

HerBeauty

Booking Information

Cost: £265

(Full Board)

Please book through
Bookings Secretary at:

info@bieldatblackruthven.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.



The Bield at Blackruthven
Tibbermore
Perth
PH1 1PY

Tel: 01738-583 238

www.bieldatblackruthven.org.uk



The Bield
at
Blackruthven



HerBeauty

***A Weekend Retreat
for Women***

Friday, 15th Nov. 2024

3.00p.m.

to

Sunday, 17th Nov. 2024

3.30p.m.



Facilitator:
Valerie Allen
Bield Pastoral Team

HerBeauty

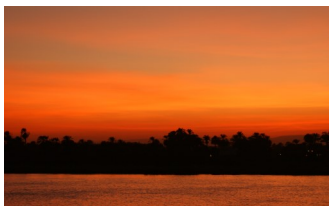
*“A quiet space to hear
God speak
to and through
the wisdom of women”*

Christine

HerBeauty

This weekend retreat is an invitation to reflect on our beauty and goodness as those who embody the image of God.

Too often women hear messages telling them their beauty is about how they look or is valued by how they conform to society’s expectations. In this retreat we will be countering that message by celebrating with the God who declared, with a heart bursting full of love, “Women, I have created you in my image and likeness and you are good!”



What to Expect

During the weekend we will balance time for personal reflection and group sharing with time to breathe deeply, relax, rest, and enjoy the beauty of our surroundings.

We will use creative expression, wellness practices and simple movement, integrating body, mind and spirit.



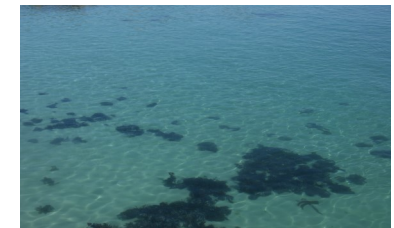
A Woman’s Eyes

HerBeauty will use feminist lenses through which to look at life, faith and spirituality. Simply put, we look through a woman’s eyes. In HerBeauty, we will privilege women’s voices and draw wisdom and inspiration from contemporary, historical and biblical women.

Facilitator

Valerie is a spiritual companion, retreat leader and member of the Bield Pastoral Team. Her passion is women’s spirituality and creating spaces in which women can meet, share, and be spiritually nurtured and empowered.

Valerie loves working creatively. Poetry, stillness, wild places, music, and sharing stories feed her spirit.



*“Imaginative and creative,
always full of
wonderful inspiration
and connection.”*

Sarah