

R5 - Read, Retreat, Rest, Relax, Recuperate

24th – 29th August 2025

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

Sunday		5pm	Community prayers
From 3pm	Arrivals	6.30pm	Fat Pigeon bar open
6.30pm	Fat Pigeon bar open	7pm	Supper
7pm	Supper		
Monday to Thursday		Friday	
8am	Community prayers	8am	Community prayers
8.30	Breakfast	8.30am	Breakfast
12.30pm	Lunch	10am	Last departures
4pm	Tea		

Covid protections: please read the separate info sheet

... and yes we still have the no clergy shop talk House Rules too 😊

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

Clare Callanan will be offering a **labyrinth facilitation** one afternoon – probably Tuesday but day to be confirmed. Starting 2pm in the Long Barn.

Artist in residence – Charmaine Host will be in the Art Shed 9.30am – 12noon each day with ideas and encouragement – see overleaf

An invitation to the Art Shed.

Sheldon has a wonderful, fully equipped Art Studio – would you like join me to experiment with a little art making? Or do you think you don't or can't 'do art'? I will be in the Art Shed between 9.30 and 12noon to help you discover you can! Daily demonstrations at 9.30am. Or simply come and do your own thing!



Monday – an introduction to abstract mark making with acrylics. This is the most fun – you'll be surprised at what you can produce.



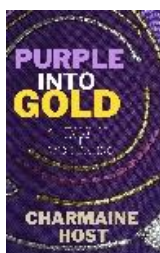
Tuesday – an introduction to watercolours – with Paul Klee, and Alma Thomas.



Wednesday – mixed media art journalling.



Thursday – How to make a Zine!



And finally : if you would like to learn more about my own 'late in life' art journey – my book is available at reception or from Amazon. I look forward to meeting you – Charmaine Host – Artist in Residence