

'Mindfulness' has become a buzzword in all areas of life but what about 'Christfulness'? St Patrick describes it well in the prayer also termed his 'breastplate':

*Christ be with me,
Christ within me
Christ behind me,
Christ before me
Christ beside me,
Christ beneath me,
Christ above me*



Christfulness has its origins in the experience that God is with us, and comes to life in and through Christ. Just as the word of God became flesh in Jesus Christ, so are we in Christ, given access to the nature of God. Christfulness is an expression of faith, a



spiritual experience and an attitude to life.

The retreat is an invitation to a process which will carry us from an individual and personal experience of the Christ within, to a greater vision of human redemption and the healing of our planet. There will be constant interplay



between the individual and the relational, the personal and the universal.

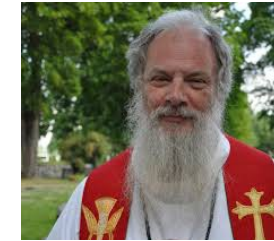
The retreat will also include body

prayer covering a number of meditative practices such as breathing, walking meditation, body postures, movement which help us open up to the peace and Spirit of God. It shows us how the body can help us relax to enter deeper into the landscape of prayer.

The retreat alternates between corporate prayer, individual silence for reflection, talks and body prayer. Wednesday from morning prayer until Thursday before dinner will be in silence. The beauty of the grounds and accommodation coupled with the use of facilities like the labyrinth, pool and art-room will support participants in their retreat. You will have the offer of one to one sessions of accompaniment / spiritual conversations.



The Facilitators



Ole Skjerbæk Madsen : As a theological student, Ole was deeply influenced by the Coptic Orthodox church and the desert mothers and fathers. He was a Lutheran pastor in the Copenhagen area for many years. Since the 1970s he has been involved in ministry to adherents of New Religions, Cults, Esoteric and New Age milieus. In 1995 he started 'In the Master's Light', a bridge building ministry between Christian and Body Mind Spirit spirituality. This combines well with his role as a mission priest for the mission society Areopagos. He is also a scholar having written a number of books and articles related to New Age Spirituality as well as on Christfulness. He is married to Dorte and they have three grown up daughters.

Oyvind Borgsøis is a deacon, writer and a teacher of Body prayer and Christian meditation. He is a member of The International Community of Aidan & Hilda based at Lindisfarne. He had a profound encounter with Jesus in a Syrian cave, studied holistic traditions of east and west, including the desert Fathers and Mothers, undertook contemporary psychosomatic studies and a deep schooling in body-soul prayer. He now helps individuals and groups to be at home with themselves as body, soul and spirit so they can at the same time make themselves available to God with all of who they are.

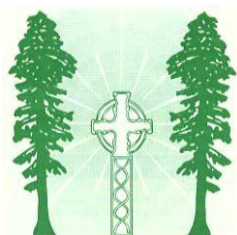


Ole and Oyvind will also lead a
Day Conference at the Bield

**Saturday 28th November from
10-16.30:**

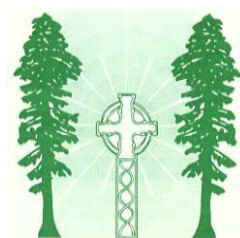
**Christfulness Meets New
Spiritualities.**

A separate flier is available.



www.bieldatblackruthven.org.uk

Scottish Charity SC 027462



**Please book through Muriel at:
info@bieldatblackruthven.org.uk
01738 583238**

*After booking, please send a
non-refundable £25 deposit to:*

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

*See web site for Cancellation Policy
Card payments can be made on the phone.*

*Cheques are made payable to
The Bield Christian Company Ltd.*

The Bield

at Blackruthven



**Christfulness Retreat
24- 27 November
2015**

**Tues 10am – Fri 2:30pm
Cost £250 (full Board)**

