

Who is this for?

This is for those exploring a different approach to the celebration of the coming of Christ, with freedom to interpret what this means for us today. The Celtic Advent period of forty days leading up to Christmas begins on the evening of 15 November and this is an opportunity to celebrate through song and meditation.



Why Sing?

Singing connects with the depth of our inner being and can bring our hearts, minds and bodies to an awareness of the wholeness of ourselves. Joining with others in harmony allows our connections to be expressed in a unique way. All voices who love to sing are welcome, regardless of vocal ability.



What will we explore?

We shall be exploring our expressiveness through song in relation to our place in the

year's cycle: approaching the darkness of the shortest day before our return to the Light. The vibrational connection of our voices in harmony is reflected internally through calming meditations, providing a balance throughout the whole day, with the depth of stillness as well as laughter and light-heartedness.

Our Facilitator



Meri has led community choirs for many years, including a singing group for people with Parkinson's

disease. She currently runs a community choir in Dairsie and has a diploma in Music and a BA Humanities with Music. Meri is a member of St Andrews Quaker Meeting and, as a vibrant and energetic facilitator, she can help those who thinks they can't sing to find their voice: her passion is to enable communities to harmonise.

Booking information

Cost : £65

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

Please book through reception 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 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 retreat.**

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

Tel: 01738 583 238

www.bieldatablackruthven.org.uk

Scottish Charity SC 027462



The Bield at Blackruthven

Celebrating Celtic Advent Through Song and Meditation



Saturday 15th November

10:00-16:00

**Facilitated by
Meri Goad**