

**Holy Rood House retreat**  
**Autumn Quiet Garden day**  
*Life-Giving Trees and the  
Tree of Life*

**Thursday 28th September 2023**

**From 9.45 for 10 – 4pm**

As part of the Quiet Garden Movement



Come and enjoy a day at the peaceful centre of Holy Rood House, a place that specialises in health and pastoral care. Helen Warwick, one of our chaplains, and Mike our residential gardener, will be accompanying guests for a creative, reflective and relaxing day. 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 an art room. The day includes a light lunch, hot drinks and finishes 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.

**A further seasonal Quiet Garden day will be offered in the Winter**

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  
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Registered charity: 1099836



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