

"In the midst of this showing the blessed Trinity also revealed itself to me and filled my heart to overflowing with joy. I realized that this is what it will be like in the world to come, for all beings, and for all time. For the Trinity is God, and God is the Trinity. The Trinity is our creator and our sustainer, our Beloved forever and ever, our endless joy and bliss. I saw all this in the first revelation and in every showing after that. Whenever Christ appeared, I seemed to understand the Blessed Trinity, as well." Julian of Norwich

"Trinity is the very nature of God, and this God is a circle dance, a centrifugal force flowing outward, and then drawing all things into the dance centripetally." Richard Rohr

For more information please contact us in the office through email or phone.

Come and enjoy this special place

**Holy Rood House & Juliet House
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& The Centre for the Study of Theology and Health
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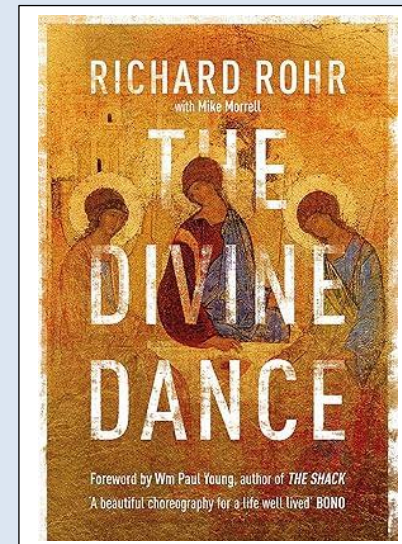
Charity number 1099836

HOLY ROOD HOUSE RETREAT THE DIVINE DANCE

Trinity and Transformation inspired by Richard Rohr's work

**Friday 24th January 4pm to
Monday 27th January 2pm 2025**

**With Revd Ian Spencer
& Urs Mattmann**



'abundance' a description of the levels of love and caring I experienced here.' Quote from a guest

For several years Ian and Urs have offered popular four-day retreats based on the teachings of Fr Richard Rohr OFM and the faculty of the Centre for Action and Contemplation (CAC) The retreat includes talks, time for reflection and discussion, meditations, imagination exercises, liturgy and time to relax and enjoy this beautiful place. We will draw from Rohr's teaching and his book *The Divine Dance – Trinity and Transformation*. We'd be delighted to see you, whether you're familiar with Rohr's ministry or completely new to his welcoming, contemplative and prophetic Christian spirituality. We will discover together, what Trinity can mean for us, looking at both the spiritual roots and the contemporary expression in our lives today. Do join us as we step out together in *The Divine Dance*!

Revd Ian Spencer.

Ian is an Anglican priest and former Warden of Holland House Retreat Centre. He is a Yoga teacher and member of the Wild Goose Zen Sangha. He has many years' experience of leading retreats and is keen on the work of the Centre for Action and Contemplation (Richard Rohr, James Finley and Cynthia Bourgeault)



Urs Mattmann

Urs is a Lay-Chaplain, Supervisor, Psychotherapist and Spiritual Director at Holy Rood House. Urs is the author of *COMING IN*, published some years ago by Wild Goose Publications at www.ionabooks.com. Richard Rohr wrote the foreword. In 2023 *WILLING TO LOVE* was published where Urs contributed a chapter: <https://willingtolovebook.com/>



“You are in a position of total powerlessness, and your ego is fighting it. All you can do is surrender and enter into this dance of unhindered dialogue, this circle of praise, this web of communion that we call the Blessed Trinity.”

Richard Rohr



Booking Form

For ‘Refreshing Prayer’ retreat
4pm on Friday 24th January to
2pm on Monday 27th January 2025

Suggested Donation:- **£375 (£385 en-suite) ***

Reductions:- £10 per person for sharing a room.

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 Account name

Centre for Health and Pastoral Care. Please let us know if you are a tax payer and can gift aid. Thank you.

Name:.....

Address

Telephone:.....

Email.....

We will arrange to meet a train or coach if necessary;

Time of arrival: Thirsk Station at..... Coach at

En-suite if available Δ Share twin with en-suite & view of hills Δ

Double en-suite Δ

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?.....

***A small bursary may be available**

Please make cheques payable to Holy Rood House