



The Community of Holy Rood House lives within a daily rhythm of prayer, including Prayers for Justice and Peace and The Eucharist with Prayers for Healing. Anointing is available, and the sacraments are integral to the life of the Community, and our ordained chaplains offer a sacramental ministry when appropriate.

Our Chapel opens out onto the gardens, with a labyrinth and animals as part of our ecological approach to spirituality and healing.

All our guests are welcome to share in our daily prayer and hospitality as part of the community.

**The Centre for the Study of Theology and Health** provides conferences, training and research with an excellent therapeutic and theological library offering another important resource for those seeking spiritual direction/accompaniment.

Since 1993 many people from across Britain have found their way to the open and inclusive space of Holy Rood House to explore their own inner journey and **YOU** are welcome too.



Among our Partnerships are:  
The Guild of Health & St Raphael  
[www.gohealth.org.uk](http://www.gohealth.org.uk)



There are Suggested Donations for one to one sessions, day visits and residential visits.

Your donation may be gift aided.

The Raymond Williams Foundation and other grants for residential study, sabbatical and retreat may be available.

You will find a Spiritual Direction/Accompaniment Form on our website to download. This will help you and the Chaplaincy Team to access what you are seeking and who may be the right person to support you on your spiritual journey. Just fill it in and email it to us as an attachment, so we can keep confidentiality, or simply phone or email for an initial conversation.

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Charity no: 1099836

Patrons:

The Rt Revd Lord Rowan Williams of Oystermouth PC FBA  
FRSL FLSW

Professor Emeritus Mary Grey Lampeter University

Executive Director:

Revd Elizabeth Baxter MPhil

*"Holy Rood House continues to be a well  
of salvation and healing..."*

# HOLY ROOD HOUSE

CENTRE FOR HEALTH AND PASTORAL CARE

WITH

THE CENTRE FOR THE STUDY OF  
THEOLOGY AND HEALTH

*'THE PLACE TO TURN TO'*

## SPIRITUAL DIRECTION and ACCOMPANIMENT



### TIME AND SPACE FOR YOU

*providing a safe and  
accepting place to explore the  
wonder and complexities of the  
spiritual life with a trained  
Spiritual Director/Accompanier*



Within an accepting and creative environment, the community offers flexibility to people looking for someone to accompany them on their spiritual journey. This may be a formal process, or more informal, as someone begins to feel a need to explore and think through their life journey and the spiritual connections they are making. Sometimes a time of transition, illness or trauma, provides the moment to find the right person and the right place to make this important journey. Holy Rood House works within the churches' ministry of healing, providing empathy and compassionate care as part of spiritual direction/accompaniment. This is a form of 'companionship on the road'. Sometimes it is referred to as having a 'Soul Friend'.

*"Gentle fellowship, listening and hospitality made this a safe space for me to be and risk just being for a while.  
Thank you for being here on my life journey".*



It may also be possible to have spiritual direction/accompaniment alongside counselling from someone from our counselling and psychotherapy team.

Holy Rood House is also an ideal place in which to explore vocation, ordination and/or on-going studies with a spiritual director/accompanier.

At Holy Rood House we accompany people of all ages and backgrounds for different reasons. Our Ecumenical team of Spiritual Directors and Accompaniers, both lay and ordained, have a variety of skills. Speciality approaches include embodied spirituality, feminist thought, creative arts including creative writing and journaling, journeying through art therapy, prayerfulness, meditation and mindfulness.

*"You are 'church' on the edge, at the cutting edge... please keep on pushing the boundaries of theology. Thank you for celebrating the Divine Feminine, for revering the Earth and making me and everyone so very welcome. You are a small haven (heaven) in an often turbulent and beleaguered world."*



Some people wish to have frequent sessions at a particular stage in their lives, or if they are on sabbatical. Others may wish to set up a longer term commitment, and to visit regularly. It is also possible to arrange to stay in one of our guest bedrooms to make a one-off or regular retreat at Holy Rood House, which may include a daily conversation and/or creative sessions with members of our Chaplaincy Team.

As a natural part of holistic experience towards finding well-being, Holy Rood House seeks to:

- \* create a space where you can be heard and where you can hear yourself.
- \* help you to reflect more deeply about your circumstances and faith journey.
- \* assist your exploration of your ideas and feelings relating to your understanding of God.

*"I have been reminded here that I do not travel alone; that others are Christ to me and I to them. We are all broken, all healing – there is no shame, and need be no loneliness."*