

*I'm going out to clean the pasture  
spring:*

*I'll only stop to rake leaves away*

*(and wait to watch the water  
clear, I may):*

*I sha'nt be gone long. - You come  
too.*



In just a few lines Robert Frost has captured the essence of a Journey into Healing workshop. Participants are invited to visit the spring in their lives; to gather leaves that may have accumulated; to find some means to remove the blockage; and to do it together in a group setting. We will invite you to do your work and come together to finish it.

## About the workshop

**The Purpose** - of the workshop is to be open to ourselves, to each other and to God for growth and healing.

**Who is it for?** - it is suitable for all who are looking for growth and insight in their relationships or in their inner, emotional or spiritual lives. It is not a requirement that group members be professing Christians, but this is the context in which the groups run.

**What happens?** -We will be introducing Gestalt in Corona times, using a stilling exercise, invite you to do your work on your own, with guidance, then come together to share and learn. Some of the workshop is spent in small groups facilitated by our experienced leaders.

**What kind of group?** - the group work includes personal growth, Gestalt and 'Here and Now' approaches, healing the inner child, openness to the healing work of the Holy Spirit - we seek to create a worshipful atmosphere and peaceful surroundings online.

**What is Gestalt?** - Gestalt approaches are creative, encourage self-awareness and insist on respect, freedom of choice and personal responsibility. It is understood that no-one is accepted as an observer, but that all participate in the group work. Our small group is a safe place to become more real and to take risks. The workshop can be a personal healing experience and at the same time a workshop to enhance and inform one's own ministry.. Strong feelings are sometimes expressed in the group.

For those wanting a longer session, the team will also be delivering a residential workshop from 4 – 7 April 2024 at Bield at Blackruthven

For more information on this or on Journey into Healing generally please visit [www.journeyintohealing.co.uk](http://www.journeyintohealing.co.uk)



## Booking Information

**Cost: £60**

(Includes morning coffee, lunch,  
and afternoon tea)

Please book through Muriel 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: 00100095

Please include surname as reference.  
Card payments can be made by phone.

### Extend your stay?

You might like to come to Chapel at  
9.00a.m. or 5.00p.m.

You might like to stay the night before  
or after the retreat.

See web site for Cancellation Policy:

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

**The Bield at Blackruthven**

**Tibbermore**

**Perth PH1 1PY**

**Tel: 01738 583 238**

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



The Bield at Blackruthven



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## Journey into Healing Workshop



**Sat 24<sup>th</sup> February 2024**

**Sat 13<sup>th</sup> July 2024**

**Sat 21<sup>st</sup> September 2024**

**Sat 30<sup>th</sup> November 2024**

**9:45am - 4:30pm**

Facilitated by the  
Journey into Healing Team

**Cost £60**