

**Bridge Pastoral Foundation**  
**Kinnoull Small Group Residential**  
**Monday–Thursday 24<sup>th</sup>–27<sup>th</sup> March 2025**  
**St. Mary’s Monastery, Kinnoull, Perth PH2 7BP**

<https://www.kinnoullmonastery.co.uk>

## **BEING FULLY HUMAN**

**Early-Bird Fee £180 members, £195 non-members. Accommodation £336**

What does it mean to be ‘Fully Human’? We are physical, spiritual, and emotional beings, and in order to be the best version of ourselves we need to strive towards integrating and accepting all aspects of ourselves. This involves looking at those aspects with which we are at ease and at those with which we are less comfortable; aspects of ourselves we often keep hidden, even from ourselves. In this Small Group Residential you are invited to explore your potential blocks and fears to being fully human in a safe and supportive environment. This enables us to begin the journey towards a more integrated and honest version of ourselves, with ourselves and in our relationships. The small groups are led by experienced and compassionate facilitators who are in turn supervised daily.

Situated on the edge of the City of Perth, St. Mary’s Monastery offers an environment of peace and tranquillity, ideal for small group work and personal reflection. Perth city centre is a thirty-minute walk, and there are pleasant walks through the surrounding mature woodland of beech and pine. The Kinnoull Viewpoint is described as the ‘Jewel in Perth’s Crown’ and offers stunning views of the River Tay and across to Fife. All rooms are en-suite, and disabled access facilities are available throughout. Art materials are on hand should you wish a more creative outlet. A CPD Certificate of attendance will be provided. Booking form attached overleaf...

The week begins on Monday 24<sup>th</sup> March at 4.00pm and finishes after lunch on Thursday 27<sup>th</sup>.

**Please do not arrive before 4.00pm.**



## **Who is this group work residential for?**

The conference 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 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.

**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 contact the office in the first instance.**

**Time for Reflection** - The life of this gathering is sustained every morning and evening through spiritual 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.

**Conference details-** The conference begins on Monday 24<sup>th</sup> March 2025 at 4.00 pm. Please do not arrive before this time. The conference will finish on Thursday 27<sup>th</sup> March 2025 with lunch.

**BPF Bookings** - All applicants must be aged 18 or over at the time of submitting the application. For full terms and conditions please refer to BPF website or contact the BPF Office.



Please send your completed form and cheque if applicable to:

**BPF Administrator, Mary Rodgers, 12 Balmerino Road, Dundee, DD4 8RN**

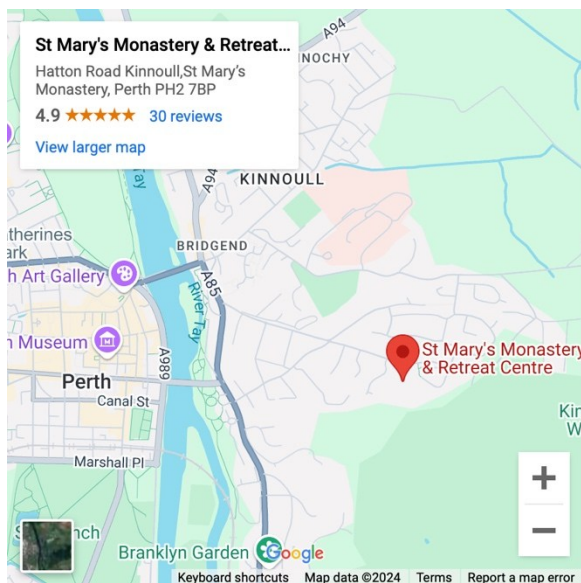
or email it to [marybridgepastoral@gmail.com](mailto:marybridgepastoral@gmail.com) (If sending by email, there is no need to sign, as the email address identifies you.)

Further conference details will be sent to you by email. If you do not have access to email, please enclose a stamped addressed envelope.

**Note: We are a charity committed to continuing the work of Frank Lake and providing access to therapeutic groups at a minimum cost. The major cost of the events is the accommodation fees.**

Terms & Conditions are available on our website — [www.bridgepastoral.org.uk](http://www.bridgepastoral.org.uk) — or on request from the BPF Office, Bridge Pastoral Foundation, c/o Mary Rodgers, 12 Balmerino Rd, DUNDEE DD4 8RN

Getting there...



Perth is served by a very good road network linking it to the A1 and the M74 which are the principal routes from the South (please be aware some Satnavs will not find us using the address and/or postcode, it is better to use the GPS co-ordinates for St. Mary's, 56.3947° N, 3.4098° W) (for road and map directions [click here](#)).

It is also a mainline station on the railway network with almost hourly services via Edinburgh and Glasgow and a daily direct service to London Kings Cross.

There is an excellent coach service linking it with all the main cities and towns, with a daily direct service to London.

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.