

**Holy Rood House retreat**  
**Spring Quiet Garden day**  
*Exploring Garden delights for*  
*International Women's Week*  
**On Thursday 7<sup>th</sup> March 2024**  
**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, one of our chaplains, and Mike, our residential community gardener, will be offering creative ideas, poems and prayers. 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 a large art room.

A light lunch and hot drinks will be provided.  
The day will end 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 on**  
**Tuesday 11th June 2024**

Do explore our website <http://www.holyroodhouse.org.uk/> or give us a ring to find out more about the day.

**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**

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[enquiries@holyroodhouse.org.uk](mailto:enquiries@holyroodhouse.org.uk)

*Birds come, fly and sing to me  
when I have lost my song.*

*Trees come, wave a branch to me  
when I feel alone.*

*Flowers come,  
pour your scent my way  
when I have lost my senses*

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