

Holy Rood House and Juliet House offer a lovely space for creativity. We have a large garden and library and offer home-cooked food.

For more information please contact us in the office through email or phone, whichever is easiest for you.

Come and enjoy this lovely home and feel part of the community.

The loss we carry, a sea we must wade.
We've braved the belly of the beast.
We've learned that quiet isn't always peace,
and the norms and notions of what "just" is isn't
always justice.

And yet, the dawn is ours before we knew it.

Somehow we do it.

From The Hill we Climb – Amanda Gorman

***Holy Rood House & Juliet 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
www.holyroodhouse.org.uk***

HOLY ROOD HOUSE

welcomes you to

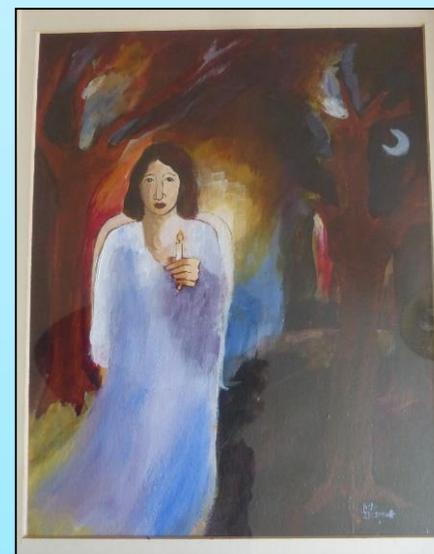
'Coping with Loss through Poetry and Prayer'

Retreat

from

**Friday 14th October to
Sunday 16th October 2022**

**Led by Helen Warwick, Revd Jeanette
Peirson and members of the Holy Rood
community**



In the challenging world we live in we are affected by losses of different kinds, affecting us in many ways. We might have the feelings of being disconnected with our creativity and energy for life. Many are experiencing the deep grief of losing a loved one and trying to navigate the journey of bereavement. Suffering can bring losses of physical, mental, emotional and spiritual changes and during this weekend we will gather together to gently explore how we can cope with loss, through poetry and prayer and being together in community. The weekend will be held by the community in love and, alongside our sorrows, there will joy and laughter. This will be an informal weekend with space for resting, enjoying our garden and creative art room, alongside nourishing home-cooked food.

Helen Warwick, a chaplain at Holy Rood, will be running the weekend. Helen runs retreats and works creatively with guests. She has published books on suffering, creativity and spirituality (see Kevin Mayhew's site at <http://www.kevinmayhew.com/finding-your-inner-treasure.html#.WHUBofmLTIU>).



Revd Jeanette Peirson is one of the chaplains at Holy Rood House. She is involved in spiritual direction and also has responsibility for the library, situated in Juliet House. The library focuses on theology and the work of psychotherapy and healing.

*We all come from a place of pain
and a place of peace
and the sharing is a resurrection.
It's all right to be human, hungry, hurt:
and it's all right to have joy, serenity, hope.* Carole Bialock



Booking Form

For 'Coping with Loss'
4pm on Friday 14th October-
2.00pm on Sunday 16th October

Suggested Donation:- **£220** (en-suite) **£210** if non-en-suite*

Please email these details or send this form together with a **£60** non-returnable deposit to: Holy Rood House, 10 Sowerby Road, Sowerby, Thirsk YO7 1HX
BACS details - HSBC plc: Sort Code: 40-28-16 A/C no. 41227572
Centre for Health and Pastoral Care. Please state if you Gift Aid.
Name:.....

Address
.....
.....
.....

Telephone:.....

Email.....

Gift Aid - Yes/No

We will arrange to meet a train or coach if necessary;
Time of arrival: Thirsk Station at..... Coach at
.....

Please indicate if stairs are a difficulty for you.
SPECIAL DIET Do you have a special diet or other information we need to help make your stay comfortable?

How did you hear about Holy Rood House?.....

Have you been to Holy Rood before?.....

Please make cheques payable to Holy Rood House

*A small bursary may be available