

COME AND SEE 3 DAY SILENT RETREAT

9-13 June 2025

at St Drostan's Lodge, Tarfside

General Information



What is a silent retreat:

A silent retreat allows us to step back from all the busy-ness and noise of our lives, and spend time listening and responding to God.

While there is a sense of community on the retreat, you will be individually guided, allowing you to hear and respond to God's presence in your retreat journey.

Who is it for?

This retreat is for anyone who would like to make a silent retreat – whether experiencing this type of retreat for the first time, or whether you are an experienced retreatant – all are welcome!

When is it?

The retreat begins on Monday 9th June and we ask you to arrive around 4pm. We'll open our retreat with the necessary housekeeping, some whole and small group sharing. There will be time to talk and begin to get to know each other before the silence begins after dinner.

The silence will last from Monday evening until Friday morning, where it will break as we gather for breakfast.

Where is it?

St Drostan's lodge is a self-catering lodge within the grounds of St Drostan's Church in Tarfside – a hamlet in the Glen-Esk valley in North Angus, Scotland, approximately 18 miles North West from Brechin. Directions will be provided to retreatants nearer the time.

A car is required for travelling to Tarfside. If you need help getting to Tarfside, please let us know – we may be able to arrange car sharing between retreatants or a pickup from an appropriate bus stop or train station.

About the Lodge

The lodge offers basic but comfortable accommodation. Each room includes a single bed, a bed side unit and a small desk, with access to either en-suite or shared bathroom facilities. Communal accommodation includes the dining kitchen, a lounge, and the Forbes room which will be set up as a prayer and craft space. It is situated in the grounds of St Drostan's Episcopal Church, which is open for use as a further prayer space.



Photo from the St Drostan's Lodge Website

It is surrounded by beautiful countryside within the Glen Esk valley with easy access to beautiful walks and places to sit and reflect available a short walk from the lodge – including within the grounds, church, at St Drostan's stone, by the various streams and rivers, and throughout the wider countryside.

What happens during each day?

- **Guided Sessions:** Each retreatant meets one-to-one with their guide for between 20 and 30 minutes each day (usually in the morning), to reflect on the previous day, and to look forward to what God might be leading you to in the day ahead.
- **Group Prayer times:** There will be prayer times where we come together for prayer in the mornings and evenings. These sessions will be led by the guides and may include a range of prayer styles as the guides feel led to prepare.
- **Mealtimes:** Breakfast, lunch and dinner are prepared by the guides for the whole group, which are eaten in silence, though we attend to each other to help meet everyone's needs, passing serving plates round the table for example. Music will be playing to help us not be distracted by the natural sounds of mealtimes.

Times of each will be provided when you arrive.

The rest of each day is yours to use in whatever way you are led to spend time with God!

How can I fill my time in the silence?

During the silence, the time is your own to do what you feel led to do as you spend quality time with God. If you are unsure, your guide will be able to suggest activities for you. There are a range of activities that you can fill your time with:

- walking - Some people enjoy the excellent countryside walking available from the lodge or further up the valley at Loch Lee. After dark, if it is a clear night, there are often some wonderful night skies to enjoy.
- wild swimming a short walk away from the lodge – the guides can show you where to go.
- engaging with the arts and crafts or other prayer activities provided by the guides.
- sitting in stillness, with scripture, with a book or other quiet activity in the lodge, the church, or out in nature.
- enjoying the wonderful farm animals and wildlife (including red squirrels) which live around the lodge.
- Anything else you feel led by God to do!

*We encourage you to **NOT** use the time to catch up on work, study, reading or any other such activity. Please leave these at home!*

How much does it cost?

This retreat will cost £260 per person, which covers accommodation, meals and the guides expenses. A £100 deposit is required to reserve your place. The remaining £160 is due by Friday 16th May.

Please note that retreat bursaries are available to help individuals meet the cost of making a retreat – please contact us for more information if required.

Want to sign up or have any other questions about a silent retreat?

Get in touch with us: epiphanyescot@gmail.com



*Beautiful countryside walking.
Photo - M McKinnell*



*Red Squirrel at Tarfside.
Photo: M McKinnell*