



What is Schoenstatt Scotland

OFFERING IN 2024-2025

A Vade Mecum

What is Schoenstatt Scotland



Schoenstatt Scotland is a Premier Retreat and Pilgrimage Centre

Schoenstatt Scotland Is a House of Prayer

The Estate comprises 17 acres of 'Tranquility and Natural World Beauty' nestled in the Ancient Volcanic Scottish Fells area

Schoenstatt Scotland is beauty and the natural world entwined. Beauty in the natural world can be described as the gentle trace of God's presence. When overlooking the fells and quiet landscape of Schoenstatt, a Catholic can see creation not only as scenery but as a living reminder that God speaks through what He has made. The harmony of light, land, and silence reflects the harmony God desires for the human heart. The beauty of nature draws the soul upward, inviting gratitude, peace, and a deeper awareness that every created thing points back to its Creator



What is Schoenstatt Scotland



It is the first Shrinrin-Yoku Centre in Scotland with a wealth of scientifically proven benefits to health and wellbeing that encompasses

It is a decades old home for a 'Day Retreat for Scottish School Children' having by 2026 60,000 and growing annually, children, undertake a day retreat here at Schoenstatt Scotland, some of whom are now Catholic School teachers themselves bringing their classes to us for a similar and most memorable day retreat

It has a Publishing Vehicle offering more than 175 pamphlets across a broad range of Catholic topics

Schoenstatt Scotland has its own academic writer – researcher as a member of the community with decades of international experience



What is Schoenstatt Scotland



Schoenstatt Scotland has its own 'Research Vehicle'

Schoenstatt Scotland is a **Sensorium** (a term from neuroscience and philosophy referring to the total sensory apparatus of the body or the perceived environment as experienced through the senses)

It is the home of the Schoenstatt Scotland School of Contemplative Photography

It is the home of the Schoenstatt Scotland School of Meditation

It offers a Schoenstatt Formation Pathway – Formed by Faith Shaped by Creation



What is Schoenstatt Scotland



It is a centre for research into story and storytelling. It also has a Story Corner in the Coffee Hub in the Centre where guests can relax over a series of one page short stories while having a relaxing beverage

It houses the Schoenstatt Scotland Centre for Formation in Wellbeing Awareness

It is the home of 'Lived Wellness Experiences and Resources'

It houses a wonderful and beautiful Memorial Grotto

It houses the Schoenstatt Scotland Centre of Excellence in Apiculture Education



What is Schoenstatt Scotland



It is a Religious House with over a half-million honeybees producing exceptional single origin raw honey produced exclusively by our local Schoenstatt black bees, with no heat treatment and no fine filtering. Supporting local biodiversity and pollination

It is a 17 acre estate out in the natural world and ancient volcanic fell area of Scotland, offering sublime stillness, and tranquility

Schoenstatt Scotland has a wonderful ancient woodland walkway, that in summer months is awash with the scent of white wild garlic flowers carpeting its entire length and breadth, which is also a sign of ancient woodland

Schoenstatt Scotland has its own bluebell wood and several re-wilding areas



What is Schoenstatt Scotland



Schoenstatt Scotland offers exceptional fresh cuisine and when required gastronomy. Our chef trained in a Michelin Restaurant within a world renowned hotel

Schoenstatt Scotland is a specialist centre offering cuisine d'abeilles - honey cuisine using our own exceptional raw honey as a key component

Schoenstatt Scotland has a wonderful ancient Arboretum comprising over 50 different trees, and one or two that are still being explored. It is also the home of two of the Top 100 Trees in the UK. They are ancient Spanish Chestnut duelling trees

Schoenstatt Scotland is home to over 60 different types of bird



What is Schoenstatt Scotland



Schoenstatt Scotland has nesting boxes for birds looked after by a man and his young son

Schoenstatt Scotland is Truly, A Spa for the Soul'©

Schoenstatt Scotland has a 'Global Reach', with a 'Local Heart' connecting English speaking communities, worldwide and beyond

Schoenstatt Scotland connects continents – inspiring faith and reaching English speaking hearts across the Globe with circa 12.8K regular online followers

It has its own Silent Contemplative Garden for those on residential retreats with its own goldfish pool and herbarium



What is Schoenstatt Scotland



Schoenstatt Scotland publishes extensively about Children and Nature and the natural world

Schoenstatt Scotland works closely with local artisans and the local and extended community

Schoenstatt Scotland has a sizeable 'Horto Herba' (culinary herbarium) which serves our bees, our fresh culinary intentions, and also produces herbal salts and rubs, oils vinaigrette's etc

An extensive range of the freshest of herbs for our kitchen are but 5 minutes away in the Horto Herba, and 1 minute away in the case of the Contemplative Garden Herbarium

Schoenstatt Scotland has three fruit orchards – Bramley apples, Victoria plums, and two types of cherry



What is Schoenstatt Scotland



Schoenstatt Scotland also has two large Nectar Cafés for our honey bees, but in essence, the bees range across our 17 acres and out in the heather on the Fells

In the Retreat Centre there is a 'coffee hub' with 24/7 fresh bean to cup coffee available

Schoenstatt Scotland has published a series of 8 Schoenstatt Pamphlets entitled, 'Why Retreat: The Retreatants Treasury' to assist our retreatants and visitors

It has also published a Series of pamphlets about Schoenstatt itself and includes one entitled Fr. Joseph Kentenich. (Our Founder) A Movement of Holiness and Grace. The series also includes a pamphlet in that series entitled A Life of Love – concerning the Life of our sister, the Venerable Emilie Engel and another focussed on Joseph Engling – Servant of God. It will be covering more honourable Schoenstatt individuals in 2026



What is Schoenstatt Scotland



Schoenstatt Scotland has produced a Pamphlet Series entitled Hyperdulia which sell-swell especially during the month of May

Schoenstatt Scotland has an extensive Apiarium Cellarium (An Apiarium is a home for bees. A Cellarium is a storeroom, often for food or provisions) Cellarium is yet another Latin term for accommodation or meeting space – in this case where learning about bees and beekeeping can be undertaken our work here is part-funded by East Dunbartonshire Council. We have also had a four part series of Bee-Keeping seminars which was well attended and led to attendees picking up the desire to become amateur beekeepers

Schoenstatt Scotland has re-envisaged and re-engineered the contemporary Retreat Offering for today and is unique in doing so

Schoenstatt Scotland offers several relaxing retreats The Coorie 2 or 3 Day Retreat, ideal for an ultimate winter get away



What is Schoenstatt Scotland



The 'Experience Schoenstatt Scotland' 2 days of delight. (No schedule, simply space to breathe. No guided input, no teaching or instruction, centred purely on experiencing Schoenstatt Scotland through relaxation and tranquility, Unstructured time is at the heart of the experience, with wonderful fresh cuisine. Focussed on nature and wellness, and amazing short walks overlooking the Fells

Schoenstatt Scotland also has an extensive 'Honey Library' where we and those who wish to add to it on their travels bring back wonderful honey from around the world

Schoenstatt Scotland has produced many litanies, stories of the saints, and pamphlets from our School of Meditation



What is Schoenstatt Scotland



Schoenstatt Scotland has 100-150 pilgrims visiting our extensive private estate every day of the year. Taking the lesser average this equates to over 36.500 and the higher end 54.750

Our Greenhouse brings on plants flowers and herbs in season to service the needs of the Estate, but also trains individuals in the care, maintenance and plant husbandry aspect of our work

Schoenstatt Scotland also is keen to specify those culinary herbs and house plants which offer major health and wellbeing in the home and in our cuisine

Schoenstatt spirituality is rich in symbolism, nature imagery, Marian devotion, hiddenness and inner mind work – such as silence, stillness, meditation, contemplation, humility and depth knowledge of self and spiritual questing



What is Schoenstatt Scotland



Schoenstatt Scotland has a sizeable solar array that provides a few major benefits: Decentralised Energy Production / Distributed Generation: Instead of relying on a central power plant, our solar array creates energy on-site. Energy Arbitrage / Arbitrage Opportunities: Storing energy in batteries when rates are low (or when the sun is shining) and using it when utility rates are high. Load Shifting / Peak Shaving: Using stored solar energy to cover peak demand times, reducing the need to buy high-priced electricity from the grid. Increased Asset Resilience / Reliability: Providing power during grid outages or instability. Carbon Intensity Reduction: Lowering the amount of CO₂ produced per kilowatt-hour of electricity consumed. Scope 2 Emission Mitigation: Directly reducing emissions from electricity purchased for our operations. Net Zero Alignment / Goal Contribution: Supporting personal goals of achieving net-zero emissions. Carbon Offsetting / Insetting: Offsetting emissions through on-site generation. Decarbonisation Strategy: A formal plan to reduce reliance on fossil fuels.



What is Schoenstatt Scotland



Schoenstatt spirituality is covered in many of our pamphlets where we bring in the life and work and thinking of our Founder - Fr. Joseph Kentenich

Schoenstatt Scotland has produced a twin pack of pamphlets under its School of Meditation – entitled ‘An exploration of Catholic Spirituality – The Breath of Christ in me’

Schoenstatt Scotland has published a sizeable series Entitled ‘Natura Dei’ – Consilium in Vitam in Christo – Advice for a Life in Christ



What is Schoenstatt Scotland



Schoenstatt Scotland promotes an occasional 'Digital Detox Rereat' for those wishing to get away from all digital devices for a period of blissful relaxation and time for themselves. Here our guests discover the natural health benefits of restricting access and logging off, or simply closing the lid of their computer. In essence it can enhance gut health, the capacity to recharge, improve digestion focus, enhance relationships and the capacity for love, it can enhance focus, offer better rest, better and deeper breathing, enhance sleep, vitality and productivity, focus, mood and so much more

At Schoenstatt Scotland we nourish Mind, Body and Soul and as John Muir states: and into the forest I go to lose my mind and gain my soul



What is Schoenstatt Scotland



Schoenstatt Scotland has also published a ground-breaking series from the School of Meditation, based on meditation titles offered as such in the most wonderful 1962 Missal which we filled out as real meditations on all of the topics. These are sold individually and form topics for individual study while on retreat and also as formal elements in retreats here at Schoenstatt Scotland. The 12 wonderful Meditations comprise: God to Glorify; Eternity to prepare for; A Soul to Save – My Own; Jesus to Imitate; Time to Profit By; A Body to mortify; Sins to Expiate (remove); Passions to Subdue; Hell to Avoid; Invoking the Angels and Saints; Heaven to Gain; and finally Virtues to Acquire. We commend these to all readers



What is Schoenstatt Scotland



What inspires us at Schoenstatt Scotland is providing excellence, for if Jesus could see the need for rest for himself and his colleagues, how much more is it a necessity in today's world where we can find a beautiful harbour where we can for a blissful period, evade the clamour on all fronts and escape to a really still place – and rest awhile, reinvigorate, but more so, re-enchant ourselves with nature and the natural world, with the spiritual world, and your faith and like breath – expand! And in tandem really take the time to get to know yourself? Something very much missing in today's world

Schoenstatt Scotland acknowledges and writes about 'World Earth Day' each year and in 2026 it will be on Wednesday 22nd April. [EARTHDAY.ORG](https://www.earthday.org) shows how people-powered action, NGOs, and volunteers drive lasting environmental change



What is Schoenstatt Scotland



What Schoenstatt Scotland desires most for its pilgrims – That time in nature will reveal God to you! For it displays His character, for in uniting to God through nature we enter much further than simply admiring the sky and the clouds as a backdrop to the Shrine for example. Instead, you will actively commence investigation into his action in the world, and in our lives, acknowledge His skill and dexterity and in doing so, gradually acquire a deeper fondness, then ardour and love and come to commence with us a 'quest' for the Cosmic Christ

Schoenstatt Scotland is a Centre for Sit-spotting out in the Natural World

Schoenstatt Scotland writes about its honey bees and produces helpful pamphlets, but it also writes for World Bee Day each year. It has also completed in 2026 a sizeable project entitled 'Humility' 'A Homily' Lessons from the Honey Bee



What is Schoenstatt Scotland



Schoenstatt Scotland views language as so much more than vocabulary, it is an enabling mechanism explaining why and how people behave. With this in mind Schoenstatt Scotland has re-imagined, re-engineered and re-designed for the 21st century all that we do and the way that it should be transformed for today. All relationships concern values, all businesses are or ought to be concerned with values. Values concern deep-seated driving forces which impel us into action. What we value offers us resilient opinions on ethics, morality, health and wellness, spirituality and religion, politics, and human rights. Virtually all of our social and business interactions are value driven. People do business with companies and organisations which offer them economic, technical and physical reward and effectiveness

With Schoenstatt Scotland, the language we utilise and the values we embed and adhere to assist those utilising Schoenstatt Scotland to reveal and enhance our underlying ideologies underlining everything we do



What is Schoenstatt Scotland



Schoenstatt Scotland and Change - Our Retreat Centre and Estate are being re-imagined and re-engineered. Design is the essence of simulation and representation, so its ominous responsibility is to simulate properly and represent usefully. Valuable and serious design accumulates attention for we sense in it its capacity to bridge technology and psychology

We offer re-imagined, joined up thinking natural world awareness, a thinking human wellness re-engineered. Designing flourishing potentialities for individuals and our natural environment on the estate. We recognise God with Us - God in All Things, and the Retreat Re-mastered for the 21st century and for Mind - Body and Soul

Nature never hurries and yet all gets accomplished. There is so much in our life we can discern from nature to aid us in our transit through this world, to our lasting home



What is Schoenstatt Scotland



Schoenstatt Scotland is a place of natural beauty (Schoenstatt translates as beautiful place) and with it comes a wealth of health benefits

In today's altered world we need places of retreat, where we can ponder, be still, refresh and rethink - this is Schoenstatt Scotland

Nature is explicitly the creation of God - every bit as much as we are - Retreat into nature - Retreat to Schoenstatt Scotland

Schoenstatt is a Scottish Centre for the Power Nap - Learning pathways to Relax and Restore

What is Schoenstatt Scotland



Schoenstatt Scotland is a Centre for Contemplative Breathing

Schoenstatt Scotland has written extensively on Radical Gentleness - Emerge from and Reset from this experience. Explore the makeup of gentleness and how to live in today's world spreading the quality of kindness and tenderness in a mild mannered way. It is living in community with a lightness of action and effect. Super for mental health and wellness

It has written a Vade Mecum (Go with me) on Gossip and its negative web of deceptions and as well as the retreat it has its own pamphlet that individuals can purchase from the centre

Dealing with Change: Change is always going to happen, it is how we best and safely traverse and pilot our way through it that is essential. This retreat has a punchy and easy means of getting its point across. It is ideal for living in a post COVID - 19 environment and for navigating life. It is a sound retreat for both mental and physical wellbeing



What is Schoenstatt Scotland



Investing in Yourself: There is no greater investment than the investment within your personal development. Getting to really know yourself is an investment that can pay major dividends for not only yourself, but your family and friends, in your workplace and for living in and navigating today's world.

Tools for Healthy Eating: Set goals for and remove barriers to healthy living. Jumpstart healthy eating, food choices and food hygiene and safety. We acknowledge that every journey to wellness is highly personal, so we explore various options to health and wellness. An element in this retreat takes us into the 'Hortus Conclusus' - 'Enclosed Garden' to see how our food is grown, understand the best aliments for health and wellness, and optimum cooking techniques



What is Schoenstatt Scotland



Schoenstatt Scotland has a focus on Biodiversity and we will provide a clear public identity for this in time. It will be termed the Schoenstatt Scotland 'Covenant with Creation Action Plan' (Schoenstatt Scotland's Biodiversity and Stewardship Pathway). It will reveal itself in 'Caring for the gifts of creation through restoration, protection, and community engagement' 'A palpable covenant of love with the natural world at Schoenstatt Scotland, for adults and children alike on Retreat

'Our crystal clear biodiversity goals' examples: Increased native wildflower cover; enhancing habitats for pollinators including our own honey bees; protecting and enhancing woodland edges; creating wildlife corridors where necessary; enhancing water habitats; and maintaining both our native and other trees; Wildflower meadow strips; Bird boxes, bat boxes, insect hotels; No-mow zones with signage; composting areas; rain garden or wetland enhancement; and maintaining our 3 x orchards

Schoenstatt Scotland also writes extensively each year for World Earth Day



What is Schoenstatt Scotland



Schoenstatt Scotland has a well kept secret - and that is the fact that it has a Culinary School, for priests and religious, ensuring nutrition, health and wellness at any age. It has also very occasionally, the capacity with very small groups to undertake much the same for day guests

Schoenstatt Scotland is a Sensorium. Sensorium is a term from neuroscience and philosophy referring to the total sensory apparatus of the body or the perceived environment as experienced through our senses. When referring to Schoenstatt Scotland as a 'natural sensorium,' it suggests that the place is designed to engage and stimulate the senses through its natural environment. A sensorium typically involves elements that awaken sight, sound, smell, touch, and sometimes taste, creating an immersive experience of nature's beauty and serenity.



What is Schoenstatt Scotland



Schoenstatt Scotland is also a Templum Tranquillitatis - a wonderful place for rest, clarity and renewal. Within this haven, your experience is guided by simplicity and care. Spaces are designed purely for stillness and tranquility. Hospitality is intuitive and discreet. Cuisine is prepared with absolute precision, drawing on seasonal ingredients and a respect for balance, nourishing without excess. Time we are told slows. Attention sharpens. The landscape invites a different way of being, unhurried, undistracted, fully aware. 'Not an escape, but a return to quiet, to presence, to what matters.'

Schoenstatt Scotland publishes work regularly that delves deeper in a subject and this will always be flagged up by the term (A Vade Mecum). Go with me. The most recent in this vein includes 'Childlikeness before God - Incorporated into the heart of Human Wellness. Also - 'The Young Catholic Has Large Shoes to Fill.' 'Stillness' and 'Trust.'



What is Schoenstatt Scotland



Schoenstatt Scotland also takes on a subject heading for learning and frequently builds upon it bringing in the thinking of key writers, theologians, philosophers, saints, popes, psychologists and sociologists, and where necessary looks at the work and raises the topic up to just how it can be utilised by individuals in today's world.

With the 100th anniversary of the Founding of the Schoenstatt Sisters of Mary in 2026, Schoenstatt Scotland Press and Research Press will be producing so much more material online in that year.



What is Schoenstatt Scotland



Schoenstatt Scotland also writes regularly about story and storytelling. Our community member is an academic researcher, and one of his research and writing areas includes story. Its benefits are myriad, and stories circumvent our logical defences, so speak directly to our emotions because they throw a switch triggering empathy-building chemicals in the brain, just like oxytocin. This Lent we did a series where the learning came in story form from the visual of an old man up in the fells sitting by his fire the wood for which he had gathered from scrub. He would meet different fell walkers who would sit and join him looking down upon Schoenstatt from the fells and the stories would evolve.

Schoenstatt Scotland also writes extensively on Emotional Intelligence, Ethic and Morals, and the organic union between faith and everyday living. And how small faithful acts of love can transform the world.



What is Schoenstatt Scotland



Schoenstatt Scotland - Spreading Marian Devotion in English from Scotland to the World

Connecting Continents - Inspiring faith. Schoenstatt Scotland reaches English-speaking hearts across the globe

Inspiring Young Hearts – English-Speaking Outreach from Schoenstatt Scotland to the World'

Schoenstatt Scotland – Global Reach, Local Heart connecting with English-speaking communities worldwide, and beyond'

'Scotland's Spiritual Outreach – Local Roots, Global Reach'

Worldwide Outreach – One Mission. Schoenstatt Scotland speaks to hearts across the English-speaking world and beyond'