

# On-line learning for Spiritual Directors and Clergy

Life and hope are  
inseparable.  
Life is the body, and hope is  
the intuitive divinity in us  
Sri Chinmoy

## 'Exploring Creatively for Healing in Covid times in Spiritual Direction/Accompaniment'

Led by Helen Warwick - lay chaplain at Holy  
Rood House Community

on Thursday 21<sup>st</sup> January 10am – 12.30pm

and on Wednesday 20<sup>th</sup> January for York  
Diocese only 10am – 12.30pm

Helen will be leading through creative ways and discussion looking at these liminal times with coping with anxieties, vulnerabilities and finding ways through. There will be space for your own reflections.

*'Helen Warwick gave us a wonderful spiritual director's day at Wydale in November'*

Revd Andrew de Smet Archbishop's Adviser and  
Co-ordinator of Pastoral Care in the Diocese of York.

### About Helen

Helen is a residential lay chaplain at Holy Rood House leading creative retreats and working with individuals and groups.

Helen is a trained Occupational Therapist and Spiritual Director and, as a writer, she has published four books (Kevin Mayhew publisher) which include creative and holistic ways for health. Recently she has completed the Capacitar training teaching wellness practices and self-development. Helen has been running regular retreats on-line that have been well received. Feedback includes *'the way you led really helped. Your pace was brilliant, and I thought you managed us really well.'*



The suggested donation for Thursday 21<sup>st</sup> January on-line event is £30.

For those in the York diocese it is free for the Wednesday 20<sup>th</sup> event only.

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**. A few days before the event you will be sent an email with the Zoom link that will take you to the event. Do give us a ring or email if you want to find out more about the event.

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