



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', listening with you 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 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 remain in silence yourself.

We suggest that you wear warm, comfortable clothing, as you may like to go for a walk in the grounds (wellies are a good idea if it is 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 members of The Bield Pastoral Team, who are experienced in spiritual accompaniment, 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

Programme fees

- 1 day: £75
- 2 day: £175, including 1 overnight stay
- 3 day: £275, including 2 overnight stays
- 4 day: £375, including 3 overnight stays

To make a booking, please contact reception at:

info@bieldatablackruthven.org.uk
or 01738 583 238

An invoice will be issued on booking,
and full payment is required in advance.

BACS details

The Bield Christian Company Ltd
Sort code: 83-47-00
A/C 19903180

Please include your surname as the
payment reference.

Card payments can be made by phone.

**The Bield at Blackruthven
Tibbermore**

Perth PH1 1PY

Tel: 01738 583 238

www.bieldatablackruthven.org.uk

Scottish Charity SC 027462



Extend your stay?

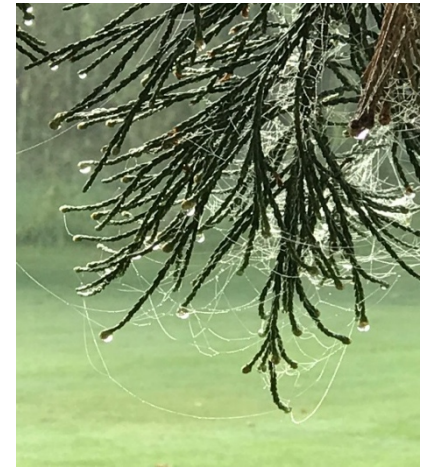
**You might like to come to the Chapel
at 9 am or 5 pm.**

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



The Bield at Blackruthven

Multi Day Silent Retreat



24-27 March 2026
03-06 November 2026

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