

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

9<sup>th</sup> – 14<sup>th</sup> August

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

### Sunday

|          |                     |
|----------|---------------------|
| From 3pm | Arrivals            |
| 6.30pm   | Fat Pigeon bar open |
| 7pm      | Supper              |

5pm

Community prayers

6.30pm

Fat Pigeon bar open

7pm

Supper

### Monday to Thursday

|         |                   |
|---------|-------------------|
| 8am     | Community prayers |
| 8.30    | Breakfast         |
| 12.30pm | Lunch             |
| 4pm     | Tea               |

### Friday

8am

Community prayers

8.30am

Breakfast

10am

Last departures

## 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)

Clare Callanan will lead one **Labyrinth Facilitation** and one **Creative Arts** session during the week. Dates tbc depending on the weather.

### Covid protections: please read the separate info sheet

and yes, we still have the no clergy shop talk House Rules too 😊