

Reflections on Retirement – retreat led by Clare Herbert

Monday 2nd – Friday 6th November 2026

Mon

3pm – 5pm	Arrivals (Office closes 5pm)
5.30pm	Orientation
6.30pm	Fat Pigeon Bar open
7pm	Supper
8pm	Compline, address and into silence

Tue & Wed

8am	Community prayers
8.30am	Breakfast
9.30am	Address
10.30am	Coffee
11am	Reflection
Noon	Midday prayers
12.30pm	Lunch
4pm	Tea
5pm	Discussion
6.30pm	Fat Pigeon Bar open
7pm	Supper
8pm	Evening Prayer (Chapel)

Thu

8am	Community prayers
8.30am	Breakfast
9.30am	Address
10.30am	Coffee
11am	Reflection
Noon	Midday prayers
12.30pm	Lunch
4pm	Tea
5pm	Discussion
6.30pm	Fat Pigeon Bar open
7pm	Supper
8pm	Eucharist

Friday

8am	Community Prayers
8.30am	Breakfast
10am	Final departures

*Silence will be held each day from 8pm until after lunch (1.30pm) each day
and until breakfast on Friday morning.*

We will use the discussion at 5pm each day to talk over insights gained,
and challenges we may face.

Orientation, addresses, reflections, discussions & midday prayers in **Long Barn** sitting room.
Community prayers, Silent Prayer, Compline & Eucharist in upstairs chapel

All meals and afternoon tea in the **Pound House**

Self-serve hot drinks in Long Barn guest kitchen at other times

The **Fat Pigeon** is Sheldon's licensed bar

We want everyone to **stay healthy** so please read infection control info on separate sheet

Things to bring

any simple art materials for drawing/painting (we can provide if you don't own)

Bible, notebook, pen, prayer journal

Any books or poems to share about retirement which you have found helpful

All addresses will be sent to each participant following the retreat, if requested