

## Why silence?

Most people have a yearning for tranquillity and peace. By taking part in a silent retreat, you will have the opportunity to draw back from the normal routines and busyness of life to reflect and allow space for new encounters.

An introduction to ways of stilling yourself and prayer materials will be provided. All ways of praying are a means of developing or deepening your relationship with God. There will also be opportunities for creative expression, if desired.

During the retreat there is an invitation to meet with a guide, who may help as a 'sounding board', helping to listen for God's presence in the circumstances of your life.

*Silence holds open a space where people can journey deeper into their own relationship with God and creation.*

*"It was said of Abba Agathon that for three years he carried a stone in his mouth, until he learnt to keep silence."*

Desert Wisdom



A space to share some of your experience at the end of your retreat, if you so wish, is also offered but, otherwise, participants remain in silence. Other guests may be around who are not in silence, but you will have support to stay in silence yourself.

We suggest that you wear warm, comfortable clothing, as you might like to go for a walk in the grounds (Wellies are a good idea if it's wet). A journal and pen may also be helpful.

*"Beware of 'the babbling voices' internally, even if outwardly you are quiet. Seek deep inner silence... stillness."*

K Reid

## Facilitators

Silent retreats are facilitated by The Bield Pastoral Team members, who are experienced in spiritual accompanying, listening and retreat leading.

*"First, silence makes us pilgrims. Second, silence guards the fire within. Thirdly, silence teaches us to speak."*

H Nouwen

*“The Lord is my shepherd, I lack nothing.  
The Lord makes me lie down in green  
pastures, leading me beside quiet  
waters, and refreshes my soul.”*

Psalm 23

### Booking information

Single days- **Cost: £43**

(Includes morning coffee, lunch and afternoon tea  
and access to art materials & Bield facilities)

2-day (1 night) retreat- **Cost £150**

(includes evening meal, breakfast, lunch &  
afternoon/morning teas and access to art  
materials & Bield facilities)

4-days (3 nights)- **Cost £346**

(includes evening meals, breakfast, lunch &  
morning/afternoon teas and access to art  
materials & Bield facilities)

Please book through reception at:

[Info@bieldatblackruthven.org.uk](mailto: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

You are very welcome to arrive early and  
join us for morning prayer in the Chapel at  
9 am on your day of arrival.



The Bield at Blackruthven,  
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[www.bieldatblackruthven.org.uk](http://www.bieldatblackruthven.org.uk)

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The Bield at Blackruthven

## **HOLDING SPACE FOR SILENCE** **Quiet days at The Bield**

Single day & residential retreats 2024



Single day retreats: 15<sup>th</sup> March

21<sup>st</sup> May &

2<sup>nd</sup> Aug

2-day retreats: 24<sup>th</sup>-25<sup>th</sup> April

26<sup>th</sup>-27<sup>th</sup> June

4-day retreat: 3<sup>rd</sup>-6<sup>th</sup> Sep