

'The warrior unlike the soldier is a lover. The warrior is so much in touch with his heart that he can give it to the world' - Matthew Fox in The Hidden Spirituality of Men

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**

Maturity is the ability to live joyfully in an imperfect world. Richard Rohr

HOLY ROOD HOUSE RETREAT

**Men Staying Grounded
Staying Sane and Centred
in a Crazy World**

**Friday 10th October 4pm to
Sunday 12th October 2pm 2025**

A Residential Retreat for Men

**With Revd Paul Golightly,
Urs Mattmann and the
Holy Rood House Community**



In this retreat we will use movement, meditations, worship, discussions and reflective time to help us live day to day in this time of so many overlapping crises that seem to challenge our being, faith, and even life itself. We discover and share as Men on a spiritual journey Resources for Resilience, Stillness and Strength.

Paul Golightly – Methodist Minister is Director of St Bede's Pastoral Centre, York, and National Co-ordinator and trainer for the Capacitar Wellness network, running several weekly groups that seek to integrate body, mind and spirit, to help us stay healthy and engaged in life.



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/>

'The Great Work of this age is not our connection to an external God, or even our inter- human relations, but rather the humans' relationship to the Earth and the Cosmos' Thomas Berry

Booking Form: Men Staying Grounded

Friday 10th 4pm – Sunday 12th 2pm October 2025

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** Surname10Oct
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
or post to Holy Rood House, 10 Sowerby Road, Thirsk, YO7 1HX

www.holyroodhouse.org.uk

Tel: 01845 522580