

# Walking with Joseph - retreat led by Meg Warner

Monday 25<sup>th</sup> – Friday 29<sup>th</sup> October 2021

## Mon

|           |                                 |
|-----------|---------------------------------|
| 3pm – 5pm | Arrivals<br>(office closes 5pm) |
| 5.30pm    | Orientation                     |
| 6.30pm    | Fat Pigeon bar open             |
| 7pm       | Supper                          |
| 8.15pm    | Session 1 and into<br>silence   |

## Tues (Wed) [Thu]

|        |                |
|--------|----------------|
| 8am    | Morning prayer |
| 8.30am | Breakfast      |
| 10am   | Session        |

|         |                        |
|---------|------------------------|
| 12.30pm | Lunch                  |
| 2pm     | Meditation             |
| 4pm     | Tea                    |
| 5pm     | Session                |
| 6.30pm  | Fat Pigeon bar open    |
| 7pm     | Supper                 |
| 8.30pm  | Meditation [Eucharist] |

## Friday

|        |                  |
|--------|------------------|
| 8am    | Morning Prayers  |
| 8.30am | Breakfast        |
| 10am   | Final departures |

*Silence will be held from Monday evening until our time of departure on Friday.*

*Everything is entirely optional. Come to what you want to.*

*Each meditation will involve a reading and silence and last about 15 minutes.*

*If you want a 1:1 session with Meg, choose a slot from the list on the Long Barn noticeboard.*

## Coronavirus reminders – please ...

- **1.5m** distancing at all times, indoors and out
- Wear a **mask** in all shared indoor spaces except while eating or drinking
- wash/sanitise your **hands** each time you enter/leave a communal room
- doors may be open for better air circulation – have enough **clothing** to keep warm

**Orientation**, retreat **sessions**, **morning prayers**, all in **Long Barn** sitting room.

**Meditation** and Thursday **Eucharist** in the upstairs chapel

**Breakfast** in Long Barn **lunch and supper** in Pound House

Tea (with cake) in the **Pound House**

Self-serve hot drinks in Long Barn guest kitchen at other times

The **Fat Pigeon** is Sheldon's licensed bar in the Great Barn Loose Box, accessed via Reception (contactless payments preferred)

## Facilities open – restricted numbers, use hand sanitizer,

The **Library** please keep silence and return books before you leave.

The **Art Shed** for engaging your creative imagination

The **Medieval Chapel** for private prayer

**Shop** open during office hours, normally 9am - 1pm and 2pm - 5pm.

Folders with **local walks** are available in the Boot Room and Reception.

Useful things are in the **Boot Room** between Pig Pens and Long Barn.