

Booking Form: **Courageous Grief:**
Transforming eco-anxiety and grief into meaningful action
4.00pm on Friday 23rd – 2.00pm on Sunday 25th May 2025
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 retreat:
£275pp (ensuite)
£265pp (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** Surname23rdMay

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 to Holy Rood House, 10 Sowerby Road, Thirsk, YO7 1HX

01845 522580



**Courageous Grief:
Transforming eco-anxiety and grief into meaningful action –
A weekend for young(ish) Climate Activists from 18 – 40ish ...**

The world is on fire and trying to do something about it often feels futile.

We may wonder what we are to do with our grief and fears about climate change, species loss and worldwide political inaction.

Often it feels as though we have just two choices to keep ourselves out of despair; to bury our heads in the sand, or exhaust ourselves with non-stop action.

But there is a third way. When we can turn toward our difficult emotions and allow them to speak to us, we find hidden resources we never knew we even had. In connecting with our grief, we can once again connect with our joy, and that joy can change our world.

In this weekend long retreat, join with others to take a journey through eco-anxiety and grief to discover the joy that waits for us living in one of the most pivotal moments of human history.



About Jo Musker-Sherwood

Once the Founder Director of a fast-growing climate NGO, Jo experienced a life changing burnout that rendered her unable to work and in complete despair about the state of the world. She embarked on a recovery journey to restore her sense of joy in doing something good for the world. Through nature connection, sharing circles, grief tending, pilgrimage, therapy, and lots and lots of rest, Jo found a way of fueling her work through joy rather than anxiety. She now leads programmes on eco-anxiety and burnout worldwide, and consults on how to help world changers do their work well, both in terms of impact and wellbeing.

Here is Jo's website: <https://www.climateemergence.co.uk/>