

This is our destiny, to be one with God in a unity which transcends all distinctions, and yet in which each individual being is found in his or her own integral wholeness. – Bede Griffith

Come and enjoy this lovely home which includes a large garden, wildlife and pets, a library and home-cooked food. We welcome you into our community.

‘abundance’ a description of the levels of love and caring I experienced here..’
...quote from one of the Men's Retreat participants

**Holy Rood House & Juliet House
Centre for Health and Pastoral Care
& The Centre for the Study of Theology and Health
10 Sowerby Road
Thirsk
North Yorkshire
YO7 1HX**

01845 522580

enquiries@holyroodhouse.org.uk
www.holyroodhouse.org.uk

*“Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.
Keep alive the dream; for as long as a man has a dream in his heart, he cannot lose the significance of living.”*
– Howard Thurman

HOLY ROOD HOUSE RETREAT

HIDDEN SPIRITUALITY OF MEN **Awakening the sacred masculine**

**Friday 19th May to
Sunday 21st May 2023
A Residential Retreat for Men**

With Dr David McDonald, Urs Mattmann,
Nick Warwick, Mike Hall



In this retreat we will explore how our maleness impacts our spirituality and the other way around. We will explore Mental Health and Spiritual Health. We look into the light and shadow side of what it means to be a male as well as wholeness and integration. While this is open to all men interested in a spiritual journey, the starting point is the path of Christ with its mystic dimension. On Sunday a priest will join us for a communion service. This retreat will include short talks, time for reflection, discussion meditation and time to relax. Urs will offer guided imagination exercises and visualisations, Nick will contribute with music and Mike with massage options.

Dr David McDonald is a child and adult psychiatrist, family therapist, psychotherapist and a consultant for Holy Rood House. He's been an NHS consultant for over 40 years and involved in the healing ministry of the Church with a continuous role in training and support for clergy and pastoral teams.



Urs is a Lay-Chaplain, Supervisor, Psychotherapist and Spiritual Director and is further developing our Men's work. Urs is the author of COMING IN, published some years ago by Wild Goose Publications at www.ionabooks.com Richard Rohr wrote the foreword. In 2023 WILLING TO LOVE was published where Urs contributed a chapter: <https://psychosynthesispress.com/>



Nick Warwick and Mike Hall, both residential community members will be working alongside David and Urs during the weekend.



Booking Form For 'Men's Spirituality Weekend'

4pm on Friday 19th – 2.00pm on Sunday 21st May 2022
Suggested Donation:- **£260** (en-suite) **£250** if non-en-suite*

Please email these details or send this form together with a **£60** non-returnable deposit to: Holy Rood House, 10 Sowerby Road, Sowerby, Thirsk YO7 1HX
BACS details - HSBC plc: Sort Code: 40-28-16 A/C no. 41227572
Centre for Health and Pastoral Care. Please state if you Gift Aid.
Name:.....

Address

Telephone:.....

Email.....

Gift Aid - Yes/No

If possible en-suite: Yes No

We will arrange to meet a train or coach if necessary;
Time of arrival: Thirsk Station at..... Coach at

Please indicate if stairs are a difficulty for you.
SPECIAL DIET Do you have a special diet or other information we need to help make your stay comfortable?

How did you hear about Holy Rood House?.....
Have you been to Holy Rood before?.....

Please make cheques payable to Holy Rood House
*A small bursary may be available