

# Holy Rood House

On-line retreats

## *Creative Journaling in Difficult Times*

**Tuesday 28<sup>th</sup> September**

**at 10am – 11.30am repeated at 6pm - 7.30pm**



**We welcome you to our on-line retreat with Helen Warwick. As we go through challenging times, we will be offering creative space to help us reflect on what is emerging for us. These retreats will be suitable for anyone wanting to explore journaling, whether experienced or a beginner. Crayons or felt-tips, a pen and paper will be all that is needed for exercises that will be enjoyable, useful, and revealing our wisdom. These will be held regularly; the material will be different for each event.**



Holy Rood House is a charity with a gentle Christian ethos; we are a community that offers a space for many people at their time of need and education through the theology centre.

Helen is one of our residential chaplains who leads creative retreats, sessions in our art room and works with individuals and groups. She is a trained Occupational Therapist and Spiritual Director and has published four books. Keeping her own creative journal really helps her life and work. Helen has been running on-line retreats that are proving valuable and popular. Comments include *'These zoom sessions have been a real gift – a way to create a bit of inner space for myself'* *'I found this morning uplifting and inspiring'* *'The material was hopeful, gentle and nourishing'* *'The way you led was helpful, your pace was brilliant'*. Your explorings will be private to you in this retreat.

We are supported by donations.

**The suggested donation for each event is £15.**

**To apply please email us at [enquiries@holyroodhouse.org.uk](mailto:enquiries@holyroodhouse.org.uk).** We will email back with an acceptance and send BACS details for payment – **to be paid before the event.** Please inform if you are a gift-aider and supply your name and full address. Or you can send a cheque. A few days before the retreat you will be sent an email with the Zoom link that will take you straight to the event. Do give us a ring or email if you want to find out more.



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