

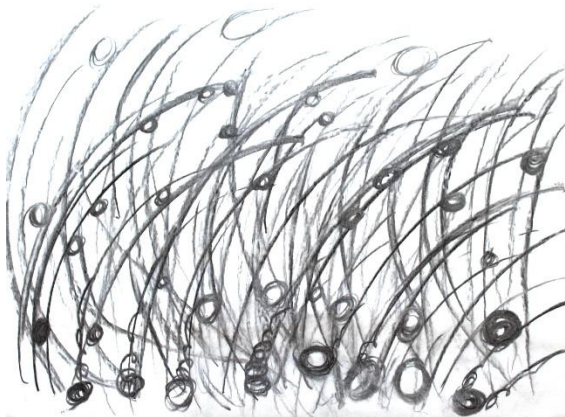
This will be a fun day of doodling, mark making, and imaginative drawing aimed at awakening your sense of the spiritual.

No experience or artistic ability is needed, and all materials will be provided.

### Stilling Ourselves

We will begin with some doodling and simple mark making to help you relax, quiet our minds, and get in touch with our emotions.

As we allow ourselves to become absorbed in the mark making process, the movement of the pen across the page can help us find focus and find space to come to a broader state of awareness.



### Opening To The World Around Us

*“when our thinking minds are quietened,  
when we are absorbed in the flow of  
drawing, of simply being – something quite  
magical begins to happen” – Wendy Ann  
Greenhalgh*

As our creative energy begins to flow, so too does our awareness of detail, patterns, colours, light and shadows.

We will spend some time outside with our mark making materials, immersed in nature, being present in the moment and allowing ourselves to become aware of our surroundings as we express ourselves.

*“A drawing is  
simply a line  
going for a walk”  
– Paul Klee*



### Getting In Touch with Our Spirit Selves

The day will be concluded with a series of quick time limited imaginative sketches, drawing whatever comes to mind without time to doubt or question what or why.

This is designed to be both fun and illuminating, perhaps revealing something of ourselves and God as we learn to trust in where the spirit is leading.

*“I sometimes think there is nothing so  
delightful as drawing” – Vincent van Gough*



**Liz** is the Art Facilitator here at the Bield. Trained in the Ignatian tradition, leading creative retreat days is part of her ministry here, and an integral part of her own spiritual journey.

She is always excited by opportunities to create liminal spaces where, for a short time, perhaps the unimaginable becomes possible and the mysteries of God can be revealed through our own creative expression

## Booking information

**Cost : £75**

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

Please book through reception 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 19903180

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

### Extend your stay?

You might like to come to the Chapel  
at 9 am or 5 pm

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

**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

## Drawing Towards God



**1<sup>st</sup> July 2026**

**10:00-16:30**

Facilitated by Liz Crichton  
Bield Art Facilitator