



**Friday 21-
Sunday 23
March
2025**

**Francis
and the
Healing Power
of the
Natural World**

He had two discernible mental health crises in his life and both led to incredible breakthroughs in his soul journey. Both these times were remedied, in part by turning to the natural world.

**with
Adrian & Wilma
Scott**

St Francis was way ahead of his time - he learned to relate to the natural world as his family in a time when human beings were just embarking on a millennium that would lead to the present climate crisis.

We will explore his amazing life through poetry, film, meditation, silence and sharing. Participants will find in this extraordinary life a way to their own depths.

Holy Rood House, 10 Sowerby Road, Thirsk, YO7 1HX
www.holyroodhouse.org.uk

Booking Form: 2025 Lent Retreat

4pm Friday 21st March - 2.00pm Sunday 23rd March

Adrian and Wilma are both Spiritual Directors living in Sheffield. Adrian is a poet and photographer; Wilma is an artist and singer. They bring a wealth of experience in terms of spirituality and psychology, creativity and guiding.

Please complete form or send in an email:

Name/s (both names if sharing a room)

Address

Telephone

Email

Please state which type of bedroom you would prefer;
the suggested donation is per person for the weekend:

- £260pp (ensuite)
- £250pp (shared bathroom or sharing a twin bedroom)

Please state any mobility issues and/or dietary requirements:

If you are travelling by train and would like a lift from the station, please let us know the time your train arrives. The station is a 30min walk from here and is accessed by steps.

We ask for an £80 non-returnable deposit to secure your booking.

If you pay by BACS please let us know in your email or tick here: ____

BACS details - HSBC plc: Sort Code: 40-28-16 A/C no. 41227572
Centre for Health and Pastoral Care. **Reference** Surname 21MAR

Cheques payable to **Holy Rood House**

If you are a UK Tax Payer we can claim **Gift Aid** on your donation **Y / N**

Have you stayed here before? **Y / N** How did you hear about us?

In case of a medical emergency who should we call?

Please send this information to: enquiries@holyroodhouse.org.uk or post the form to Holy Rood House, 10 Sowerby Road, Thirsk, YO7 1HX