



**Introduction into Zen Meditation
BOOKING FORM**

**Suggested donation for all 7 evenings £95
or £15 for each. This may be Gift-Aided**

Please send this form together with the full amount to:
Holy Rood House, 10 Sowerby Road, Sowerby, Thirsk YO7 1HX
Please make cheques payable to Holy Rood House

Or via **BACS AND EMAIL** with your name and 'Meditation' as reference
HSBC plc: Sort Code: 40-28-16 A/C no. 41227572

This will help us to update our data

Name:.....

Address:.....

.....

.....Post Code:.....

Telephone:.....

Email:.....

Please tick if you are able to Gift Aid

.....
Do contact the office if you wish to book in to any other events
which you will find on the Events drop down on the front page of
our website.

If at any time you would appreciate counselling and/or spiritual
direction you will find the appropriate forms on the website to fill
in, down load and send as an attachment to:
enquiries@holyroodhouse.org.uk

If you wish to stay for a few days at Holy Rood House please
contact enquiries. Our 'Space for You' leaflet can be found on our
website.

HOLY ROOD HOUSE IS 'HOLDING REAL HOPE' AT THIS TIME

HOLY ROOD HOUSE

IS PLEASED TO BE ABLE TO CONTINUE OUR TRADITION OF A VARIETY
OF FORMS OF MEDITATION.

NOW WE CAN MEET ON SITE AGAIN WE ARE OFFERING THE
FOLLOWING TO HELP SUPPORT OUR WELLBEING

'An Introduction to Zen Meditation'

Seven taster sessions of Zazen—"sitting meditation":

Wednesday Evenings

20th October—1st December 2021



with
**Canon Chris Collingwood,
Roshi from the Wild Goose
Zen Sangha
and Urs Mattmann, Holy
Rood House**



HOLY ROOD HOUSE
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10 Sowerby Road
Thirsk
YO71HX
Tel: 01845 522580
enquiries@holyroodhouse.org.uk
www.holyroodhouse.org.uk

Arrive from 6.45pm for a prompt 7pm start
The group ends at 8.30pm.

Christopher Ryushin Collingwood Roshi is a member of the Wild Goose Zen Sangha. In 2019 he became its leader after a process of meditation and study of many years with the founder of the Sangha.

Chris is an Anglican priest and Canon Emeritus of York Minster where he was Canon Chancellor from 2013 to 2020. His most recent book is "Zen Wisdom for Christians". (Jessica Kingsley Publishers)
He is part of the Chaplaincy team of Holy Rood House



Urs Mattmann is a member of the Wild Goose Zen Sangha and since the 1990's he has had Meditation experience both in Zen and other traditions like Centring Prayer. Originally from Switzerland, he is a Social worker and a Psychotherapist using Psychosynthesis at the core and is part of the Holy Rood House team where he is also part of the Chaplaincy team offering Spiritual direction.

Urs is the author of "Coming In" that was published by the Iona community where he is an associate member, Urs contributes to retreats at Holy Rood House and elsewhere.



'Dogen Zenji says that because our life is *this*, we attain realisation. We do not practise in order to attain realisation; in fact, when we practise, we do not need to expect anything. Why not? Because everything is already here! Our life *is* this wisdom! Our practice *is* this realisation!' (Taizan Maezumi Roshi).

An introduction to Zen Meditation at Juliet House No 12 Sowerby Road

Weekly Wednesday meditation course
20th October to 1st December 2021.
Arrive from 6.45pm for a prompt 7pm start
The group ends at 8.30pm.

These evenings will provide an introduction to Zazen (sitting meditation) as practised in Zen. After the welcome at the beginning, each evening will consist of a brief talk, followed by two 20-minute periods of sitting in silence, with a short walking meditation in between.

The group is suitable for beginners but experienced meditators from different backgrounds are more than welcome. These evenings are open to people of all religious traditions and none.

There will also be the opportunity to ask Chris and Urs questions, and support will be offered.

For further information contact Urs Mattmann:
urs@holyroodhouse.org.uk

Juliet House



Holy Rood House

