

Holy Rood House, Thirsk, welcomes you to



Replenish

A day of refreshment

**Thursday 19th September 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 –

finding peace

and is for anyone wanting more refreshment in life.

**There will be relaxing and creative spaces with Helen, our
chaplain, 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
Thirsk
YO7 1HX**

Do explore our website <http://www.holyroodhouse.org.uk/> or give us a ring 01845 522580
enquiries@holyroodhouse.org.uk