

# Holy Rood House

On-line retreat

*Creative Ways through Advent*

**Tuesday 10<sup>th</sup> December 2024**

**at 10am – 11.30am**



Darkness to Light by Pamela Pavitt

**We welcome you to our on-line retreat with Helen Warwick who will be offering creative ideas and space to explore this sacred time of the year. This retreat will be suitable for anyone wanting to have some reflective space and ideas to help explore Advent through poetry, prayer and play. Crayons or felt-tips, a pen and paper will be all that is needed for these reflections that will be enjoyable, useful, and revealing our wisdom.**



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 and education through the theology centre.

Helen is one of our chaplains who leads creative retreats, sessions in our art room and works with individuals and groups. She is a trained Occupational Therapist and Spiritual Director and has published five books. Keeping her own creative journal really helps her life and work. Helen has been running on-line retreats that are proving valuable and popular. Comments include *'These zoom sessions have been a real gift – a way to create a bit of inner space for myself' 'I found this morning uplifting and inspiring' 'The material was hopeful, gentle and nourishing' 'The way you led was helpful, your pace was brilliant'*. Your explorings will be private to you in this retreat.

We are supported by donations.

**The suggested donation for this event is £20**

**To apply please email us at [enquiries@holyroodhouse.org.uk](mailto:enquiries@holyroodhouse.org.uk).** We will email back with an acceptance and send BACS details for payment – **to be paid before the event.** Please inform if you are a gift-aider and supply your name and full address. Or you can send a cheque. A few days before the retreat you will be sent an email with the Zoom link that will take you straight to the event. Do give us a ring or email if you want to find out more.



Charity number 1099836

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