

Holy Rood House retreat

A Quiet Garden day

Autumn Equinox reflections

On Thursday 23rd September 2021

From 9.45 for 10 – 4pm

As part of the Quiet Garden Movement



Come and enjoy a day at the peaceful centre of Holy Rood House, a place that specialises in health and pastoral care. Helen Warwick, one of our chaplains, will be offering ideas, poems and prayers. Our large garden offers a quiet, gentle healing space which includes a labyrinth, orchard, goats and a walled garden with a pond. Indoor spaces include a chapel that is centred in the garden, and a large art room.

A light lunch and hot drinks will be provided.

The day will end with tea and cake.



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. Many guests find the garden space helpful in their ongoing healing process *'I came to Holy Rood House not knowing what to expect, uncertain of what I would find, I found beautiful gardens of herbs and flowers, with gorgeous scents when touched, a quiet peaceful atmosphere...'* Quote from a guest.

We are a charity wholly supported by donations. The suggested donation for the day is **£30**.

To book the day please ring us on 01845 522580 or email us at enquiries@holyroodhouse.org.uk. It is helpful for us to know if you are a UK tax payer so we can claim gift aid on your donation.

We run regular, seasonal Quiet Garden Days throughout the year.

Do explore our website [http://www.holyroodhouse.org.uk/](http://www.holyroodhouse.org.uk) or give us a ring to find out more about the day.

**Holy Rood House & Thorpe House
Centre for Health and Pastoral Care
& The Centre for the Study of Theology and Health**

**10 Sowerby Road
Thirsk**

**North Yorkshire
YO7 1HX**

01845 522580

enquiries@holyroodhouse.org.uk

In the visible world of nature, a great truth is concealed in plain sight. Diminishment and beauty, darkness and light, death and life are not opposites: they are held together in the paradox of the "hidden wholeness." Parker J Palmer

Information about the Quiet Garden Movement can be found at <http://quietgarden.org/>