

# HIGH DALBY HOUSE

January 2024



## SACRED SPACE RETREAT DAYS

10am - 3.30pm Includes lunch >>> **Booking Essential**  
£25.00

Each of these immersive days stand alone but complement each other around the generic theme of sacred space, finding God and being found by God. Each will offer worship and exploration of scripture as we seek to engage participants spiritually, mentally, physically. There will be space for individual reflection and learning together. We are not in the business of providing answers to life's questions; indeed we don't have them!

We are in the business of creating a safe learning environment where it is OK to question, challenge and explore matters of faith and discipleship. Our inspiration comes from Irenaeus in his assertion that... "the glory of God is found in a human body fully alive"

Saturday 1st Feb :Stars and Sand  
Exploring our place in the universe

Saturday 29th March: Lent  
Connecting with wild-erness

Saturday 17th May: Our bodies -  
Temple of the Holy Spirit?  
ft. Rev'd. Maxine Waller

"The whole time has been a blessing. thank you all so much"

"Thank you, I needed the space with God and you made it beautiful"

"An oasis of calm in which to explore and grow in faith"





## NOMADS, WAYFARERS AND PILGRIM DAYS

10am - 3.30pm Includes lunch

>>> Booking Essential  
£25.00

This series of stand alone but complementary days was well received and we now offer it again, revised and updated in the light of the feedback we have been given. The theme of what it means to be a God follower using the metaphors of nomad, wayfarer and pilgrim proved powerful as participants reflected on their own spiritual journeys and how they might grow in faith to become more of the person they were created to be.

These are immersive days, topped and tailed with worship in the Celtic tradition, which make use of High Dalby's unique gardens, grounds and chapel. A variety of methodologies can be expected, including Ignatian approaches to exploring scripture, reflecting on some of Sieger Köder's art work, and silent reflection.

Saturday September 13th  
Abraham: friend of God and Nomad

Saturday October 11th  
Jesus the Way for wayfarers

Saturday Nov 8th  
the spirit breath of the pilgrim

## QUIET GARDEN MOVEMENT

We are members of this group which means that we open to the public free of charge daily. All we ask is that visitors call ahead so we know who is on site which enables us to ensure that the Hermitage building is open for access for loo and kettle.





On the labyrinth is an award winning garden border created for RHS Tatton 2024 which celebrates the empowerment of women

## GUIDED TOURS AROUND THE GARDENS AND GROUNDS

High Dalby has over six acres of grounds to explore. The grounds offer woodland wild areas, a small lake, a beck, labyrinth, cherry orchard as well as more formal landscaped areas. The largest of these is the Trinity Garden, which takes the form of a triquetra, a Celtic knot which symbolises the three in one, one in three nature of the Godhead.

Each of these spaces has plenty of seats! Guests are, though, at liberty to wild water swim in the lake or paddle in the beck. Wetsuits available!

Around the grounds sit places to shelter, the chapel, a gazebo in the heart of the labyrinth, a reading room by the beck, an elevated sky deck overlooking the Trinity Garden, an observatory dome in the Trinity Garden and the cwtch, a winter house, by the cherry orchard.

These quiet days will provide opportunity for meditation and mindful contemplation as guests engage with all five senses the sheer abundance of what nature has to offer in this unique location, a haven of peace and tranquillity. Participants are welcome to organise themselves, perhaps using the prompts and resources available, or to walk with us in a shared experience.

Sensible footwear is a wise move.

## DATES FOR GUIDED TOURS

April 23rd

June 11th

August 6th

October 22nd



The Trinity Garden



## NATIONAL GARDEN SCHEME

The gardens and grounds will be opened under this banner over the August bank holiday 25th. The roses should be at their best, we hope!

Entry costs will be divided between prostate cancer and Parkinson's disease, two health issues with which we are all too well acquainted.

