

The Wisdom Years – led by Margaret Silf

20th – 24th October 2025

Mon	
3pm – 5pm	Arrivals (office closes 5pm)
5.30pm	Welcome and Orientation
6.30pm	Fat Pigeon bar open
7pm	Supper
8.15pm	Session 1 Introduction 'The wisdom years'
Tues	
8am	Morning Prayer
8.30am	Breakfast
9.30-10.15	'Amber lights'
12.30pm	Lunch
4pm	Tea
4.30-5.15pm	'Losses and gains'
5:30-6.30pm	Gathering time
6.30pm	Fat Pigeon bar open
7pm	Supper
8:30pm	Night Prayer
Wed	
8am	Morning Prayer
8:30	Breakfast
9:30-10.15am	'Independence'

12.30pm	Lunch
4pm	Tea
4.30-5.15pm	'When the seed dies'
5.30-6.30pm	Gathering time
6.30pm	Fat Pigeon bar open
7pm	Supper
8.30pm	Night Prayer
Thurs	
8am	Morning Prayer
8.30am	Breakfast
9.30-10.15am	'The bigger picture'
12:30	Lunch
4pm	Tea
4.30-5.15pm	'Our legacy to the future'
5:30pm	Gathering time
6:30pm	Fat Pigeon bar open
7pm	Supper
8:15pm	Eucharist
Fri	
8am	Morning Prayer
8.30am	Breakfast
10am	Last departures

Silence will be held from Monday evening until the bar opens on Thursday.

Daily Gathering time is optional bounded space for shared reflections on the day

Please read this timetable in conjunction with other details in your welcome pack

- Site map and shared facilities
- Covid Protections

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

Community Morning Prayers, Night prayers and the **Eucharist** in upstairs chapel

Breakfast, Lunch, Tea and Supper in the **Pound House**

Self-serve hot drinks in Long Barn guest kitchen at any other times

The **Fat Pigeon** is Sheldon's licensed bar accessed from dining room lobby