

We are a registered charity wholly supported by donations from guests, visitors, friends, financial partners, local organisations and some grant making trusts.

These donations make your stay here possible as without them we would not be able to continue to run the House. In order for us to be able to offer hospitality to others we ask that you may also consider making a donation towards the costs of maintaining the House for the future.

We understand that giving these amounts may not always be possible for some people and we would be happy to discuss individual circumstances.

If you are a tax payer and can sign a Gift Aid form this will greatly enhance the value of your gift at no extra expense to yourself.

I (full name)

of (address)

confirm that I am a UK tax payer and I pay income, or capital gains tax, at least equal to the amount of tax to be reclaimed, and that it is my wish to make this and all future donations under the Gift Aid Scheme.

Signature

Amount of gift £

Date

**Holy Rood House & Thorpe 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  
www.holyroodhouse.org.uk**

# Retreat Association Training Day at *Holy Rood House*

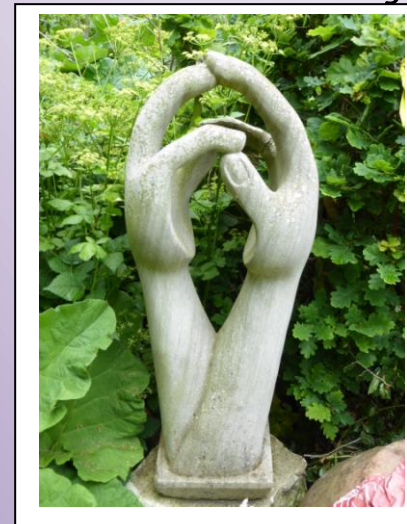
on  
Saturday 11<sup>th</sup> March 2017

From 9.30 for 10-4pm

## **EXPLORING HEALING THROUGH SPIRITUAL ACCOMPANIMENT**

With opportunity to stay for a weekend retreat  
from Friday 10<sup>th</sup> March 4pm –  
Sunday 12<sup>th</sup> March 2.30pm

Led by **Revd Elizabeth Baxter, Helen  
Warwick** and members of the Holy  
Rood community



Spiritual Accompaniment offers space to explore life in its complexities and to find a connection to our own healing. This training day is for all who offer Spiritual accompaniment and pastoral care and for those interested in exploring healing through spiritual accompaniment.



This day gives a chance to hear and discuss how healing can be explored in the safe space of spiritual accompaniment.

Revd Elizabeth Baxter will talk on: 'The Quality of Tenderness' An embodied approach to Spiritual Accompaniment.

*Revd Elizabeth Baxter MPhil is Executive Director of Holy Rood House and has pioneered the ministry of healing here since 1993. Elizabeth has worked as a Spiritual Director in an inner city Parish in Leeds and continues this ministry at Holy Rood House. She enjoys accompanying people on both their therapeutic and theological journeys and creating liturgy for the community.*

Helen Warwick will talk on her own experience of healing through a long chronic illness, where she discovered many creative tools for healing of body, mind and soul. She now works with guests at Holy Rood and will be illuminating some of the practical, creative and spiritual ways she works with guests in spiritual accompaniment.

*Helen Warwick is a residential member and a chaplain at Holy Rood House. Helen is a Spiritual Director and writer with training in Occupational Therapy and Counselling (including Person-Centred Art Therapy). Her published books covering topics such as suffering, creativity, and finding a more life-giving path can be viewed on Kevin Mayhew's website.*

The day will include talks, discussion, quiet prayers and time for linking into your own healing journey. Tea, coffee and a light lunch will be provided. The day finishes at 4pm with tea and cake.

Holy Rood House and Thorpe House offer a lovely space for healing. We have a large art room and library and our garden includes goats and a duck pond. We offer home-cooked food.

There are nearby river walks, a swimming pool and the lovely town of Thirsk to explore all within a short walk from Holy Rood. Why not book for the whole weekend to make a healing retreat?

For more information please contact Holy Rood by phone or email.  
For more information on the Retreats Association see [www.retreats.org.uk](http://www.retreats.org.uk)



**Booking Form**  
**'Exploring Healing Through Spiritual Accompaniment'**

**On Saturday 12<sup>th</sup> March 2017 - arrival 9.30 for a 10am start. Finish with tea and cake at 4pm.**

Suggested Donation for the Day - **£40-£45**.

There is a £2.50 discount for members of the Retreat Association.

For a **weekend retreat** at Holy Rood from 4pm on Friday 10<sup>th</sup> March to 2.30pm on Sunday 12<sup>th</sup> March 2017 suggested donation is **£120 - £130** (ensuite) **plus** the cost of the day for Saturday.

There is a reduction of £5 per night for sharing a room.

Please send this form together with a payment for the day plus a **£60** non-returnable deposit if staying for the weekend to:

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

Name:.....

Address  
.....  
.....

Telephone:.....

Email.....

An additional night before and/or after? .....

We will arrange to meet a train or coach if necessary **for weekend guests only**;

Time of arrival: Thirsk Station at..... Coach at .....

En-suite if available **Δ** Share twin with en-suite & view of hills **Δ**

Double en-suite **Δ**

Please indicate if stairs are a difficulty for you (we have a stair lift).

Dietary requirements (only if staying the weekend)

How did you hear about Holy Rood House?.....

Please fill out form overleaf if you gift aid.

**If you would like a receipt please send a stamped addressed envelope  
Please make cheques payable to Holy Rood House**