

Holy Rood House

On-line

Winter Quiet Garden retreat

Be patient where you sit in the dark, the dawn is coming Rumi

On Tuesday 15th December

From 9.50 for 10 – 11.30am

As part of the Quiet Garden Movement



Holy Rood House, a place that specialises in health and pastoral care, has a large garden that offers a quiet, gentle healing space to many. For this on-line retreat Helen Warwick, our chaplain, will be bringing the garden on-line, offering garden reflections, poems, creative ideas and visual images to create a special retreat to explore what nature offers at this particular Advent time.



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.

Helen is our residential chaplain who leads creative retreats and works with individuals and groups. Helen is a trained Occupational Therapist and Spiritual Director and has published four books. She has been running on-line retreats that are proving valuable and popular. Comments include *'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' 'The material was hopeful, gentle and nourishing' 'The way you led was helpful, your pace was brilliant'*. There will be space for your own reflections during this retreat.

We are supported by donations.

The suggested donation for the morning is £10 - £15

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.** Please inform if you are a gift-aider and supply your name and full address. A few days before the retreat you will be sent an email with the Zoom link that will take you straight to the event. Do give us a ring or email if you want to find out more.



**Holy Rood House
Centre for Health and Pastoral Care
& The Centre for the Study
of Theology and Health
10 Sowerby Road
Thirsk
North Yorkshire
YO7 1HX
Tel: 01845 522580**

www.holyroodhouse.org.uk

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