

Entering Advent – retreat led by Carys Walsh

Monday 4th – Friday 8th December 2023

Mon

3pm – 5pm	Arrivals (Office closes 5pm)
5.30pm	Orientation
6.30pm	Fat Pigeon Bar open
7pm	Supper
8pm	Session 1 and into silence

Tue, Wed

8am	Community Prayers
8.30am	Breakfast
10.00am	Session
12.30pm	Lunch
4pm	Tea
5pm	Session
6.30pm	Fat Pigeon Bar open
7pm	Supper
8pm	Night prayers

Thu

8am	Community Prayers
8.30am	Breakfast
10.00am	Session
12.30pm	Lunch
4pm	Tea
5pm	Session
6.30pm	Fat Pigeon Bar open
7pm	Supper
8pm	Eucharist

Fri

8am	Morning Prayer
8.30am	Breakfast
10am	Final departures

Silence will be held from Monday evening until the end of the 5pm Session on Thursday

There is a sign-up sheet in the Long Barn if you would like a 1:1 slot with Carys.

Covid: please follow current guidelines on separate sheet

Orientation and retreat **Sessions** in **Long Barn** sitting room.
Community prayers in upstairs chapel - please wear a face mask

All meals and afternoon tea in the **Pound House**
Self-serve hot drinks in Long Barn guest kitchen at other times
The **Fat Pigeon** is Sheldon's licensed bar