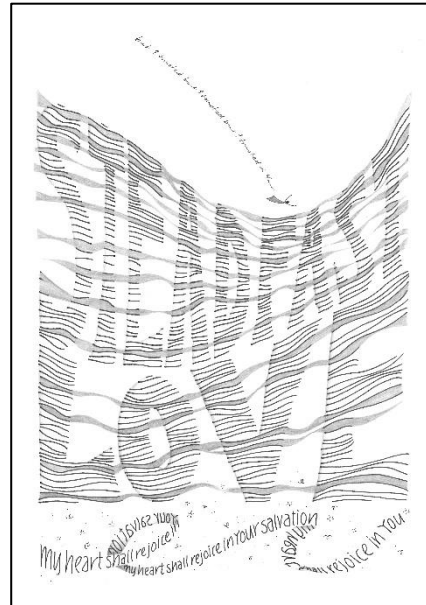
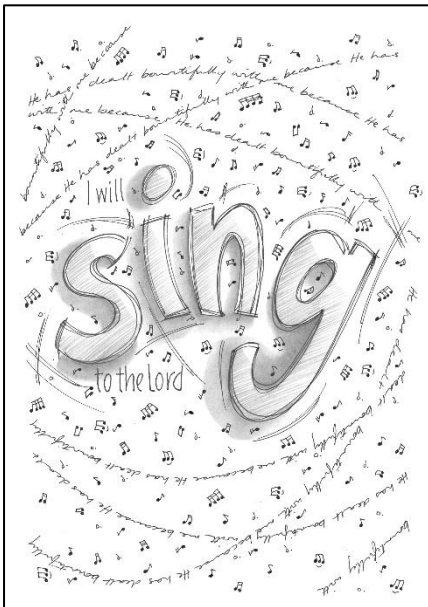


January offers more than a new calendar—it offers a threshold. A quiet place to pause, reflect, and to ask honest questions about the life we are living.

This retreat is not about resolutions, but reorientation. It's an invitation to begin the year with intention, guided by the Psalms—the very words that shaped the prayers and imagination of Jesus.



Together, we will reflect on:

- **A Psalm of Hope** – anchoring our year in trust over anxiety.
- **A Song of Forgiveness** – allowing grace to heal what the past has worn thin.
- **A Hymn of Dignity** – recovering the image of God in ourselves and in others.

This is an invitation to a weekend where lament is not weakness, confession is not shame, and praise is not performance—but all these ancient practices are invitations to meet with God.

Our Facilitator



Heather is a lecturer, Bible teacher, artist, retreat leader and unexpected author of the book [Landscape of Hope](#). Her focus is on the spiritual formation of people of all ages. She studied Practical Theology in Edinburgh, Scotland and completed an MA in Spiritual Formation at Moody Theological Seminary, Chicago, in 2010. Heather's art is a response to her study of and meditation on Scripture.

Booking information

Cost : £350

(Full Board)

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 stay the night before
the retreat.**

The Bield at Blackruthven

Tibbermore

Perth PH1 1PY

Tel: 01738 583 238

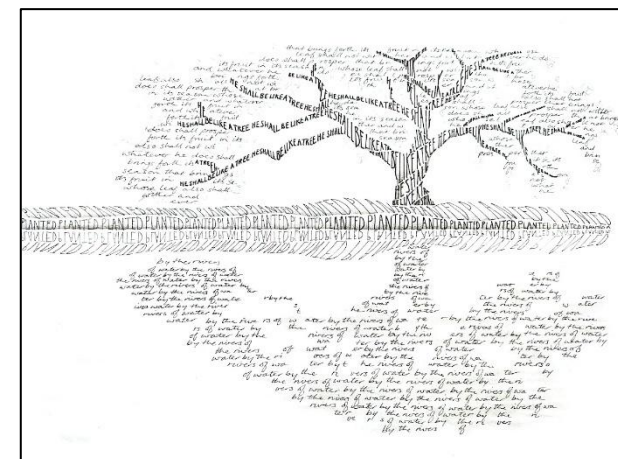
www.bieldatablackruthven.org.uk

Scottish Charity SC 027462



The Bield at Blackruthven

Reset Retreat: Beginning the year with the Songbook of Jesus



9th-11th January 2026

Booking by 12th Dec 2025 essential

Arriving Friday afternoon

Leaving Sunday after lunch

Facilitated by

Heather Holdsworth