

"All great spirituality teaches about letting go of what you don't need and who you are not. Then, when you can get little enough and naked enough and poor enough, you'll find that the little place where you really are is ironically more than enough and is all that you need. At that place, you will have nothing to prove to anybody and nothing to protect." Richard Rohr

Come and enjoy this lovely home which includes a large garden, wildlife and pets, a library and home-cooked food. We welcome you into our community.

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

...quote from one of the Men's Retreat participants

**Holy Rood House & Juliet House
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The spiritual life is always about letting go of unnecessary baggage so that we're prepared for death's final letting go.

Richard Rohr

HOLY ROOD HOUSE RETREAT

TRAVELLING LIGHT Learning to Let Go and Trust in God

**Friday 1st November 4pm to
Sunday 3rd November 2pm 2024**

A Residential Retreat for Men

**With Revd Glenn Martin, Urs Mattmann,
Mike Hall**



TRAVELLING LIGHT. In this years' Holy Rood House Men's Spirituality retreat we look at what luggage we have in life as men, that hinders us in freedom, growth and service, and what it can mean to let go so we can travel lighter. In this process we learn to trust God on our journey.

This retreat will include short talks, time for reflection, discussion, worship, meditation and time to relax. Urs will offer guided imagination exercises and visualisations, Mike is here with massage options. For the first time we will have Glenn as co-facilitator who will share his rich gifts.

Glenn Martin is a retired priest, active as a Spiritual director with years of experience in leading retreats. He also served as a Psychiatric Nurse and NHS Mental Health chaplain. He is rooted in the Ignatian tradition in his current life and engagement.



Urs Mattmann is a Lay-Chaplain, Supervisor, Psychotherapist and Spiritual Director and is further developing our Men's work. 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/>

Mike Hall is a residential member of staff and has been at Holy Rood since 2021. A few of his main roles are gardening, pastoral care, hospitality and massage.



"Some of us think holding on makes us strong but often it is letting go."
Herman Hesse



Booking Form For 'Men's Spirituality Weekend'

4pm on Friday 1st – 2.00pm on Sunday 3rd November.

Suggested Donation:- **£260** (en-suite) **£250** if non-en-suite*

Please indicate if you want to stay an extra day till Monday breakfast as a guest for an extra fee.

Please email these details or send this form together with a **£80** 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 Centre for Health and Pastoral Care. Please state if you Gift Aid.

Name:.....
.....

Address
.....
.....

Telephone:.....

Email.....

Gift Aid - Yes/No

If possible en-suite: Yes No

We will arrange to meet a train or coach if necessary;
Time of arrival: Thirsk Station at..... Coach at
.....

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?.....

Please make cheques payable to Holy Rood House

*A small bursary may be available