

*'Poetry is  
truth seen  
with passion'*

*W B Yeats*

*Poetry opens us to this otherness  
that exists within us. You read a  
poem and you say, "Ah." And  
then you listen to what it brings  
out inside of you. Marilyn Nelson*

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Signature

Amount of gift £

Date

**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  
01845 522580**

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

# **HOLY ROOD HOUSE** **Poetry and healing days**

**ON THURSDAYS  
8<sup>TH</sup> AND 22<sup>ND</sup> MARCH AND 12<sup>TH</sup>  
APRIL 2018  
WITH OPPORTUNITY TO STAY OVERNIGHT FOR  
FURTHER RETREAT SPACE**

**LED BY HELEN WARWICK, WITH DR CARLA  
M<sup>C</sup>COWEN AND MEMBERS OF THE HOLY ROOD  
COMMUNITY**



Holy Rood House is delighted to offer these poetry and healing days to explore poems that link into our journey and open our creativity. Each day will include linking to poetry and how that can enable healing, as well as having some creative time to explore writing our own poems. The three days will have a theme and people are welcome to come to individual days or all three.

Helen Warwick writes... I am a residential member of Holy Rood House and a lay chaplain. I run creative groups and retreats and see people

on a 1:1 basis. I am a Spiritual Director and writer with training in Occupational Therapy and Counselling (including Person-Centred Art Therapy). I have found poetry such a helpful and enjoyable tool for my life. My past experience of chronic illness has developed many creative ways of finding healing. My published books can be viewed on Kevin Mayhew's website. <http://www.kevinmayhew.com/info/contributors/helen-warwick.html?store=default>



Carla McCowen is a poet, artist and Spiritual Director. Her poetry book 'The Call of the Curlew' is a personal and honest collection of poems that cover her deepest thoughts and feelings and bridge the divide between the natural and spiritual world. She is a retired paediatrician and has much to offer about the healing journey.

Themes for the 3 days:-

Thursday 8<sup>th</sup> March - connecting to body and circumstance

Thursday 22<sup>nd</sup> March - connecting to mind, spirit and emotions

Thursday 12<sup>th</sup> April - connecting to the Earth

All abilities will be catered for, so whether this is your first foray into poetry, or you are a poet yourself, there will be something for you. The days will include sharing in a group in a confidential setting and time to relax in the lovely Holy Rood facilities, which offer plenty of space for creativity. We have a large garden, library and art room. You are welcome to stay the night before and after the day.

For more information please contact us in the office through email or phone, whichever is easiest for you.

*The great poetry I love holds the mystery of being alive. It holds it in a kind of basket of words that feels inevitable.* Marie Howe



## Booking Form

For Poetry and Healing Days

9.30 – 4.30pm on Thursdays 8<sup>th</sup>, 22<sup>nd</sup> March and 12<sup>th</sup> April.

Suggested Donation:-Per day - £45 - £50

**Reductions:- for all 3 days - £120 – when booked together**

Please send this form together with a **£15** non-returnable deposit for each day to: Holy Rood House, 10 Sowerby Road, Sowerby, Thirsk YO7 1HX  
Or email [enquiries@holyroodhouse.org.uk](mailto:enquiries@holyroodhouse.org.uk) and ask about BACS payment

Name:.....

Address  
.....  
.....

Telephone:.....

Email.....

I would like to stay the night and will arrange this with the office .....

En-suite if available Δ Share twin with en-suite & view of hills Δ

Double en-suite Δ

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?.....

**If you would like a receipt please send a stamped addressed envelope  
Please make cheques payable to Holy Rood House**