented to the public for the sixth time. The laughter "from above" can encourage the smile, but also to laugh. The church tower, which attracts attention by bells, places the passing pedestrians into an unfamiliar situation. A moment of pause, reflection and amusement.

The patrons of this event in Bielefeld are **Dr. Eckart von Hirschhausen**, foundation "Humor Hilft Heilen" and **Michael Berger**, Humorkirche - Temple of Humour, Wiesbaden. The organizers are StadtKirchenArbeit in cooperation with the Laughter Yoga teacher Silvia Rößler and the artists CaBri. The art action will be accompanied by numerous lectures, worship services, infostations, laughter, **videomessages - Dr. Madan Kataria and Dr. Eckart von Hirschhausen** and the 19th World Laughter Day on Sunday 7 May.

As part of the **NACHTANSICHTEN (NIGHT VIEWS)**, we will see Laughter Yoga in the Nicolaikirche with Susanne Heidel and Silvia Rößler, Saturday, 29 April, 6 pm. Everyone can laugh.

Opening with an **Easter laughter worship service** is on Sunday, 23 April at 10:30 am. A year ago this was already held with great success with Rev. Armin Piepenbrink-Rademacher and Silvia Rößler. **Silvia Rößler** from the East and historic center laughter in Bielefeld will tell you about **"Humour, wit and laughter - life motor and anchor"** on April 25, 7:30 pm. As a certified Laughter Yoga teacher and laughter club leader she offers trainings and seminars. Her book, "Laughing in spite of it all, may I laugh when I am sad?" is very readable. Silvia Rößler, together with Susanne Heidel, Laughter Yoga Capella Hospitalis, invites you to talk and join in their infostations. Times are in the invitation flyer.

Harald-Alexander Korp accompanied CaBri on several sound installations. His lecture with pictures **"Is God Laughing? Wit and Humour in Religions"** is based on his researches of laughter in Christianity, Judaism, Buddhism and Islam. He wonders whether the laughter has passed to the religions and about what do believers actually laugh today? His amusing lecture begins on Sunday, April 30 at 5 pm. He has published many books on the subject of laughter and is a member of HumorCare.

Susanne Hill, chairman of Clownkontakt e.V. and humourist of the Hirschhausen Foundation "Humor Hilft Heilen" will be presented on May 2 at 7:30 pm in a lecture on "Laugh on Recipe? Humour in the care". The association is also represented by an infostand in front of the church.

On Wednesday, May 3. at 6 pm **Monika Fey-Nolze, Hans-Patrick Nolze and Marion Jöhren** of the SHS (Holte-Stukenbrock Castle) will present Laughter Yoga and singing for a happy soul under the motto **"Lach'ste Töne!"**.

What does laughter mean?

As a language that is understood throughout the world, laughter is a message of peace. The Laughing Church Tower symbolizes this power source and invites you to think and to laugh. The tower of the Nicolaikirche is a signal, a memory and a smile for oneself and others. There are following questions:

“How do I go through the world?”, “Do I meet others openly and smiling?”, “Can I take conflicts with humour?”, “How does a mindful contact with people look?”.

The church tower rings with laughter and thus speaks the world language, which does not need a translation. Laughter provides comfort, love, relaxation and amusement in the heart. Laughing connects and laughing is healthy. Powerful and peaceful common deeds follow like the answer to a question.

The idea of the “Laughing Church Tower” came from our commitment to the global laughter yoga movement. To go through the world with serene and peaceful life inspired the Indian physician **Dr. Madan Kataria and his wife Madhuri Kataria** to the concept “**Laugh without reason**”, which literally translates into the well-known saying “Laugh is healthy”. Laughter yoga allows for a constant and intense laughter and has been enthusing people since 1995. It is practiced worldwide in tens of thousands of laughter clubs, as well as in institutions such as kindergartens, schools, companies, hospitals and senior homes.

Laughter yoga teachers and clinic clowns help us master the fear of the challenges of life and move forward boldly and cheerfully. Thus, the project also includes: “Laughter Wanted”. Let us laugh together.

On the **19th World Laughter Day, Sunday 7 May at 2 pm**, all laughter yogis around the world are laughing for peace in our world. All people are called to connect and laugh.

Carolyn Krüger and Brigitte Kottwitz have been collaborating for years as a couple of artists with the name CaBri. The installation “Laughing allowed” took place in a village church in the Odenwald 2007, in Frankfurt/Main 2010, in Berlin-Kreuzberg 2011, in Alsfeld (Hessen), in Basel (Switzerland) in 2012. Her artistic work include films, videos, ceramics and installations. Both are active in the global laughter movement. Kottwitz founded and led the laughter club in Frankfurt since 1999 and is on the way as a laughter ambassador, Krüger operates the German laughter yoga forum Lachclub.info. Both are also a member of HumorCare.

The artists are present at the opening and on the World Laughter Day.

We would like to thank all sponsors and supporters:

Evangelische Altstädter Nicolaikirche

Pfarrer Armin Piepenbrink-Rademacher

Silvia Rößler

Eckart von Hirschhausen Stiftung „Humor Hilft Heilen“

Michael Berger, Humorkirche - Tempel des Humors, Wiesbaden

Madhuri und Dr. Madan Kataria

HumorCare Deutschland

Clownskontakt e.V.

Karlheinz Dentel Veranstaltungsservice, Raunheim

For further information: Silvia Rößler Tel. 0170 8056038 and CaBri Tel. 069 5963911

info@altstadt-nicolai.de

www.lachyoga-silvia-roessler.de

www.cabrikunst.de

www.lachclub.info

www.laughteryoga.org

www.humorhilftheilen.de

www.clownskontakt.de

www.humorcare.com

Photos: Dr. Eckart von Hirschhausen, Michael Berger, Madhuri and Dr. Madan Kataria
Copyright by their respective photographers