

*“Praise God!  
Sing to God a new song  
... Let the faithful  
exult in glory;  
let them sing for joy.”*



Psalm 149:1 & 5

### Let's Sing!

Do you enjoy singing? Learning new songs that express something of your faith in God? Giving voice to your spirituality? Tapping your toes, playing a drum or shaking a, well, shaker?! If so, this retreat may be for you.

It is said that words speak to our heads, but music speaks to our hearts. During this day retreat we will open to God's spirit moving our hearts through song and rhythm.

You don't have to be an expert singer or be able to read music, you just need to love singing as an expression of your soul.

### What to Expect

During the day, we will sing a variety of shorter songs that express faith and spirituality – some joyful, some meditative; some sung in unison, some in parts; some, perhaps, familiar, some, perhaps, new; some unaccompanied, some accompanied by simple rhythm instruments. There will be an opportunity to try writing the words to your own song, setting them to a familiar short tune, and noticing what is surfacing for you in this spiritual practice. We may even sing your song!

This will be a relaxed, enjoyable day of singing and listening - inviting music to seep into our souls and God's spirit to touch our hearts.

*“ever so often she comes ~a song  
A rupture with pretention,  
she walks out of the heart.”*

Carolyn McDade



*“Praise God with tambourine and dance...  
Praise God with clanging cymbals...  
Let everything that breathes praise God!”*

Psalm 150:5-6

### Facilitator

Valerie is a spiritual companion, retreat leader, and member of the Bield Pastoral Team. While Valerie has a musical background, she just enjoys singing and giving it laldy! She likes to encourage others to sing and to be open to what we might discover together in the joy of music.

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



The Bield at Blackruthven

## Let's Sing! A Day Retreat



**Saturday, 29th June 2024  
10.00a.m. – 4.30p.m.**

Facilitated by Valerie Allen  
Bield Pastoral Team