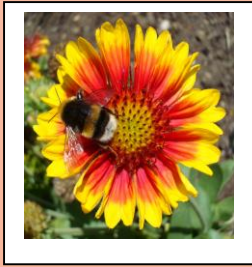


**Holy Rood House, Thirsk, welcomes  
you to**



## ***Replenish***

**A day of refreshment**

**Wednesday 7<sup>th</sup> November 2018**

**from 9.45 for 10am – 4pm**

**Come and enjoy a day at the peaceful centre of Holy Rood House  
(and Thorpe House) - we specialise in health and pastoral care.**

**The day will have a gentle theme –**

***gathering round the fire***

**and is for anyone wanting more refreshment in life.**

**Helen and Jeanette will run the day.**

**There will be space for sharing with others in a confidential setting  
and time to relax. Holy Rood has lovely facilities including a big  
garden, art room and library. The day will include lunch and hot  
drinks and will finish with tea and cake.**

**These days are run regularly throughout the year.**

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. Comments from guests include '*I came tired, I leave refreshed and renewed by hope.*' '*...the house has 'held' me, the garden has cheered me and the art room has freed me from worries & responsibilities. Good food & the love of so many people here has given me a sense of wellbeing...*'

Suggested donation for the day - £35 -£40

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

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