

# Talking to Grief

A weekend to explore how we negotiate loss in our lives, using poetry

Friday 31<sup>st</sup> October 4pm -  
Sunday 2<sup>nd</sup> November 2pm 2025

*Ah, Grief, I should not treat you  
like a homeless dog  
who comes to the back door  
for a crust, for a meatless bone.  
I should trust you.*

Denise Levertov

Facilitated by poet Rosie Miles

## Booking Form: Talking to Grief

Friday 31<sup>st</sup> October 4pm – Sunday 2<sup>nd</sup> November 2pm 2025

Led by poet, writer and gardener Rosie Miles with the Holy Rood Community.

*It is a condition of being human that we must all deal with multiple losses in our lives. There are many events in our lives – some 'chosen', some which happen to us – which face us with stark and often life-changing encounters with loss. One of the hardest losses to bear can be the loss of the self we had imagined that we would or could be. We will gently explore some of the losses in our lives, using poetry, which has an entire genre devoted to loss and grief: the elegy. We will explore some of elegy's characteristics and look at a number of twentieth and twenty-first-century poems that articulate some of the many nuances and complexities of loss. There will be guided opportunities to write your own poems if you wish, as well as free time, relaxing spaces and home-cooked food.*

**Please complete form or send the information in an email:**

**Name/s** (both names if sharing a room)

### Address

### Telephone

### Email

Please state which type of bedroom you would prefer;  
the suggested donation is per person for the retreat:

£295pp (ensuite)

£285pp (shared bathroom or sharing a twin bedroom)

Please state any mobility issues and/or dietary requirements:

If you are travelling by train and would like a lift from the station, please let us know the time your train arrives. The station is a 30min walk from here and is accessed by steps.

We ask for an £80 non-returnable deposit to secure your booking.

If you pay by BACS please let us know in your email or tick here: ....

**BACS details** - HSBC plc: Sort Code: 40-28-16 A/C no. 41227572

Centre for Health and Pastoral Care. **Reference** Surname31October

Cheques payable to **Holy Rood House**

I am a UK Tax Payer (we can claim **Gift Aid** on your donation) **Y / N**

In case of a medical emergency who should we call?

Please send this information to: [enquiries@holyroodhouse.org.uk](mailto:enquiries@holyroodhouse.org.uk)  
or post to Holy Rood House, 10 Sowerby Road, Thirsk, YO7 1HX

[www.holyroodhouse.org.uk](http://www.holyroodhouse.org.uk)

**Tel: 01845 522580**