



FIVE KEYS

Schonetatt Scotland Media Press

NO: 1 WHAT THE CHARITY WAS SET UP FOR

FIVE KEYS

According to our registration the beneficiaries are: 'Children or young people', 'Seniors', 'To benefit the local and extended community.' We serve both primary and secondary schools across the Edinburgh, Glasgow, Paisley and Motherwell dioceses. We serve the Schoenstatt Movement, spiritual guidance and formation. We serve religious organisations i.e. Knights of the Holy Sepulchre... We serve Parishes through parish retreats. We serve the bishops, religious, priests, sisters, deacons.. days of refection, annual retreats. We serve brothers and sisters of other denominations or non. We serve foreign students. We serve Care Homes who come on day visits. We visit the sick and dying. We serve our local community through making the grounds/chapel available. Educational programmes to support their Spirituality/mental health and wellbeing/Moral and ethical formation (the leaflets!). We support community organisations like FIZZ (Families affected by abuse). We are available to anyone who is in need and needs an open ear. And we support the remaining German community in Scotland.

NO: 2 WHO WE SERVE:

FIVE KEYS



Schoenstatt Scotland annually serve school children in Scotland with a day retreat circa 750 - 1000 school children and biennially a larger more deeply themed day retreat for up to 2000 school children

Schoenstatt Scotland works with many parishes across Scotland and we make them aware of retreats, and also liaise with parishes concerning pilgrimages, other events, concerts etc

Schoenstatt Scotland works with the local community and we also keep in touch with the mens-shed organisation, we offer bee-keeping classes at introductory, intermediate and advanced levels, organise visits to the Apiary, and visits to the gardens and three orchards. Gardening, and culinary herb, growing, consumption and health benefits

We work with a few key local artisans, for such things as maintaining stone walls, building for example, the Memorial Grotto, maintaining our two bridges, for jars, lids and labels for our raw honey

NO: 2 WHO WE SERVE:

FIVE KEYS



There is another lady who knits hats for the honey jars at Christmas and other periods, and the money she makes goes to a Glasgow University Charity for Leukaemia

We serve local parishes in terms of their clergy, their parishioners, men's and women's guilds, religious men and women's orders, and we also serve non-denominations through various events

We serve locals through regular walks via the ancient woodland walkway and also daily dog walkers up to 25 per day, this builds community health and general fitness and stress reduction, and also provides a device for these individuals to open up and interact with each other bringing about a general happiness and a communion of like minded individuals

We serve 100-150+ individuals per day coming through the estate. We serve other faiths with events and meetings, etc. We serve the United Reformed Church in the city of Glasgow with residential retreats and conferences for their seminary

NO: 2 WHO WE SERVE:

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Schoenstatt Scotland has also worked with the 'Community Social Service' through allowing their members access to repair and maintain benches on the estate

We work with those who possess special needs, young, teenagers, families and those who just need someone to be able to talk to

We work with the elderly, the sick and the dying through home and hospital visits

We serve some children, young adults and others through the stillness and tranquility of

Schoenstatt who experience sensory overloads in some cases through auditory hypersensitivity. And depending on specific cause also those who have misophonia, hyperacusis, phonophobia, or are neurodivergent, or have (APD) the neurological condition where the brain has trouble interpreting and computing sounds quickly, causing auditory confusion in busy spaces

NO: 2 WHO WE SERVE:

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Schoenstatt Scotland is frequently sought out by parents with auditory conditions and some of the school children having a day retreat will possess aspects of these disorders

Very small children and young adults come with parents and or carers with those who are autistic and for some of these individuals things like our German PostBox, our herb gardens, things like bronze fennel, French tarragon, curly and flat parsley, chives, rosemary etc all become prized as well as flowering plants and pot plants and shrubs. This pairs up with sensory processing differences a core diagnostic feature of autism spectrum disorder (ASD). These individuals are tactile seekers for there nervous system under-processes sensory data from our world. Our goal then is to assist them with their physical interaction by providing the rich sensory environment to fill the gap so they can fully perceive and comprehend objects. It is something that when you view it operatively brings immense rewards to these individuals and to us

NO: 3 WHAT WAS DONE (OUTPUT):

FIVE KEYS



Schoenstatt Scotland has gained extensive knowledge of kids and with our access to nature the two co-exist beautifully, and the kids thoroughly enjoy the content

We have produced also a pamphlet entitled Kid and Nature - Time for Adventure - Time to Flourish (Part of our Extensive Wellness Series)

Schoenstatt Scotland hosts retreats across a very broad range of subjects, it offers annual pilgrimages to the Centre. There are events also in-between these

Offering visitors and retreatants access to pamphlets in the Shrine to assist their prayer, Adoration, and we also offer two different Holy Hours. These can also be posted out to those who desire them.

NO: 3 WHAT WAS DONE (OUTPUT):

FIVE KEYS



Schoenstatt Scotland has an extensive online presence through Schoenstatt Scotland Facebook, and we also have a Schoenstatt Scotland You Tube Channel. This looks after interests in Scotland itself, the rest of the UK and has grown into the rest of the English Speaking World

This need has led to us possessing a 'Worldwide Outreach – One Mission. Schoenstatt Scotland speaks to hearts across the English-speaking world and beyond'

Our work with the ill and dying led us to explore the possibility of a Memorial Grotto here at Schoenstatt Scotland and this was achieved and is actively fulfilling a pressing need for remembrance

NO: 3 WHAT WAS DONE (OUTPUT):

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We have provided materials for those interested in specific aspects of their religion and its formation, for those wishing to develop and scope out their spiritual journey and for those wishing to dig-deep and long by going on a quest to strengthen their faith

We have developed a special way for those who may be lost in some way, deserted their faith, perhaps delving into for example Buddhism, and who have come out the other end and simply realise what they actually need is to come to know themselves. The benefits of this are profound for the individual(s). We have a retreat that asks you to explore exactly that 'Coming to Know Yourself.' For if you do not know who you are - how on earth can you understand others. Those coming through this find it tremendously freeing and enabling

NO: 3 WHAT WAS DONE (OUTPUT):

FIVE KEYS



As retreats happen, we learn continuously over the years and pick up on sensory elements that lead us to new and exciting things we can undertake. You will view this in our work with children and with those with sensory impairment(s). We are constantly refining, detailing and watching for changes in the world and new ways to make a difference, something Schoenstatt Scotland is renowned for

NO: 4 WHAT WAS ACHIEVED (OUTCOMES):

FIVE KEYS



Schoenstatt Scotland has experienced a sizeable rise in foot-fall through our various elements for individuals as well as groups, including care home visits to Schoenstatt Scotland in the summer months

Increased opportunities, through being able to purchase 175+ pamphlets across a myriad range of religious, spiritual, and wellbeing areas, which include now: meditation at introductory, intermediate and advanced levels, pamphlets on the benefits of meditation, lectio-divina, visio-divina, music-meditation, sit-spotting, contemplation, stillness, silence, and so much more

Story telling single-page laminated document in a story telling corner in the Coffee Hub in the centre

NO: 4 WHAT WAS ACHIEVED (OUTCOMES):

FIVE KEYS



Schoenstatt Scotland was the first to develop Shrinrin Yoku in Scotland as a retreat and also aromatherapy from the trees when the retreatants return to the centre after their forest bathing

We also offer Digital Detox residential weekends and these are always oversubscribed with individuals desiring to get away from their digital life for a period and how to reset. We use the tags: If it is out of control. If it is affecting your physical and mental wellbeing it is never about ridding yourself of technology - its about regaining control of normality and not about going tech free. Sometimes it just requires a get away and a jolt to get back into balance

Online social media from Schoenstatt has burgeoned in 2024 - 2025 and we have a number of other Schoenstatt's from around the world following us. Worldwide Outreach – One Mission. Schoenstatt Scotland speaks to hearts across the English-speaking world and beyond.'

NO: 4 WHAT WAS ACHIEVED (OUTCOMES):

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In 2023- 2024 we did extensive research as we had achieved all we could in the space we had in the retreat centre itself - the time was ripe to launch so much of our research and learning in 2024-2025.

Schoenstatt Scotland has also produced many pamphlets on getting children out into nature, much which has been learned from putting 60,000 Scottish school children through day retreats since we first opened

We have produced also a pamphlet entitled Kid and Nature - Time for Adventure - Time to Flourish (Part of our Extensive Wellness Series)

The Natura Dei Garden Project was a massive aspect and we produced a 7 pamphlet pack to launch it

Natura Dei embraces the natural world and offers advice for living a life in and with Christ

NO: 4 WHAT WAS ACHIEVED (OUTCOMES):

FIVE KEYS

We set out an understanding of what nature meant and specifically how we might utilise the extensive ground that although beautiful lacked proper management and exploiting of its full potential. This we have massively achieved through spirituality of design and place

The ambition was to strengthen the connections between people, nature and the designed environment

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NO: 5 WHAT DIFFERENCE WAS MADE (IMPORTANT):

FIVE KEYS



At Schoenstatt Scotland we are constantly being told by visitors walking through Schoenstatt or even arriving by car that virtually as soon as they get through the gates their shoulders drop, they breathe easier and deeper. So there is a health and wellbeing aspect, a desire to visit and revisit because of the perceived benefits

At Schoenstatt Scotland our day visitors and retreatants all benefit from being out in the natural world and there are myriad examples of this. 'Wilderness is a necessity ... there must be places for human beings to satisfy their souls' (John Muir) and Schoenstatt Scotland has embraced this whole-heartedly

NO: 5 WHAT DIFFERENCE WAS MADE (IMPORTANT):

FIVE KEYS



Working with biodiversity, producing a 'Nature Edit' pamphlet within the 'Natura Dei' reading pack which includes kids and wellness through nature

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We have built in areas for those with autism associated disorders, and those who experience auditory issues in today's frantic world. Indeed we are considering a Silent Secret Garden, which will be gated and provide amazing garden features, colours and tactile advantages for these individuals when they can spend time apart, safely and experience the wonders of nature and the natural world

NO: 5 WHAT DIFFERENCE WAS MADE (IMPORTANT):

FIVE KEYS



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Through opening up and fully utilising every aspect of the entire estate there is now a more sizeable educational aspect to the estate, and when you factor in the online aspects opening it up even further there is a sizeable higher educational learning focus to stretch those who desire it, and distance learning not just in Scotland but around the world and through other Schoenstatt Communities, and religious communities and parishes following us around the world

Fr. Joseph Kentenich (Our Founder) was decades ahead of his time and he focussed not simply on the spiritual side of the human being, rather he focussed on the entire human persons health, mental health wellbeing in its entirety and we have developed this outlook to its full potential

NO: 5 WHAT DIFFERENCE WAS MADE

FIVE KEYS

(IMPORTANT):



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We focus on the entirety and richness of living beings from children, ethics, morals, education, humanity, spirituality, comfort - and what it means to a Catholic both spiritually and practically, The organic union between faith and everyday living, forgiveness, gossiping and its web of deceit, humility, love, general and cognitive health, improving their abilities to cope with living in cities and towns and in getting to fully recognise the benefits of setting out into the natural world (even for brief periods with regularity), to experience its capacity for physical fitness, relaxation, refreshment, enhanced sleep-hygiene, to learn and understand coping strategies to advance wellbeing

There are online examples, online retreats, there are physical pamphlets available in the Shrine covering spirituality prayer and devotional aspects, there is the stall, where all aspects covering meditation at different levels, contemplation, stillness, silence, tranquility, and a sizeable group of pamphlets to help improve diet, best items to purchase for health and much more

NO: 5 WHAT DIFFERENCE WAS MADE (IMPORTANT):

FIVE KEYS



In a highly complex and ever changing and at some points fractured world, we are highly conscious of the need to find access to materials that can assist human beings today. So we update spiritual works so that they can be viewed through the lens of today's world and their life and families, we talk about and produce pamphlets, retreats and online materials of the subject of Change, Trust, Childlikeness before God - Incorporated into the heart of human wellness, Incorporating and Embedding Silence and Stillness into the Contemporary Catholic Life. We have retreats about Story and Storytelling, and to recognise that every human being has a story to tell and to learn from. This is most important for Seniors to understand, and not simply to keep quiet and forget and not to pass on learning - they can offer amazing learning opportunities and we bring this out and to the fore - in terms of cognitive health this is very much an enabling tool

NO: 5 WHAT DIFFERENCE WAS MADE (IMPORTANT):

FIVE KEYS



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We have retreats and pamphlets on Interior Transformation - How to incorporate Recollection, Prayer and Meditation into your life and its benefits. We have a Retreat on Lived Wellness Experiences and Resources. A Retreat on Comfort. And one for both children, adults, teachers and grandparents, carers to get their teeth into and it is also (*A Vade Medcum*) so deep diving and rich learning! It is entitled 'The Young Catholic has Large Shoes to Fill.'