

Long Road Home - Retreat led by Margaret Whipp

Society of Mary and Martha at Sheldon
Monday 24th to Friday 28th October 2022

Monday

3pm–5pm Arrivals (5pm latest)
5.30pm Orientation
6.30pm Fat Pigeon bar open
7.00pm Supper
8.00pm Session:
The long journey here

Tue & Wed

8.00am Morning prayers
8.30am Breakfast
9.30am Session
Tue: *Walking wounded*
Wed: *Safe Haven*
10.45am Coffee
12.30pm Lunch
5pm Labyrinth reflection
6.30pm Fat Pigeon bar open

7.00pm Supper
8.15pm Review of the day

Thursday

8.00am Morning prayers
8.30am Breakfast
9.30am Session: *Better stories*
10.45am Coffee
12.30pm Lunch
5pm Labyrinth reflection
6.30pm Fat Pigeon bar open
7.00pm Supper
8.15pm Eucharist: *The journey is home*

Friday

8.00am Morning prayers
8.30am Breakfast
10.00am Final departures

*Silence will be held from Monday evening until after the Eucharist on Thursday.
Everything is entirely optional. Come to what you want to.
If you want a 1:1 session with Margaret, choose a slot from the list provided*

Covid: please follow current guidelines on separate sheet

Orientation, retreat **sessions**, morning **prayers**, all in **Long Barn** sitting room.
Eucharist in upstairs chapel. Labyrinth reflections at labyrinth (or Long Barn if wet)

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

Lunch 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 in the Great Barn Loose Box

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.