

R5 - Read, Retreat, Rest, Relax, Recuperate

23rd – 28th November 2025

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
[Eucharist on Wednesday]
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

Artist in residence – Sue Ashby and her able assistant Kerry Cook will be in the Art Shed
9.30am – 12noon each day with ideas and encouragement

We will have a Labyrinth Facilitation with Clare Callanan one afternoon – probably Monday or Wednesday, but when we’ve seen the weather forecast.