

***“There is a time for undoing  
and a time for stitching;  
a time for keeping quiet and  
a time for talk”***

Ecclesiastes 3:7

Come away for a day from your busy life to the Bield and enjoy exploring the art of slow stitching in the comfort of our guest lounge, sitting beside the log burning stove and working on our stitching together in silence or with music playing. Slow stitching is the practice of hand sewing with intention and thoughtfulness. There are no rules to slow stitching, the main thing is to have fun with arranging the fabrics and to enjoy the contemplative process of hand stitching.

The focus is not on what you create as this is not The Great British Sewing Bee but rather on the thoughts that arise as you pull the needle through the fabric slowly and calmly. It can provide a space in which to process and ponder on whatever thoughts and images arise as you work slowly.

***“I am reminded that every day I have the chance to pick up a needle and some thread and add to the story. To stitch together something beautiful and unique, to patch a small scrap of fabric to the story, to the Story of God, that will be retold again and again for all of eternity.” – Jerusalem Jackson Greer***

The day will start with a time of contemplation in the chapel. Then, after choosing fabrics and being shown some basic hand stitches, we will sit together in the lounge and work on our hand stitching. There will be a short session of body prayer after lunch to loosen us up for a second session of stitching. The day will end at 4pm after a time for sharing and reflection within the safe and sacred space of the Bield.

All fabrics and sewing equipment will be provided but please feel free to bring any fabric that you might wish to work with. We suggest that you wear warm, comfortable clothing as you might want

to go for a walk in the grounds. The chapel can be cold in February too.



***“Beautiful things come together one  
stitch at a time.” Anonymous***

Louise has a ministry in spiritual accompaniment, and leading people in various meditative activities. Slow stitching is one of the ways in which she brings people together to hold open a space where people can journey deeper into their own relationship with the universe and its creator.

## Booking information

**Cost : £57**

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

Please book through Muriel 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 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**



The Bield at Blackruthven

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

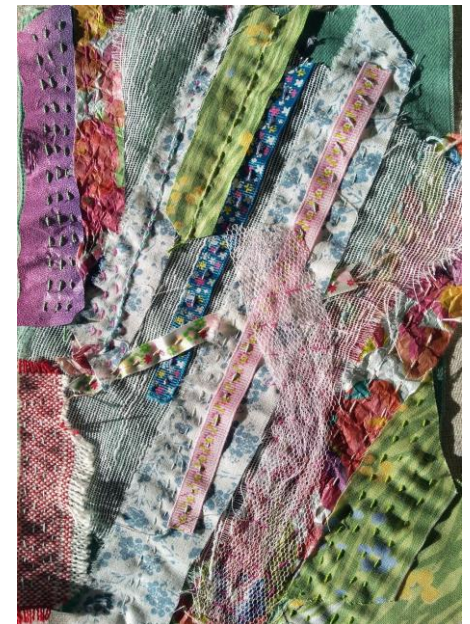
*Scottish Charity SC 027462*



The Bield at Blackruthven

## Slow Stitching Day

6<sup>th</sup> November 2024



Facilitated by Louise Younger

Spiritual Accompanier  
Bield Pastoral Team