The Wound of Blessing – Angela Tilby

30th November to 4th December 2026

Monday

3pm – 5pm	Arrivals (office closes 5pm)
5.30pm	Orientation and introduction. The Wound of Blessing – living with trauma and grace
6.30pm	Fat Pigeon bar open
7pm	Supper
8.15pm	Session 1

Tues, Wed

8am	Morning prayers with the Sheldon Community
8.30am	Breakfast
10am	Session 2,4
12.30pm	Lunch
4pm	Tea
5pm	Session 3,5
6.30pm	Fat Pigeon bar open
7pm	Supper

Thursday

8am	Morning prayers with the Sheldon Community
8.30am	Breakfast
10am	Session 6
11.45am	Eucharist
12.30pm	Lunch
4pm	Tea
5pm	Loose Ends
6.30pm	Fat Pigeon bar open
7pm	Supper

Friday

8am	Morning prayers with the Sheldon Community
8.30am	Breakfast
10am	Final departures

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

If you would like to have a 1:1 session with Angela, use the signup sheet

Please read separate sheet with regard to our ongoing protections against Covid and other airborne illnesses – we'd like everyone to stay healthy.

Orientation and retreat **sessions** in **Long Barn** sitting room.
Morning prayer and **Eucharist** in the upstairs chapel
All meals in the **Pound House**
The **Fat Pigeon** is Sheldon's licensed bar in the Great Barn Loose Box