

### Accommodation

**St Mary's Kinnoull** is an ecumenical multi-cultural ecumenical Centre of Spirituality run by the Roman Catholic Redemptorist community set within beautiful grounds with easy access to the woodland of Kinnoull Hill.

The Centre has recently had a complete internal renovation for the benefit of guests and there are comfortably furnished lounge and meeting rooms. Most of the bedrooms are single en-suite. There is a limited number of specially adapted en-suite bedrooms for people with physical disability. Towels and bedding are provided and all rooms have tea/coffee making facilities, complimentary toiletries and free Wi-Fi.



There is ramped access to the building and a lift to all floors.

The spacious woodland grounds provide a tranquil setting for personal reflection and quiet conversation.



### Transport

St Mary's is just under two miles from Perth bus and railway stations. We shall seek to assist those requiring help with transport between Perth and St Mary's.

### The Cost

The cost which includes group work, materials, accommodation and full board is £295 for the four days. **NB Places are limited. To secure your place, please book ASAP using the enclosed Booking Form. The full fee must be paid before the Gathering begins.**

There is a Bursary Fund and anyone in need of financial help to attend is encouraged to contact Scottish Committee Treasurer James Wilson (07885618659) or Helen Alexander (0131 346 0685) for a confidential discussion. We invite donations to our Bursary Fund from those who wish to contribute in this way.

Further details about BPF can be found on the website [www.bridgepastoral.org.uk](http://www.bridgepastoral.org.uk) from which PDF copy of Brochure and Booking Form may be obtained. Printed copies are available from the BPF Office Whitfield Parish, Church Haddington Crescent, Dundee DD4 0NA and Scottish Committee Chair: Helen Alexander Tel: 0131 346 0685; [hjr.alexander7@gmail.com](mailto:hjr.alexander7@gmail.com)

BPF was established in 1962 as the Clinical Theological Association. The Association for Clinical Theological Training and Care Ltd is registered in England as a Company Ltd by Guarantee No. 737881 and as a registered Charity No. 296816.



## Bridge Pastoral Foundation

Formerly The Clinical Theology Association

# Scottish Group Work Residential Gathering 2019

## FINDING A PLACE: Our Human Need To Belong

St Mary's Centre of Spirituality, Kinnoull  
Perth PH2 7BP

3pm Tuesday 15th - after lunch Friday 18th October 2019

# BPF SCOTTISH GROUP WORK RESIDENTIAL GATHERING 2019

*A four-day Residential Gathering for up to 20 people focusing on small group work with time for quiet reflection.*

## THE THEME

### FINDING A PLACE: Our Human Need To Belong

Deep down all human beings need the security of belonging. Most of us find ourselves longing for that sense of acceptance and belonging at some time or another in our lives. Even if this need was met in good enough ways in infancy and even before birth, external circumstances as well as later personal experience can lead to difficulties in later life that shake our sense of security and belonging. And we know that the struggle to belong gladly and wholeheartedly throughout life can have its root in very early adverse experience which can be hard to deal with and challenging to overcome.

During this Residential Gathering we shall explore this need for **Finding A Place** in family, community and crucially, within our own selves.

In the evenings we will use art materials to enable individual focus on aspects of the theme which may be explored further in the small groups which will meet throughout each morning.

There will also be time for personal meditation and reflection, and for walking alone or in company in the beautiful woodland setting of St Mary's.



## Who would benefit from this Event?

The Gathering is open to all who are seeking a learning experience and space for reflection and personal growth. BPF was founded in the 1960s to assist clergy and members of the Christian church to develop their understanding of human relationships, beginning with their own way of being in the world. This personal, experiential approach remains central in our work today, within a contemporary ethos of broad and open spirituality. The week will appeal to those in the caring professions including those engaged in pastoral and voluntary work, and others concerned about personal well-being and relationships.

Those joining us for the first time will be invited to a short introductory session soon after their arrival.

**CPD Certificates** will be issued to all participants.

## Personal Growth Groups

These are central to the event. Meeting daily in the same small group with two experienced facilitators, members of the group will be invited to explore personal issues they may have brought with them or that arise during the week. The group provides a safe environment where members can creatively explore current or past experiences that are constricting their lives and relationships. People work at many different levels appropriate to their own experience and current circumstances. This is a rich therapeutic space where people may gain significant personal insight. Personal matters raised in the group are confidential and we work respectfully within strong ethical boundaries. Group facilitators are supervised each day.

**NB If you are unfamiliar with small group work, please note that this can be an intense experience as strong emotions and feelings may be expressed that can trigger deep issues. If you are under medical / psychiatric care, are aware of experiencing unusually high levels of stress, or are unsure if this week is appropriate for you for any other reason, please discuss your situation with Helen Alexander, Scottish Committee Chair on 0131 346 0685; hjr.alexander7@gmail.com**

## Time for Reflection

The life of the Gathering is sustained every morning and evening through worshipful reflection in a variety of traditions and styles. While these are entirely optional, many find them helpful and sustaining. There will be free time each afternoon for rest, recreation and quiet reflection.

## Social Occasions

There will be opportunity for informal socialising in the afternoons, and later in the evenings over a glass of wine or a soft drink. On the last night there will be an informal Ceilidh when we will entertain one another with songs, poetry and stories, or simply enjoy listening and being together in one of the comfortable lounges in St Mary's.

