

The Garden Gospel – led by Simon Parke

Monday 17th – Friday 21st August 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 & Weds

8am	Morning prayer
8.30am	Breakfast
10am	Session
12.30pm	Lunch
2pm	Meditation
4pm	Tea
5pm	Session
6.30pm	Fat Pigeon bar open
7pm	Supper

8.30pm	Meditation
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Thurs

8am	Morning prayer
8.30am	Breakfast
10am	Session
12.30pm	Lunch
2pm	Meditation
4pm	Tea
5pm	Session
6.30pm	Fat Pigeon bar open
7pm	Supper
8.30pm	Meditation

Friday

8am	Morning Prayers
8.30am	Breakfast
10am	Final departures

Silence will be held from Monday evening until after breakfast on Friday

*Everything is entirely optional. Come to what you want to.
There may be structured discussion at the end of some sessions – if so, there will be
opportunity to leave if you don't want to take part*

*Each meditation will involve a reading and silence and last about 15 minutes.
If you want a 1:1 session with Simon, choose a slot from the list on the Long Barn noticeboard.*

Please see separate sheet for ongoing Covid protections

Orientation, retreat **sessions** and **prayers** and **reflections** all in **Long Barn** sitting room.

All meals and afternoon tea in the Pound House

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