

This is our destiny, to be one with God in a unity which transcends all distinctions, and yet in which each individual being is found in his or her own integral wholeness. – Bede Griffith

*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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“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**

### ***MEN OF SPIRIT***

**Men discovering role models  
in mature spirituality**

**Friday 9th September to  
Sunday 11th September 2022  
A Residential Retreat for Men**

**With Urs Mattmann, Nick Warwick, Mike Hall**



**MEN OF SPIRIT.** We will explore the lives a few well known men who lived or live their faith in wisdom, contemplation, creativity and with social justice. We need role models of men who embody their spirituality in a liberating way. We explore this within the Christian tradition and related forms of spiritual journeying.

This retreat will include short talks, time for reflection, discussion meditation and time to relax. Urs will offer guided imagination exercises and visualisations, Nick will contribute with music and Mike with massage.

Urs Mattmann joined the Holy Rood House Community with his partner Emmanuel Grassi in 2020. They both lived in a Christian community in Switzerland for many years before coming to London and then Thirsk.

Among his gifts to the community, Urs is working with us as a Lay-Chaplain, Supervisor, Psychiatrist and Spiritual Director and is further developing our Men's work with a Vibrant Men's community at Holy Rood House. 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.



Nick is one of the residential team, and apart from being our Business Manager he also is involved with the Music, hospitality and pastoral care. Nick has been involved with the men's ministry for over 6 years.



Mike is a residential member of the community. A few of his main roles are gardening, pastoral care, hospitality and massage.



You have travelled too fast over false ground;  
Now your soul has come to take you back.  
John O'Donohue



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

4pm on Friday 9th – 2.00pm on Sunday 11<sup>th</sup> September 2022  
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