

Reflecting on the blessings and challenges of later life

As the years advance, we may have mixed feelings about growing old. Our culture suggests that we are more of a burden on society than a contributor to it. How, then, might we reasonably see these later years as 'wisdom years'?

One result of growing old is that we have accumulated a lifetime of experience. When we reflect mindfully on our experience it matures into wisdom and wisdom is the greatest gift we have to bring to the world.

What will we explore?

This retreat is an opportunity to explore the invitations of these years - the harder things, like learning to slow down and let go, painfully conscious of loss and diminishment and our own mortality – and the joyful surprises as

our perspective changes and we recognise the gifts time has bestowed and the fruits our lives have borne



How will we spend the time?

During twice daily short gatherings Margaret will present some thoughts of her own to guide your reflections. There will be ample time outside of

these sessions for personal reflection, for fruitful informal conversations, for being creative in the art room or simply enjoying the beautiful surroundings of The Bield.

We invite you to join us to discover, and celebrate, your own wisdom years.

The material shared during the retreat will be based on Margaret's latest book: *The Wisdom Years*, DLT London, 2025.

Our Facilitator



Margaret Silf is the author of a number of books for contemporary pilgrims searching for a spiritual way. Her own faith journey has been mainly shaped by both Celtic and Ignatian spirituality. She travels widely offering retreats and days of reflection and now lives in Ayrshire close to her daughter and two granddaughters.

Booking information

Cost : £425

(Includes accommodation and meals)

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**

The Bield at Blackruthven

Tibbermore

Perth PH1 1PY

Tel: 01738 583 238

www.bieldatablackruthven.org.uk

Scottish Charity SC 027462



The Bield at Blackruthven

The Wisdom Years The Spirituality of Aging



12th-15th May 2026

10:00 on Tuesday-16:00 on Friday

**Facilitated by
Margaret Silf**