

**Holy Rood House, Thirsk, welcomes  
you to**



## ***Replenish***

**A day of refreshment**

**Thursday 4<sup>th</sup> July 2019  
from 9.45 for 10am – 4pm**

**Come and enjoy a day at the peaceful centre of Holy Rood House  
(and Thorpe House) - we specialise in health and pastoral care.**

**The day will have a gentle focus –**

***enjoying beauty***

**and is for anyone wanting more refreshment in life.**

**There will be relaxing and creative spaces with Helen and  
Jeanette, our chaplains, offering ideas and being there for you.  
Holy Rood House has lovely facilities including a big garden, art  
room and library. The day will include lunch and hot drinks and  
will finish with tea and cake.**

**These days are run regularly throughout the year.**

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. Comments from guests include '*I came tired, I leave refreshed and renewed by hope.*' '*...the house has 'held' me, the garden has cheered me and the art room has freed me from worries & responsibilities. Good food & the love of so many people here have given me a sense of wellbeing...*'  
Suggested donation for the day - £35 -£40

**Holy Rood House & Thorpe House  
Centre for Health and Pastoral Care  
& The Centre for the Study of Theology and Health  
10 Sowerby Road  
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