

## Online Information

### This retreat will take place over zoom

You will be sent joining instructions a few days before the retreat. At the start of the retreat we will go over any Zoom features we will be using. You do not need a zoom account

## Booking Information

**Cost: £20**

Please book through Muriel at:  
**info@bieldatblackruthven.org.uk**  
or  
**01738 583 238**

After booking, please pay cost in full

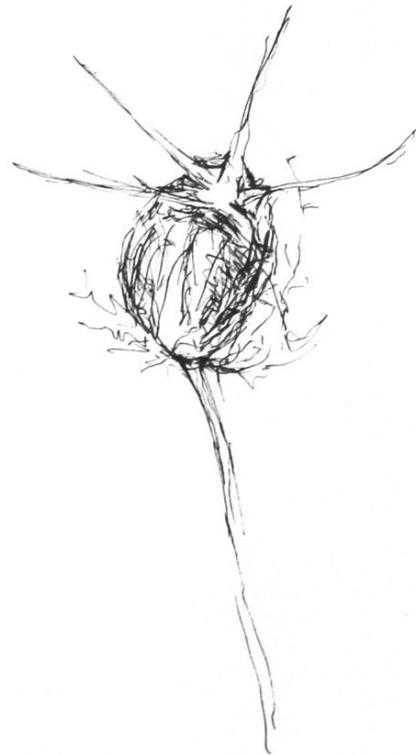
Cheques & BACS are Payable to:  
The Bield Christian Company Ltd.  
Sort Code: 83-47-00  
A/C: 00100095

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

See web site for Cancellation Policy:  
**www.bieldatblackruthven.org.uk**

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

**Tel: 01738—583 238**



**Scottish Charity SC 027462**



**Bield at Blackruthven**

## Lines in the Sand Seeing Through Mark Making



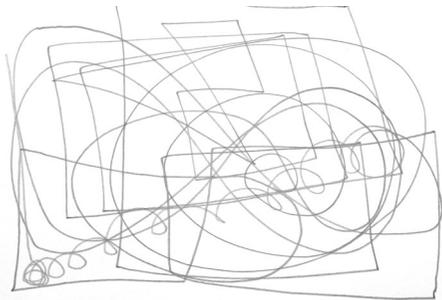
**Thursday 5th November 2020  
10.00a.m.—4.30p.m.**

**Cost: £20**

## Mark Making as Prayer

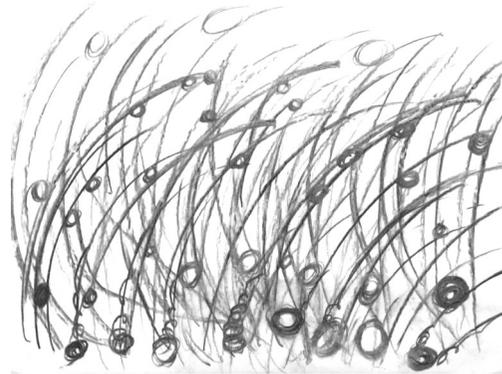
This retreat offers an introduction to mark making as a path to awareness and spiritual insight.

*Aimed particularly at those who feel that they can't draw, during our time together we will explore drawing as a means of prayer.*



Practical exercises will gently introduce different tools and techniques which will enable participants to focus and become absorbed.

Those taking part will move from looking to seeing and beyond. Their relationship between themselves and what they are looking at will change and promote a sense of oneness with creation.



## Course Outline

After some doodling exercises we will together experiment in seeing and drawing. Some time will be spent split into smaller groups, and there will be time to draw on your own and have a 1:1 tutorial before we come back together to review the day.

**“So God postponed the enjoyment of this tree, so that man should first, by sharing in the life of grace, become aware of his own origin... at that point, he could see through created reality without danger, along with God, and gain an understanding of it as a god, and not as a man. Through grace, and because of the divinizing transformation of his intellect and his senses, he would then have the same insight into the essences of things that God has: Wisdom. “**

*St Maximus the Confessor*

## Materials

You will need something to draw with. A pen or pencil that makes a clear bold mark is best to start with, together with paper to draw on, some small sheets and some larger ones of any quality.



## Facilitator

Liz Crichton is our newly appointed Art facilitator and member of the Pastoral Team at the Bield. Her practice seeks to inspire others to step out beyond what they know for certain, offering frameworks to explore together, ways that create

liminal spaces where for a short time perhaps the unimaginable becomes possible.

