

Holy Rood House
On-line Advent retreat
Travels with Mary – Nurturing
new life in darkness
On Saturday 28th November 2020
From 10am – 12.30pm



We welcome you to our on-line retreat with Helen Warwick. As the nights are drawing in and we go through this unprecedented time, we will be offering sacred space as we reflect on the new life emerging for Mary in her Biblical journey. Through poetry, prayer, art and reflection we will explore the connections to new life that can emerge in darkness and the hope and light this can bring through Advent.



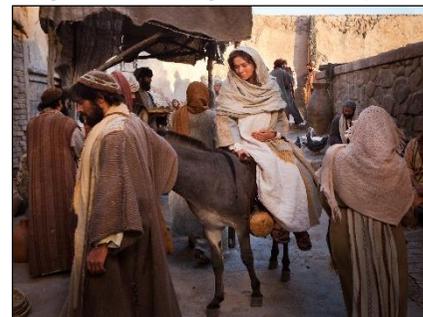
Holy Rood House is a charity with a gentle Christian ethos; we are a community that offers a space for many people at their time of need.

Helen is our residential chaplain who leads creative retreats and works with individuals and groups. Helen is a trained Occupational Therapist and Spiritual Director and has published four books. She has been running on-line retreats that are proving valuable and popular. Comments include *'These zoom sessions have been a real gift – a way to create a bit of inner space for myself'* *'I found this morning uplifting and inspiring'* *'The material was hopeful, gentle and nourishing'* *'The way you led was helpful, your pace was brilliant'*. There will be space for your own reflections during this retreat.

We are supported by donations.

The suggested donation for the morning is £20 - £25

To apply please email us at enquiries@holyroodhouse.org.uk. We will email back with an acceptance and send BACS details for payment – **to be paid before the event.** Please inform if you are a gift-aider and supply your name and full address. A few days before the retreat you will be sent an email with the Zoom link that will take you straight to the event. Do give us a ring or email if you want to find out more.



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