

**Holy Rood House**  
**On-line Lent retreat**  
***Creative Journaling: -  
Journeying with Wisdom  
in the Wilderness***

**Tuesday 19<sup>th</sup> March 2024**  
**at 10am – 11.30am**



**We welcome you to our on-line retreat with Helen Warwick. As we go this Lenten time, we will be offering creative space to help us reflect on what is emerging for us. How do we connect to Holy Wisdom in difficult climates? These retreats will be suitable for anyone wanting to explore their personal journey, whether experienced or a beginner. Crayons or felt-tips, a pen and paper will be all that is needed for exploring ideas that will lead to insight and uncover our wisdom.**



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 and education through the theology centre.

Helen is one of our chaplains who leads creative retreats, sessions in our art room and works with individuals and groups. She is a trained Occupational Therapist and Spiritual Director and has published five books, including '**Wisdom Calls: Transformative Ways for Insightful Living**'. Helen 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**'. Your explorings will be private to you in this retreat.

We are supported by donations.

**The suggested donation for this event is £20**

**To apply please email us at [enquiries@holyroodhouse.org.uk](mailto: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. Or you can send a cheque. 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.

*Wisdom is radiant and unfading, and she is easily discerned by those who love her, and is found by those who seek her. Wisdom 6:12*

**Holy Rood House  
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