

The Caim at Luthermuir

Umbellifer Retreats

For those in full-time
Ministry

*God's your Guardian right at your side to protect you—
Shielding you from sunstroke,
sheltering you from moonstroke. Psalm 121*

*He's solid rock under my feet,
breathing room for my soul... Psalm 62*

The image of *umbellifer* offers a helpful metaphor for offering retreat. *Umbella* means 'little shade' and *fer* means 'to bear'. The Caim seeks to offer these Umbellifer Retreat mornings as a restful, quiet, shaded place to provide some breathing space.

Aberluthnott Parish Church & The Caim Field in Luthermuir



The Caim at Luthermuir



Umbellifer Retreat Dates

Thursdays 10am - 12.30pm

27th February

27th March

24th April

22nd May

12th June

Cost: £20 per morning
Refreshments provided.

Please sign up in advance via email below
(Details will be emailed to you when you sign up)

Email: thecaimfield@gmail.com