

*"We do not think ourselves into new ways of living, we live ourselves into new ways of thinking."* Richard Rohr

*Come and enjoy this lovely home which includes a large garden, wildlife and pets, a library and home-cooked food. We welcome you into our community.*

***'abundance' a description of the levels of love and caring I experienced here..'***  
...quote from one of the Men's Retreat participants

**Holy Rood House & Juliet House  
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& The Centre for the Study of Theology and Health  
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*"Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.  
Keep alive the dream; for as long as a man has a dream in his heart, he cannot lose the significance of living."  
– Howard Thurman*

# **HOLY ROOD HOUSE RETREAT**

## **RULE OF LIFE SPIRITUALITY A Weekend Pilgrimage for Men**

**Friday 31<sup>st</sup> May to  
Sunday 2<sup>nd</sup> June 2024**

**With Revd Clay Roundtree, Urs Mattmann,  
and Mike Hall**



Over the course of the weekend, we will explore together the spirituality and the value of creating a flexible and life-giving rule of life, drawing inspiration from Christians who have engaged in this over the centuries. To do this we will be looking at life as a pilgrimage with Christ, drawing insights from psychology, theology, and personal experience. This weekend for men is open to spiritual seekers and Christian disciples alike, those who are exploring faith or struggle to make sense of it all. The weekend will include short talks, time for reflection and discussion, guided meditations, a communion service and time to relax.



Clay Roundtree has been in public ministry for 20 years and is an Anglican priest in Grantham, Lincs. He is a musician who enjoys many different styles of music. He has led many retreats over the years and has written The Daily Prayer Rosary (2011) for Canterbury Press. He is married with three children.



Urs Mattmann is a Lay-Chaplain, Supervisor, Psychotherapist and Spiritual Director and is further developing our Men's work. Urs is the author of COMING IN, published some years ago by Wild Goose Publications at [www.ionabooks.com](http://www.ionabooks.com) Richard Rohr wrote the foreword. In 2023 WILLING TO LOVE was published where Urs contributed a chapter: <https://willingtolovebook.com/>

Mike Hall, a residential community member, with gardening, creative and pastoral skills, will be working alongside Clay and Urs during the weekend.



**Booking Form**  
For 'Men's Spirituality Weekend'

4pm on Friday 31st May – 2.00pm to Sunday 2<sup>nd</sup> June 2024  
Suggested Donation:- **£260** (en-suite) **£250** 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 .....

If possible en-suite:    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