

# Ask for the ancient paths: labyrinths and pilgrimage

## Retreat led by Clare Callanan

22-26 June 2026

### Mon

3pm – 5pm Arrivals  
(office closes 5pm)  
5.30pm Orientation  
6.30pm Fat Pigeon bar open  
7pm Supper  
8.15pm Session 1 and into silence

### Tues, Wed, Thu

8am Community prayers  
8.30am Breakfast  
9.45am Session

12.30pm Lunch  
4pm Outdoor session  
6.30pm Fat Pigeon bar open  
7pm Supper  
8.30pm Settling - prayer & reflections

### Friday

8am Morning prayers  
8.30am Breakfast  
10am Final departures

*Silence will be held from Monday evening until after Morning Prayer on Friday*

### **Covid-19 protections – please see separate sheet**

**Orientation**, and all morning sessions in the Long Barn sitting room

**Afternoon sessions** mostly outdoors, tbc (eg walk, labyrinth, etc)

**Community prayers** are in the upstairs Chapel

(please wear a mask if you would like to join the Community's daily office)

### **All meals in the Pound House**

The **Fat Pigeon** is Sheldon's licensed bar in the Great Barn Loose Box