



Life in all its Fullness - Nature and Mandalas

**Summer Reflective Day
Thursday 24th July 2025
9.45 for 10 - 4pm**

**led by Helen Warwick and Mike
Hall, with reflections and creativity
within our flourishing gardens and
large art room. Lunch included.**

Holy Rood House is a charity with a gentle Christian ethos; we specialise in health and pastoral care. Many guests find us helpful in their ongoing healing process *...the house has 'held' me, the garden has cheered me, and the art room has freed me from worries and responsibilities. Good food & the love of so many people here has given me a sense of wellbeing...* Quote from a guest.

We are a charity wholly supported by donations. The suggested donation for the day is **£40** which includes a light lunch, with tea and cake at the end of the day. Helen will guide the day offering creative ideas alongside space for your own relaxation.

To book the day please ring us on 01845 522580 or email us at enquiries@holyroodhouse.org.uk. You are welcome to stay overnight before and/or after this event. It is helpful for us to know if you are a UK tax payer so we can claim gift aid on your donation.

We run regular, seasonal Reflective Days throughout the year. Our Autumn day is 17th September.

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

Registered charity: 1099836

*We are part of the quiet garden movement -
<http://quietgarden.org/>*