

Soul Song

What song is stirring in your heart that you want to sing?

How does your soul magnify God?

During this day retreat we will ponder these questions with Mary's Magnificat as our companion. Mary's Magnificat is the oldest Advent hymn, and it is probably the most revolutionary one ever sung. It is a song in praise of the God who turns the world upside down.



We will listen afresh to the Magnificat using musical lectio. There will also be the opportunity to try writing your own Magnificat, the song of your soul.



Our day will be balanced between time together, time for personal prayer, and sharing with others. There will be space to express your inner reflections through creative expression and embodiment.

After lunch, there will be some free time, so you might want to bring walking shoes/boots and swimming things. You may also want to bring a journal and pen.

*I am the singer of the song of justice
I am the dance of the coming new age
I am the artist of God's new revolution
I am the writing of history's fresh page*

from "Mary, still singing"
by Nicola Slee

Facilitator

Valerie is a spiritual companion, retreat leader, and member of the Bield Pastoral Team who has a special interest in spirituality, especially women's spiritualities.

She loves working creatively. Poetry, stillness, wild places, music, wellness practices, sharing stories, sunlight and beauty feed her spirit.



Booking information

Cost: £43

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

Please book through Muriel 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 are very welcome to stay the night before or after your retreat or to come to Chapel at 9a.m. or 5.00p.m.



The Bield at Blackruthven

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Soul Song A Day Retreat for Advent



Saturday, 2nd December 2023
10.00a.m. – 4.30p.m.

Facilitated by Valerie Allen
Bield Pastoral Team