



HerSpace

is a group of about a dozen women who are willing to make a commitment to journey together from October 2020 to June 2021. Some women will journey on from this past year, but there is room for a few others to join. This commitment will enable us to build relationships of trust, creating a safe space in which we can discover our deeper spiritual selves.

We hope Covid19 regulations will allow us to meet at the Bield from our first evening together in October. Our monthly evenings will be varied and fluid, sharing food, stories and activities that engage our whole selves. We plan on smiling, enjoying each other's company, tapping in to a playful spirit, being gentle with ourselves, breathing deeply.

We hope you will leave this sacred space feeling nurtured and empowered, ready to step back into your personal life, and the places you engage society and our world with renewed confidence and energy.

HerSpace is :

*A space for
women's wisdom
women's words
women's witness*

*A space for soul food
food for thought
real food!*

*A space for creative expression
wellness practices
sacred story and ritual*



Facilitators

Valerie Allen: Valerie is team member at the Bield, a spiritual companion, retreat leader and minister with a particular interest in feminist spirituality. She is drawn to contemplative photography and Capacitar wellness practices.

Her spirit is nurtured in relationship with others, by mountains and wild places, through poetry, stillness, colour and music.

Marianne Anker-Petersen: Marianne is co-director of the Bield. She has trained as a counselor and spiritual companion. She is committed to the listening ministry and to the healing found through Capacitar body, mind and spirit practices.

Her spirit is nurtured by peoples' stories and faith journeys, nature and the elements, art, beauty and poetry .

**Gatherings take place monthly
on the following Thursday
evenings from 18:00- 21:00 :**

2020

15th October
12th November
10th December

2021

21st January
18th February
18th March
15th April
13th May
10th June

Cost: £17 per evening (Includes dinner,
refreshments and materials)

*Please express your interest by signing
up through Muriel by 21st September :*

info@bieladatblackruthven.org.uk
OR phone 01738 583238

We will confirm your place (or
otherwise) by 5th October 2020 .



The Bield at Blackruthven, Tibbermore,
PERTH PH1 1PY

Scottish Charity SC 027462

Bield at Blackruthven

HerSpace

*A monthly spirituality group for
women*



Begins:

**Thursday 15th October 2020
6.00-9.00 pm**