

The Learning of Love – led by Simon Parke

Monday 18th – Friday 22nd August 2025

Mon

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

Tues & Weds

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|---------|---------------------|
| 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 |

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|--------|------------|
| 8.30pm | Meditation |
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Thurs

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|---------|---------------------|
| 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 |

Friday

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

*Silence will be held from Monday evening until the bar opens on Thursday
If you prefer to stay in silence longer, please feel free to collect a takeaway supper on Thursday*

*Everything is entirely optional. Come to what you want to.
There may be structured discussion at the end of some sessions – if so, there will be
opportunity to leave if you don't want to take part*

*Each meditation will involve a reading and silence and last about 15 minutes.
If you want a 1:1 session with Simon, choose a slot from the list on the Long Barn noticeboard.*

Please see separate sheet for ongoing Covid protections

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

All meals and afternoon tea in the Pound House

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