

## Meditating and Making

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

The rest of the day will be spent meditating as you make a cloth vessel using slow hand stitching in response to this initial meditation.



## Holding Space

You will make your own vessel to take home with you. Both the practice of making and the resulting created object, will hold 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.

## We will make together in silence

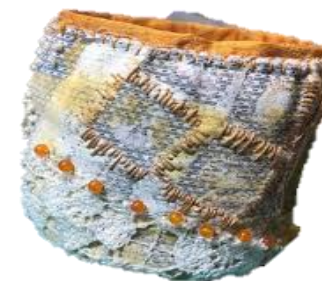


## Creating Form

As your vessel takes shape, choosing colours, textures and patterns, the simple act of stitching the layers together will give you 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 : £75**

(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 19903180

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**

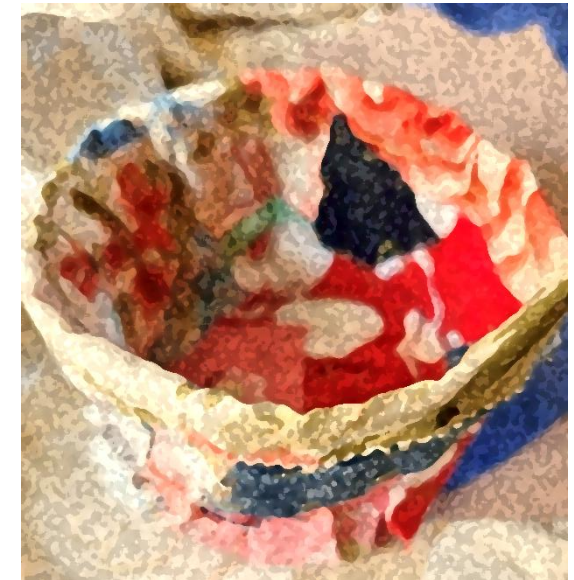
[www.bieldatablackruthven.org.uk](http://www.bieldatablackruthven.org.uk)

*Scottish Charity SC 027462*



The Bield at Blackruthven

**Slow Stitch  
Vessel Making**



**18<sup>th</sup> November 2026**

**10:00-16:00**

Facilitated by  
Liz Crichton  
Bield Art Facilitator