

Society of Mary and Martha
12,000-mile Service programme

Sunday

arrivals	6pm - 8pm
7pm	Fat Pigeon open
8pm	introduction in the Fat Pigeon followed by supper

Monday

8 am	morning prayers
from 8.30am	breakfast
from 9am	<i>individual sessions by appointment</i>
11am	coffee
12.45pm	lunch
4 pm	tea
5 pm	evening prayers
6.30pm	Fat Pigeon open
7pm	supper
9pm	night prayers

Tuesday

8am	morning prayers
from 8.30am	breakfast
10.30am	workshop (to 12.30pm)
11am	coffee
12.45pm	lunch
2.30pm	local walk
4 pm	tea
5 pm	evening prayer
6.30pm	Fat Pigeon open
7pm	supper
9pm	night prayers

Wednesday

8 am	morning prayers
from 8.30am	breakfast
10.30am	workshop (to 12.30pm)
11am	coffee
12.45pm	lunch
4 pm	tea
5 pm	evening prayers
6.30pm	Fat Pigeon open
7pm	supper
9pm	night prayers

Thursday

8 am	morning prayers
from 8.30am	breakfast
10.30am	workshop (to 12.30pm)
11am	coffee
12.45pm	lunch
2 pm	local walk
4.30 pm	tea
6.30pm	silence in Chapel until Eucharist followed by supper
7pm	

Friday

8 am	morning prayers
8.30am	breakfast
10 am	last departures

February 2012 workshops

Tue: Daphne Norden – Focusing
Wed: Philippa Wackerbarth – Gentle touch
Thu: Richard Skinner – Fun with words

Notes to the programme

1. Arrivals. Please plan your journey to ensure that you get here before the deadline of 8pm. It is not possible to join the 12,000 later once it is under way.
2. Individual appointments on Monday are with Carl and Sarah. This is your opportunity to let us know what your expectations and needs are, especially if you want 1:1 time. Many guests simply want rest and space to be quiet and catch up on thinking, reading and prayer.
3. After the introduction everything during the week is optional. Please choose what you need from what is available and ignore the rest.
4. Community daily prayers at 8am and 5pm and Night Prayers at 9pm are all in the upstairs Chapel of Mary, Martha and Lazarus.
5. Workshops. Each will last up to 2 hours, and hot drinks will be served during the session. No previous experience is needed - they will all be gentle and encouraging and geared for you to take at your own level. The only rule is "no observers" - ie if you attend, you take part. Details of workshops for the week will be provided on arrival and all take place in the Long Barn.
6. Walks. The Sheldon Centre is set in a lovely part of the Teign Valley so we suggest you bring walking boots or wellingtons. As well as the guided walks, maps are available for a range of local walks you can use on your own.
7. Meals. Breakfast is a self-serve meal including cereals, toast etc. Lunch is a simple meal with soup, bread and cheese, fresh fruit. Supper is the main meal of the day. Be sure to notify special diets 2 weeks in advance. The Fat Pigeon is our licensed bar which will be open in the Loosebox in the Great Barn for half an hour before supper each day.
8. If you might like to book a session or two in the Jacuzzi, please bring your swimming costume and a spare towel. There is no extra charge.
9. Sheldon has a nice little shop which is open whenever the Reception is open.