

## ***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

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

Please book through reception at:  
[Info@bieldatablackruthven.org.uk](mailto: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](http://www.bieldatablackruthven.org.uk)*

*Scottish Charity SC 027462*



The Bield at Blackruthven

## One Day Silent Retreats



05<sup>th</sup> February 2025  
27<sup>th</sup> February 2025  
21<sup>st</sup> May 2025  
07<sup>th</sup> August 2025  
28<sup>th</sup> October 2025

10:00-16:00

Facilitated by  
Bield Pastoral Team