

Navigating chaotic times by a Christian compass

Sheldon, 8th-12th June 2026

Monday 8th

3pm-5pm Arrivals
5.30pm Welcome and Orientation
6.30pm Fat Pigeon open
7pm Supper
8.15pm Session 1 *Introduction*
Move into silence

Tuesday 9th

8am Community Morning Prayer]
8.30am Breakfast
9.30-10.15am Session 2 *Solid ground*
10.30am Coffee Break
12.30pm Lunch
4pm Tea
4.30-5.15pm Session 3 *Seafarer wisdom*
5.30-6.30pm Gathering time (optional)
6.30pm Fat Pigeon open
7pm Supper
8.30pm Night Prayer

Wed 10th

8.00am Community Morning Prayer
8.30am Break
9.30-10.15am Session 4 *Ignatian wisdom*
10.30am Coffee Break
12.30pm Lunch
4pm Tea
4.30-5.15pm Session 5 *Waking up*
5.30-6.30pm Gathering time (optional)
6.30pm Fat Pigeon open
7.00pm Supper
8.30pm Night Prayer

Thurs 11th

8am Community Morning Prayer
8.30am Breakfast
9.30-10.15am Session 6 *Story wisdom*
10.30am Coffee Break
12.30pm Lunch
4pm Tea
4.30-5.15pm Session 7 *Changing the story*
5.30-6.30pm Gathering time (optional)
6.30pm Silence ends, Fat Pigeon open
7pm Supper
8.15pm Eucharist

Friday 12th

8am Community Morning Prayer
8.30am Breakfast
10am Last departures

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

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.

Morning, Night prayers and 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