

Reflections on Retirement – retreat led by Clare Herbert

Monday 2nd – Friday 6th March 2026

Mon

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|-----------|---------------------------------------|
| 3pm – 5pm | Arrivals (Office closes 5pm) |
| 5.30pm | Orientation |
| 6.30pm | Fat Pigeon Bar open |
| 7pm | Supper |
| 8pm | Compline, address and into silence |

Tue & Wed

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|---------|-------------------------|
| 8am | Community prayers |
| 8.30am | Breakfast |
| 9.30am | Address |
| 10.30am | Coffee |
| 11am | Reflection |
| Noon | Midday prayers |
| 12.30pm | Lunch |
| 4pm | Tea |
| 5pm | Discussion |
| 6.30pm | Fat Pigeon Bar open |
| 7pm | Supper |
| 8pm | Evening Prayer (Chapel) |

Thu

| | |
|---------|---------------------|
| 8am | Community prayers |
| 8.30am | Breakfast |
| 9.30am | Address |
| 10.30am | Coffee |
| 11am | Reflection |
| Noon | Midday prayers |
| 12.30pm | Lunch |
| 4pm | Tea |
| 5pm | Discussion |
| 6.30pm | Fat Pigeon Bar open |
| 7pm | Supper |
| 8pm | Eucharist |

Friday

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| 8am | Community Prayers |
| 8.30am | Breakfast |
| 10am | Final departures |

*Silence will be held each day from 8pm until after lunch (1.30pm) each day
and until breakfast on Friday morning.*

Do visit Clare if you would like to talk something over, either about yourself, or about the way the retreat is going for you. She is available for one to one sessions daily at 1.15pm and 2.15pm - tick a slot on the signup sheet in the Long Barn.

Orientation, addresses, reflections, discussions & midday prayers in Long Barn sitting room.
Community prayers, Silent Prayer, Compline & Eucharist in upstairs chapel

All meals and afternoon tea in the **Pound House**
Self-serve hot drinks in Long Barn guest kitchen at other times
The **Fat Pigeon** is Sheldon's licensed bar

We want everyone to **stay healthy** so please read infection control info on separate sheet

Things to bring

any simple art materials for drawing/painting (we can provide if you don't own)
Bible, notebook, pen, prayer journal
Tablet or other device for daily download of addresses
Any books or poems to share about retirement which you have found helpful