

# Autumn Quiet Day

## Reflecting with Trees

Tuesday 22<sup>nd</sup> September

10 - 4

*Tree of Life  
Rise up in me,*

*Rooting me deeply in the ground*

### **Booking Form: Autumn Quiet Day – Reflecting with Trees – 22.9.26 10-4pm**

Led by Helen Warwick.

On this reflective retreat day Helen will offer poems, creative ideas and prayers connecting to our Autumn garden with the trees giving us their wisdom. Using the spacious facilities of the garden, labyrinth, creative hub and chapel this will be a relaxing and inspirational day.

A light lunch will be included, and the day will end with tea and cake.

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

**Name/s**

**Address**

**Telephone**

**Email**

We are a charity wholly supported by donations. **Please pay before the day.** The suggested donation for the day is **£40** which includes a light lunch, with tea and cake at the end of the day. Helen will guide the day offering creative ideas alongside space for your own relaxation.

**You are welcome to stay overnight before and/or after this event. Please contact the office for further details.**

Do explore our website [www.holyroodhouse.org.uk](http://www.holyroodhouse.org.uk) or give us a ring to find out more about the day.

### **Bank transfer details –**

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

Centre for Health and Pastoral Care. **Reference** Surname22September

Cheques payable to **Holy Rood House**

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

To book the day please ring us on **01845 522580** or email us at [enquiries@holyroodhouse.org.uk](mailto:enquiries@holyroodhouse.org.uk) or post this form to Holy Rood House, 10 Sowerby Road, Thirsk, YO7 1HX.

**This is our Summer Reflective Day. We run regular, seasonal Reflective Days throughout the year.**