

Why silence?

Most people have a yearning for tranquillity and peace. By taking part in a silent retreat, you will have the opportunity to draw back from the normal routines and busyness of life to reflect and allow space for new encounters.

An introduction to ways of stilling yourself and prayer materials will be provided. All ways of praying are a means of developing or deepening your relationship with God. There will also be opportunities for creative expression, if desired.

During the retreat there is an invitation to meet with a guide, who may help as a 'sounding board', helping to listen for God's presence in the circumstances of your life.

Silence holds open a space where people can journey deeper into their own relationship with God and creation.

"It was said of Abba Agathon that for three years he carried a stone in his mouth, until he learnt to keep silence."

Desert Wisdom



A space to share some of your experience at the end of your retreat, if you so wish, is also offered but, otherwise, participants remain in silence. Other guests may be around who are not in silence, but you will have support to stay in silence yourself.

We suggest that you wear warm, comfortable clothing, as you might like to go for a walk in the grounds (Wellies are a good idea if it's wet). A journal and pen may also be helpful.

I look behind me and you're there, then up ahead and you're there too - your reassuring presence, coming and going.

Psalm 139: 4-5

Facilitators

Silent retreats are facilitated by The Bield Pastoral Team members, who are experienced in spiritual accompanying, listening and retreat leading.

"First, silence makes us pilgrims. Second, silence guards the fire within. Thirdly, silence teaches us to speak."

H Nouwen

Booking information

Cost : £65 – one day
£160 – two day
£255 – Three day

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

Multiday Silent Retreats



21-23 May 2025

25-27 November 2025

10:00 on day of arrival to
16:00 on day of departure
Come for as many or as few days as you
wish

Facilitated by
Bield Pastoral Team