

## Reflections on Retirement – retreat led by Clare Herbert

Monday 2<sup>nd</sup> – Friday 6<sup>th</sup> March 2026

### Mon

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

### Thu

8am	Community prayers
8.30am	Breakfast
9.30am	Address
10.30am	Coffee
11am	Reflection
Noon	Midday prayers
12.30pm	Lunch

### Tue & Wed

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)

### Friday

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