

“The fruit of the Spirit is love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.”

Galatians 5:22-23



Embodying Joy!

In the Bible, the Greek word for “joy” is related to the Greek word for “grace”. Joy is a deep-seated sense of inner light. It is a grace given to us by God, even in challenging times, because joy is not based on circumstances. In our Christian faith, joy can be understood as a deep-seated sense of contentment in what God has done and what God is doing.

What to Expect

In this day retreat you will be invited to notice joy and to try some gentle embodied practices and movement that can help awaken joy. There will be opportunities for guided meditation, personal reflection and group sharing, if you choose.

Please wear comfortable, unrestrictive clothing. If the weather is warm, we will be outside so it might be good to bring sunscreen and a sunhat (we live in hope in Scotland!).

Why not join us for the day as awaken to joy in our lives!



“The fullness of joy is to behold God in all.”

Julian of Norwich



“Before I embark on any new venture, I ask myself: will the joy of doing this make me lose track of any concern for time? If the answer is yes, I proceed!”

Alice Walker

Facilitator

Valerie is a spiritual companion, retreat leader, and member of the Bield Pastoral Team. She has a special interest in spirituality and in holding spaces which encourage spiritual growth. She delights in life and finds joy in many things, bringing her closer to God’s joy planted deep within her.

Booking information

Cost: £60

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

Please book through the
Bookings 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
by telephone

Extend your stay?

You are very welcome to stay the night before or after your retreat or to come to Chapel at 9.00a.m. or 5.00p.m.



**The Bield at Blackruthven
Tibbermore
Perth PH1 1PY**

Tel: 01738 583 238

www.bieldatablackruthven.org.uk



Embodying Joy! A Day Retreat



**Thursday, 22nd August 2024
10.00a.m. – 4.30p.m.**

Facilitated by Valerie Allen
Bield Pastoral Team