



The Community of Holy Rood House lives within a daily rhythm of prayer, including Prayers for Justice and Peace and The Eucharist with Prayers for Healing. Anointing is available, and the sacraments are integral to the life of the Community, and our ordained Chaplains offer a sacramental ministry when appropriate.

Our Chapel opens out onto the gardens, with a labyrinth and animals as part of our ecological approach to spirituality and healing.

The small garden 'Chapel of Sophia' provides a hidden, private space for prayerful reflection.

Whilst all our guests are welcome to share in our daily prayer and hospitality as part of the Community, there is never any expectation or pressure to do so.

Since 1993 many Clergy and family members, Religious and Readers from across Britain have found their way to the open and inclusive space of Holy Rood House for many different reasons and **YOU** are welcome too.

*"I was at the edge. Holy Rood House gave me time and space to step back from the edge..."*



We are in  
Organisational Membership of  
The British Association for  
Counselling and Psychotherapy

There are Suggested Donations for one to one sessions, day and residential visits.

Your donation may be gift aided.

The Raymond Williams Foundation and other grants for residential study, sabbatical and retreat may be available.

You will find a **Spiritual Direction/Accompaniment** form on our website to download. This will help you and the Chaplaincy Team to access what you are seeking and who may be the right person to support you on your spiritual journey.

For our **Counselling and Psychotherapy Service** you will find another form to fill in.

Please email the form/s to us as an attachment, so we can keep confidentiality, or simply phone or email for an initial conversation.

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#### Patrons:

The Rt Revd and Rt Hon. Baron Williams of Oystermouth  
PC FBA FRSL FLSW

Professor Tina Beattie  
Catholic Theologian, Writer & Broadcaster

Executive Director:  
Revd Elizabeth Baxter MPhil

*"Holy Rood House continues to be a well of salvation and healing..."*

# HOLY ROOD HOUSE

CENTRE FOR HEALTH AND PASTORAL CARE

WITH

THE CENTRE FOR THE STUDY OF  
THEOLOGY AND HEALTH

*'THE PLACE TO TURN TO'*

for

# CLERGY & FAMILY MEMBERS Religious & Readers



## TIME AND SPACE FOR YOU

*providing a safe and  
accepting place to come away  
from the stresses & complexities  
of life & find professional  
support at times of personal need  
of body, mind and spirit*



Within an accepting and creative environment, the community offers flexibility to Clergy and family members, Religious and Readers looking for respite and someone to accompany them on their therapeutic and spiritual journey. This may be a formal process, or more informal, as someone begins to feel a need to explore and think through their life journey and the spiritual connections they are making.

Sometimes a time of transition, illness or trauma, provides the moment to find the right person and the right place to make this important journey.

Holy Rood House has worked within the Churches' Ministry of Healing for over 29 years, providing safer space, empathy, compassion and professional care.

The small residential community, along with the rest of the team, seek to provide relaxed 'companionship on the road' without invading personal space.

*"Gentle fellowship, listening and hospitality made this a safe space for me to be and risk just being for a while.  
Thank you for being here on my life journey".*



It may be possible and helpful to have both spiritual direction/accompaniment from one of our Chaplaincy team alongside professional counselling from someone from our Counselling and Psychotherapy team.

Holy Rood House is also an ideal place in which to explore and develop vocation and/or on-going studies and creativity, making good use of the well resourced library and creative arts space.

### **THE CENTRE FOR THE STUDY OF THEOLOGY AND HEALTH**

Alongside, and informing our therapeutic work, we explore the interface between psychology, the arts, theology, ecology, science and spirituality through our Annual Hildegard Lecture and Summer School, and through our training and events programme. We seek to respond to, and keep abreast of, our rapidly changing world and the many issues faced by the churches.

*"You are 'church' on the edge, at the cutting edge... please keep on pushing the boundaries of theology. Thank you for making me and everyone so very welcome. You are a small haven (heaven) in an often turbulent and beleaguered world."*



Some people wish to have frequent sessions at a particular stage in their lives, or if they are on sabbatical. Others may wish to set up a longer term commitment, and to visit regularly. It is also possible to arrange to stay in one of our guest bedrooms to make a one-off or regular retreat at Holy Rood House, which may include a daily conversation and/or creative sessions. This time away may also include counselling.

### **Our guests often self-refer or may be referred by their churches or other agencies.**

As a natural part of holistic experience towards finding well-being, Holy Rood House seeks to:

- \* create a confidential space where you can be heard and where you can hear yourself.
- \* help you to reflect more deeply and safely, within a professional and relaxed environment, about your circumstances, making connections with your faith journey.

*"I have been reminded here that I do not travel alone; that others are Christ to me and I to them. We are all broken, all healing – there is no shame, and need be no loneliness."*