

## R5 - Read, Retreat, Rest, Relax, Recuperate

10<sup>th</sup> – 15<sup>th</sup> August 2025 (revised)

*Please read in conjunction with all other info in your welcome pack*

### Sunday

From 3pm Arrivals  
6.30pm Fat Pigeon bar open  
7pm Supper

4pm Tea  
5pm Community prayers  
6.30pm Fat Pigeon bar open  
7pm Supper

### Monday to Thursday

8am Community prayers  
8.30 Breakfast  
12.30pm Lunch

### Friday

8am Community prayers  
8.30am Breakfast  
10am Last departures

### To help keep Sheldon a safe space for everyone please remember

- House Rules, including “no clergy shop talk”
- Covid safety – including keeping the air quality good and reporting new symptoms

### Where things happen

**All meals plus afternoon tea** (with cake) in the Pound House Dining Room  
Please help yourselves to refreshments in the Long Barn guest kitchen or Pound House dining rooms drinks area at any other time

The **Fat Pigeon** is Sheldon's licensed bar in the Great Barn Loose Box

**Community Prayers** in the upstairs Chapel of Mary, Martha and Lazarus  
Please wear a face mask if you join us for Community prayers

We will have a **Labyrinth Facilitation** with Clare Callanan on Tuesday afternoon, starting in the Long Barn at 2pm. She will also have some labyrinth-themed ideas in the Art Shed from 2pm on Wednesday.