

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 Griffiths

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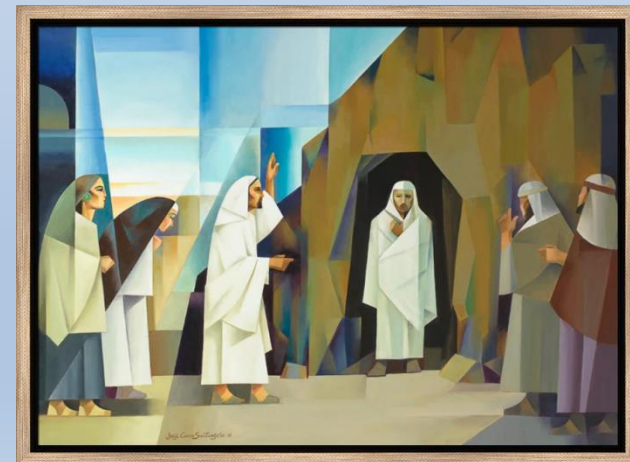
“Don't ask what the world needs. Ask what makes you come alive and go do it. Because what the world needs is people who have come alive.”
Keep alive the dream; for as long as a man has a dream in his heart, he cannot lose the significance of living.” Howard Thurman

HOLY ROOD HOUSE RETREAT

MAN ALIVE!
**Coming forth Out of the Tomb –
Living our life force**

**Friday 16th May to
Sunday 18th May 2025
A Residential Retreat for Men**

**With Urs Mattmann &
Revd Azariah France-Williams**



Lazarus, Come Forth by Jorge Cocco

MAN ALIVE! We are inspired by the Lazarus story of Gospel which we use as a Metaphor for our lives. We examine what has dimmed or dulled their life force and what an encounter with Christ in all Christ's fullness would mean for their re-animation. We consider together possible blocks to happiness and pleasure and service. We explore what brings us to life and how that life can be sustained in the context of being a man alive in this challenging world.

This retreat will include short talks, time for reflection, discussion meditation and time to relax. We will use offer guided imagination exercises and visualizations and end the weekend with contemporary worship service.



Azariah is the Rector of Ascension Church in Hulme, Manchester, and believes in the power of faith within communities. He co-founded the In-Solidarity Network, promoting local partnerships for the common good. A thinker and speaker on peace, justice, race, and storytelling, Azariah writes and appears on podcasts, and features on BBC Radio 2's Pause for Thought. He authored "Ghost Ship: Institutional Racism and the Church of England," published in 2020.

Urs Mattmann 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://willingtolovebook.com/>



You have travelled too fast over false ground;
Now your soul has come to take you back.
John O'Donohue



Booking Form
For 'Men's Spirituality Weekend'

4pm on Friday 16th – 2.00pm on Sunday 18th May 2025
Suggested Donation:- **£260** (en-suite) **£250** if non-en-suite*
Please indicate if you want to stay an extra day till Monday breakfast as a guest with an extra fee.

Please email these details or send this form together with a **£80** 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
.....
.....

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Telephone:.....

.....
Email.....

.....

Gift Aid - 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