

# Reflections on Retirement – retreat led by Clare Herbert

Monday 6<sup>th</sup> June – Friday 10<sup>th</sup> June 2022

## Mon

3pm – 5pm Arrivals  
(office closes 5pm)  
5.30pm Orientation  
6.30pm Fat Pigeon bar open  
7pm Supper  
8.15pm Session 1 and into night  
prayer then silence

## Tues (Wed) [Thu]

8am Morning prayer  
8.30am Breakfast  
9.30am Session 2 (4) [6]  
11.15am Coffee

12.30pm Lunch  
4pm Tea  
5pm Session 3 (5) [7]  
6.30pm Fat Pigeon bar open  
7pm Supper  
[8.15pm Thu Eucharist]  
8.30pm Night Prayer

## Friday

8am Morning Prayer  
8.30am Breakfast  
10am Final departures

*Silence will be held from Monday evening until our time of departure on Friday unless Clare invites participation in a particular session.*

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

*If you want a 1:1 pastoral conversation with Clare in the morning, choose a slot from the sign-up list provided.*

**Covid: please follow current guidelines on separate sheet**

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

**Night prayers** and **Eucharist** in upstairs chapel

**Breakfast** and **coffee** in the **Long Barn**

**Lunch**, **tea** and **supper** in the **Pound House**

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

The **Fat Pigeon** is Sheldon's licensed bar

### Shared facilities

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.