

Let It Be
with Gail & Ian Adams
Sheldon 3-7 August 2026

let it be

Living **boldly** and **generously**
with **faith, hope** and **love** in new seasons of life
drawing on the stories of
Mary and Joseph
in the gospels

a series of retreats in 2026 with Gail Adams & Ian Adams
Beloved Life



Monday	
3-5pm	Arrivals (office closes 5pm)
5.30pm	Sheldon Welcome and Orientation
6.30pm	Fat Pigeon bar open
7pm	Supper
8.15pm	Let It Be - an Invitation and into silence
Tuesday	
8am	Sheldon Morning Prayer
8.30am	Breakfast
10-11am	1 Let It Be with Me
12.30pm	Lunch
4pm	Tea
5-6pm	2 Righteous and Tender
6.30pm	Fat Pigeon bar open
7pm	Supper
8:30pm	Beloved Life Night Prayers
Wednesday	
8am	Sheldon Morning Prayer
8:30	Breakfast
10-11am	3 Blessed Are You
12.30pm	Lunch
4pm	Tea
5-6pm	4 A Piercing of the Soul
6.30pm	Fat Pigeon bar open
7pm	Supper
8.30pm	Beloved Life Night Prayers

Thursday	
8am	Sheldon Morning Prayer
8.30am	Breakfast
10-11am	5 Jesus' Brother, Sister and Mother
12:30	Lunch
4pm	Tea
5-6pm	6 Devoted to Prayer
6:30pm	Fat Pigeon bar open
7pm	Supper
8:15pm	Eucharist
Friday	
8am	Sheldon Morning Prayer and out of silence
8.30am	Breakfast
10am	Final departures

Silence will be held from after our first session on Monday evening until after Morning Prayer on Friday.

Please read this timetable in conjunction with other details in your welcome pack

- Site map and shared facilities
- Covid Protections

Orientation and retreat **sessions** are all in **Long Barn** sitting room.

Sheldon Community Morning Prayers, Night prayers and the **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

If you would like to have a **one to one session** with Gail or Ian please use the sign up sheet in the long barn

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