

"Imaginative and creative, always full of wonderful inspiration and connection."
Sarah

HerSong

This weekend retreat is an invitation to reflect on what song is wanting to rise up from within you. Perhaps there is a song waiting to be expressed, to be released into the air, to be given voice —maybe of praise, lament or protest.

We will use Mary's song from Luke's gospel as our guide as we ponder the songs that dwell within our hearts.

Just to be clear, this is not a singing retreat, although we will sing, nor is it about writing songs, although you may like to do so!



What to Expect

During the weekend we will balance time for personal reflection and group sharing with time to breathe deeply, relax, rest, and enjoy the beauty of our surroundings.

We will use stitching, musica divina, wellness practices and simple movement, integrating body, mind and spirit.



A Woman's Eyes

HerSong will use feminist lenses through which to look at life, faith and spirituality. Simply put, we look through a woman's eyes. In HerSong, we will privilege women's voices and draw wisdom and inspiration from contemporary, historical and biblical women.

*"My song is the air I breathe.
My song insists that I keep dancing forever.
My song insists that I keep rhythm
With all of the earth and the sky."*

Many Winters
by Nancy Wood



Our Facilitator

Valerie is a spiritual companion and retreat leader. Her passion is women's spirituality and creating spaces in which women can meet, share, and be spiritually nurtured and empowered.

Valerie loves working creatively. Poetry, stillness, wild places, music, and sharing stories feed her spirit.

Booking information

Cost: £355

(Full Board)

Please book through our booking's
secretary 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.

The Bield at Blackruthven
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Scottish Charity SC 027462



HerSong

A weekend retreat for Women



Friday 31st October 2025 @15:00
To
Sunday 2nd November @15:30

Facilitated by
Valerie Allen