

Holy Rood House

welcomes you to

Holding Real Hope

**A series of on-line Zoom events
for body, mind and spirit
led by Helen Warwick**



Our community would like to welcome you to experience these holistic sessions on topics related to **Holding Real Hope** - exploring creatively, relevant to these uncertain times. Helen will be offering ideas, wellbeing, poems and prayers.

**Tuesdays from 10 - 11.30am
with a repeat from 6 - 7.30pm**

September series –

Finding the Way through Unease

8th September – Naming and Noticing

22nd September – Being and Belonging

6th October – Routines and Resources

November series –

Finding the Way with Wisdom

3rd November – Divine Wisdom

17th November – Wisdom of the Self

1st December – The Wisdom of Community

There will be space for your own reflections within this time, pauses for you to connect to what is right for **YOU**.

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.'

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. We are supported by donations.

The suggested donation for each event is £10 - £15.

Maximum number of 12 guests for each event.

About Helen

Helen is our residential chaplain leading creative retreats and working with individuals and groups at Holy Rood House. She has experience of on-line work. 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. *'She has a deep appreciation of that sense of connection with nature, ecology, the body/mind link, the rhythm of the season, alongside her deep faith, and this connection can be found in a myriad of different ways.'*



How the on-line bit works...

Those who apply for the event will be sent a link in an email that takes you straight to the Zoom meeting - it's very straight forward. You can access Zoom on a computer, Ipad or smartphone (for this download the Zoom app). If you prefer not to be seen on these events, then once on the Zoom it can be arranged for you to hear, but not be seen. Clear instructions will be given with the link email after application. Helen will guide and encourage so we will have a good experience.

Feedback from Zoom events includes *'thank you so much for the session this morning. It helped me understand some realities and think about ways to overcome them, accompanied by calm and beautiful images. It's good to do it with others.'* *'thank you very much indeed for yesterday's mini retreat. I've just been over the material again, and it was really hopeful, gentle and nourishing.'* *'I didn't quite know how I would cope with this kind of thing on zoom, but the way you led really helped. Your pace was brilliant, and I thought you managed us really well.'*

To apply please email us at 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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