

*I'm going out to clean the pasture  
spring:  
I'll only stop to rake leaves away  
(and wait to watch the water clear,  
I may):  
I sha'nt be gone long. - You come  
too.*



In just a few lines Robert Frost has captured the essence of a Journey into Healing workshop. Participants are invited to visit the spring in their lives; to gather leaves that may have accumulated; to find some means to remove the blockage; and to do it together in a group setting. We will invite you to do your work and come together to finish it.

### About the workshop

**The Purpose** - of the workshop is to be open to ourselves, to each other and to God for growth and healing.

**Who is it for?** - it is suitable for all who are looking for growth and insight in their relationships or in their inner, emotional or spiritual lives. It is not a requirement that group members be professing Christians, but this is the context in which the groups run.

The day is from 9.30 to 4.45 including coffee and lunch. This can include an overnight stay if booked, separately in advance. It takes place in a rural setting where people are given time to enjoy the beauty of their surroundings and enjoy the quieter space and pace.

Journey into Healing invites you to take part in a person centered day of active group work at The Bield, where you will spend the day using a mixture of therapeutic techniques and spaces for reflection.

### A Little about the facilitators

**Robin** is an experienced group facilitator and guide. He has been working with Journey into Healing for 30 years. In the perspective his own journey and pastoral experience he derives great pleasure in supporting individuals & groups move towards healing

**Leslie-Anne** Is an accredited psychotherapist who has a keen interest in the interaction between brain and body. She works with individuals and groups to resolve difficulties they may be experiencing. Lesley Anne has a special interest in supporting people with complex trauma, relationship challenges and helping them to approach themselves and others with compassion. She has been involved with JIH for over 10 years now.

**Lorna** is an passionate psychotherapist and artist who loves working with groups and individuals to help them to move through thier discomfort towards peace and healing and joined the team during lockdown.



## Booking information

**Cost : £75**

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

Please book through reception 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 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**

**You might like to stay the night before or after the workshop.**

**The Bield at Blackruthven  
Tibbermore  
Perth PH1 1PY**

**Tel: 01738 583 238**



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

Scottish Charity SC 027462



## Journey into Healing Workshop



21<sup>st</sup> March 2026

27<sup>th</sup> June 2026

03<sup>rd</sup> October 2026

12<sup>th</sup> December 2026

**9:30-16:45**

Facilitated by  
Journey into Healing Team