

Holding Space

The practice of 'Holding space' refers to the act of being *fully present*. A conscious effort to maintain a safe accepting environment, free from distractions, where you can listen attentively to the other be that someone else or the still small voice of God.



Vessel Meditation

The day will begin with a guided meditation using a found object as your inspiration for an imaginative narrative and prayerful exploration.

Creating Form

The rest of the day will be spent meditating as you make in response to this initial meditation.

Paper and cloth or various forms, air dried clay, wet felting and needle felting are all available to be explored as mediums for enabling your ideas to take shape as you give yourself space and time to acknowledge the emotions and epiphanies that may arise while your hands are busy in the embodied making process.

At the end of the day, you will have your own vessel to take home to hold space or whatever you choose to place in it.



Our Facilitator



Liz is the Art Facilitator here at the Bield. Trained in the Ignatian tradition, leading creative retreat days is part of her ministry here, and an integral part of her own spiritual journey.

She is always excited by opportunities to create liminal spaces where, for a short time, perhaps the unimaginable becomes possible and the mysteries of God can be revealed through our own creative expression.

Booking information

Cost : £65

(Includes morning coffee, lunch and afternoon tea and all materials)

Please book through reception at:
Info@bieldatablackruthven.org.uk

or

01738 583 238

After booking, please pay cost in full.

Cheques & BACS are payable to:
The Bield Christian Company Ltd
Sort Code: 83-47-00
A/C 00100095

Please include surname as reference
Card payments can be made over the phone.

Extend your stay?

**You might like to come to the Chapel
at 9 am or 5 pm**

**You might like to stay the night before
or after the retreat.**

**The Bield at Blackruthven
Tibbermore
Perth PH1 1PY**

Tel: 01738 583 238

www.bieldatablackruthven.org.uk

Scottish Charity SC 027462



The Bield at Blackruthven

Holding Space Vessel Making Days



26th March
07th May
08th October
03rd December

10:00-16:00

Facilitated by
Liz Crichton