

## R5 - Read, Retreat, Rest, Relax, Recuperate

24<sup>th</sup> – 29<sup>th</sup> May 2026

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

<b>Sunday</b>			
From 3pm	Arrivals	5pm	Community prayers
6.30pm	Fat Pigeon bar open	6.30pm	Fat Pigeon bar open
7pm	Supper	7pm	Supper
<b>Monday to Thursday</b>		<b>Friday</b>	
8am	Community prayers (Weds Eucharist)	8am	Community prayers
8.30	Breakfast	8.30am	Breakfast
12.30pm	Lunch	10am	Last departures
4pm	Tea		

### 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 (available in chapel)

**Artist in residence** – Sue Ashby will be in the Art Shed 9.30am – 12noon each day, assisted by Kerry, with ideas and encouragement.

Some people may want more space for personal creativity, and some may enjoy the sociability of shared endeavour. There will be respect and space for both, and Wednesday morning will be a silent morning in the Art Shed.

Clare Callanan will lead a **Labyrinth Facilitation** one afternoon (we'll check the forecast and decide on the best day – aiming for Monday). It starts 2pm in the Long Barn

**Covid protections: please read the separate info sheet**  
and yes, we still have the no clergy shop talk House Rules too 😊