

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 wish to consider making a donation towards the costs of maintaining the House for the future.

A donation is a gift and Holy Rood gives suggested amounts. We understand that giving these amounts may not always be possible for some people and we would be happy to discuss individual cases.

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)

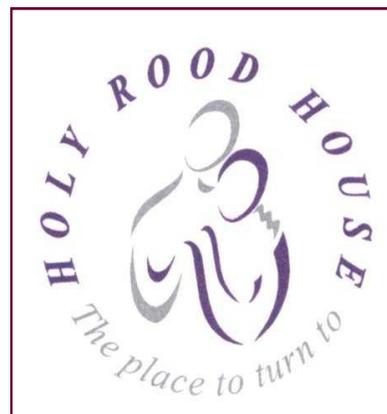
of (address)

confirm that I am a UK tax payer and I pay income 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

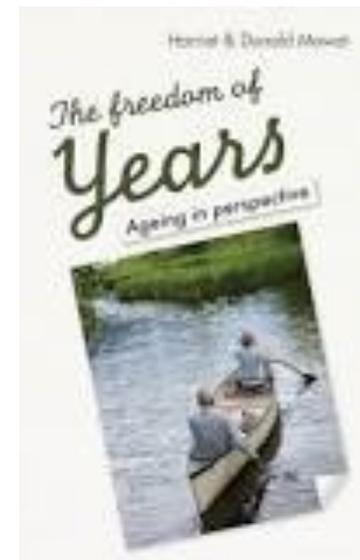
“THE FREEDOM OF YEARS”

AGEING IN PERSPECTIVE

1-3 FEBRUARY 2019

A RETREAT WITH AUTHORS OF THIS BOOK

DRS HARRIET AND DONALD MOWAT



Holy Rood House
Centre for Health and Pastoral Care
10 Sowerby Road
Thirsk
North Yorkshire
Y07 1HX

Tel: 01845 522580
www.holyroodhouse.org.uk

Ageing gives us the opportunity to deepen and even transform our spiritual lives. "The Freedom of Years" helps those who want to undertake the journey by examining the ageing task, the inevitable changes and the possibilities of joy along the way.

Harriet and Donald will create a safe space in the relaxing environment of Holy Rood House, to support us as we undertake this journey of retreat. They are now in their sixties and have spent their professional lives researching the care of older people and working in social care, and training others. Donald has worked in clinical practice as a GP then an old age psychiatrist. They are not biblical scholars but have lent on their faith and its biblical roots throughout their lives. This has helped them understand better the human condition and the challenges of the ageing journey.

This retreat will be interspersed with liturgy in the Chapel and Elizabeth and other community members will help to hold the space as we share and learn as a community.

Harriet and Donald have recently worked with our community around 'Ageing in Perspective'. The community found this time very helpful and are pleased that Holy Rood House is able to offer this retreat.

Harriet and Donald write:

" We hope that this retreat will bring you comfort and stimulation to think about your ageing self. Ageing brings with it the need to make changes and review the way in which we approach and see the world. Our faith helps us and challenges us to look for the surprising delights of ageing as well as face up to some of the complexities. Together we will look at creative ways of ageing well. "



"THE FREEDOM OF YEARS" 2019

The inclusive suggested donation for this retreat is: £180 with a supplement of £10 for en-suite.

Your donation may be gift-aided (see over)

Please send this form together with a £50 deposit to:
Holy Rood House, 10 Sowerby Road, Sowerby, Thirsk YO7 1HX
Telephone: 01845 522580

Name:.....

Address:.....
.....

Post Code:.....

Telephone.....

Email.....

We will arrange to meet a train or coach if necessary;

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

For two people booking to stay overnight, please indicate if you require:

Single Rooms 0 Twin beds 0 Double bed 0
En-suite 0 Please indicate if stairs are a difficulty for you. 0

SPECIAL DIET

Do you have a special diet or other information we need to help make your stay comfortable?

How did you hear about this retreat?

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**If you would like a receipt please enclose an SAE
Cheques should be made payable to Holy Rood House
The remaining amount can be paid at the Retreat by cash or
cheque, or by BACS at the time. Please contact the office for
any concerns regarding payment for this retreat.**