

As requested, this year we are offering an expanded version of our Journey into Healing workshops

We have found that working together over a longer period is really rewarding. This expanded version offers an opportunity to go deeper into the work that we do together. There will be some added teaching on the practice and use of Gestalt in a Christian context.

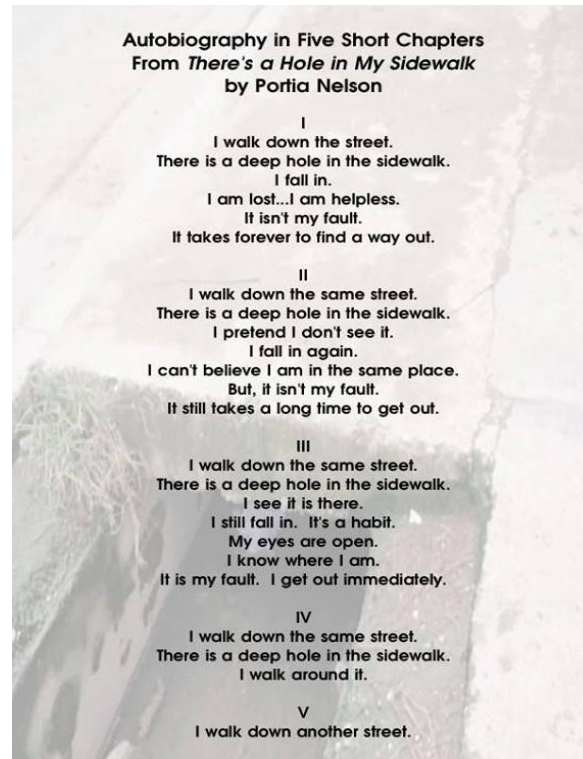
Time permitting with the work we are doing our days will be framed by the opportunity to attend Chapel at 9am and 5pm.

Having a few days set aside to reflect on your life concerns, offers a chance to look at an area that you have not managed to deal with on your own. This may be a relationship difficulty, an unresolved issue or any unfinished business in your life.

Whatever you bring to the group will be held in complete confidence. Essentially this is not a “talk shop”, the facilitators will offer you opportunities to work — *less talking about and more engaging in the here and now with your issue*. You will have a chance to express yourself physically and in action.

The Bield has comfortable rooms and home-made food. The grounds of the Bield are spacious and inviting plus there is a swimming pool and an art room to add to your sense of being embraced by grace.

Please note we do not work with couples in this workshop.



The above poem by Portia Nelson shows something of the process we go through in order to bring about a change in our lives.

Our days together in April will open the door to clear out our misconceptions and correct them together. We move gradually towards joy and freedom, as we develop a greater awareness of what our bodies are holding onto and what we need to let go.

In Gestalt we seek to deal head on with the blockages in our lives in the here and now.

In Gestalt we work with the blocks in our lives



to unblock them and bring the streams back to life

Over the following days we shall be having 10 sessions together. We begin with an introductory session on Thursday evening, and end with Lunch on Sunday after our final session including the Eucharist and closing rituals

We encourage you to take as much care of your selves as you need during this weekend; however, sessions are not optional as the cohesion of the group is an important part of the weekend's dynamic. There are no observers on this workshop, as every member counts in supporting one another's healing work.

You can prepare for the workshop and our sessions together by reading Tilda Norberg, *Consenting to Grace, An Introduction to Gestalt Pastoral Care.*"

We would also encourage you to remember your dreams in the run up to the workshop, as they may offer a considerable insight into what you want to work on.

For more information on this or on Journey into Healing generally please visit www.journeyintohealing.co.uk

Booking Information

Cost: £480

(Includes morning coffee, lunch, and afternoon tea)

Please book through Muriel 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: 00100095

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

Extend your stay?

You might like to come to Chapel at
9.00a.m. or 5.00p.m.

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

See web site for Cancellation Policy:
www.bieldatablackruthven.org.uk

The Bield at Blackruthven

**Tibbermore
Perth PH1 1PY**

Tel: 01738 583 238

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Journey into Healing Residential Workshop



4th-7th April 2024

17:00 Thur - 13:30 Sunday

Facilitated by the
Journey into Healing Team

Cost £480