

**Holy Rood House retreat**  
**Spring Reflective day**  
*In the Company of Trees*  
**On Tuesday May 13<sup>th</sup> 2025**  
**From 9.45 for 10 – 4pm**

As part of the Quiet Garden Movement



**Spend a day in the company of trees learning about their meaning and mythology and resting in their wisdom and peace. Rachel, one of our volunteer gardeners and Helen, one of our chaplains, will be offering creative insights, crafts, poems and prayers. Our large garden offers a quiet, gentle healing space which includes a labyrinth, orchard, goats and a walled garden with a pond. Indoor spaces include a chapel that is centred in the garden, and a large art room.**

**A light lunch and hot drinks will be provided.  
The day will end with tea and cake.**



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. Many guests find the garden space helpful in their ongoing healing process 'I came to Holy Rood House not knowing what to expect, uncertain of what I would find, I found beautiful gardens of herbs and flowers, with gorgeous scents when touched, a quiet peaceful atmosphere...' Quote from a guest.

We are a charity wholly supported by donations. The suggested donation for the day is **£40**

To book the day please ring us on 01845 522580 or email us at [enquiries@holyroodhouse.org.uk](mailto:enquiries@holyroodhouse.org.uk). It is helpful for us to know if you are a UK tax payer so we can claim gift aid on your donation.

**Seasonal Garden reflective days are run throughout the year**

Do explore our website <http://www.holyroodhouse.org.uk/> or give us a ring to find out more about the day.

**Holy Rood House & Juliet House  
Centre for Health and Pastoral Care  
& The Centre for the Study of Theology and Health**

**10 Sowerby Road  
Thirsk  
North Yorkshire  
YO7 1HX**

**01845 522580**

**[enquiries@holyroodhouse.org.uk](mailto:enquiries@holyroodhouse.org.uk)**

*Birds come, fly and sing to me  
when I have lost my song.*

*Trees come, wave a branch to me  
when I feel alone.*

*Flowers come,  
pour your scent my way  
when I have lost my senses*

Information about the Quiet Garden Movement can be found at  
<http://quietgarden.org/>