

what will



*be for you
this year?*

01647-252752

www.sheldon.uk.com

The Society of Mary and Martha, Sheldon, Dunsford, Exeter EX6 7LE

2010

... retreats ...

Finding God in times of transition

How can we find solid ground in times of change? How might we learn to navigate the rapids and make wiser, more Christ-centred choices in our everyday lives? What might a 'spirituality of passover' mean for us in today's world? We will look at how chaos is God's chosen beginning for new birth, how crisis can also be opportunity, and how we might begin to overcome the fears that can become a block to the unfolding of God's dream in our lives and in our world.

Margaret Silf is author of several books on the spiritual journey for 21st century pilgrims who may or may not identify with institutional religion.

5pm Monday 15th - 10am Friday 19th March. £290.

- silent retreat
- daily prayers, one Eucharist

"Margaret gave us plenty of food for reflection - she was refreshingly open and natural, not imposing anything, but suggesting, sensitively."

St Benedict: Companion for the 21st century Christian

The retreat will explore the rule of St Benedict. It will draw out some of the major themes of stability, community, conversion, prayer, work and hospitality and relate these to our day to day lives.

Jane Hedges has been Canon Steward of Westminster Abbey and Archdeacon of Westminster since 2006.

5pm Monday 19th - 10am Friday 23rd April. £290.

- silent retreat
- daily offices and Eucharist
- daily addresses

"I enjoyed the good food, the beautiful spot, the peace and tranquility of the area, the attractive library and beautiful, prayerful chapels. The warmth of the community and volunteers was also greatly appreciated."

Rambling with God

Exploring the silences and spaces of life through rambles on Dartmoor. Each day starts with a focus session and ends with a liturgical gathering of the inner and outer experiences of the day. Walks generally 3 - 6 miles on medium terrain. The focus is on walking mindfully and developing an awareness of God within and around. Evening meals not silent.

Roy and Dorothy Nicholson return for a fourth "Ramble". Dorothy is a retired parish priest involved in developing innovative retreats. Roy has a lifetime of discovering God through walks and church music.

- daily walks
- daily liturgical gathering
- partial silence

5pm Monday 19th - 10am Friday 23rd July. £290.

"The site is beautiful - naturally and beautifully, thoughtfully laid out - one senses 'spirit' in every detail."

"The retreat gave me a structure for praying, thinking, relaxing, enjoying creation. The three different walks were well considered and planned."

The Gospel of Falling Down

Discovering the beauty of failure in an age of success. Finding the magic, beauty and grace in and through the flaws and cracks of life. How to slow down, stop climbing the ladder and dig underneath the gloss and perfectionism of religion.

"Spacious peaceful environment for body, mind and spirit facilitated by unobtrusive presence of the community."

- partial silence
- simple daily prayers
- experiential activities

After 10 years in parish ministry **Mark Townsend** is now an independent retreat leader and writer. As a magician, he uses the symbolic quality of illusions to point to and evoke spiritual truths. His passion is to use magic and writing to help people re-awaken an often long-forgotten child-like wonder and awe.

5pm Monday 18th - 10am Friday 22nd October. £290.

... workshops ...

Myers Briggs Basic

Understand more of what makes you tick and how you relate to other people. Differentiate between innate preferences, learned behaviours and the roles you play. Amazingly useful for relationships, spiritual growth and much more.

"Dorothy and Gordon are gracious and learned facilitators. I learned so much about myself and others and had a lot of fun too."

- group and individual exercises
- suitable for beginners
- a popular and useful resource
- a must for members of teams

Gordon Jeff and Dorothy Nicholson both have wide experience of parish ministry and spiritual direction. They have been qualified MBTI practitioners for 20 years.

9.30am Wednesday 10th - 4.30pm
Thursday 11th March.
£100 resident, £80 non-resident.

Enneagram - subtypes & essence

Your subtype is the trigger for your personality's most unconscious barriers to spiritual awareness and growth. Discover your own subtype, describing basic strategies for survival in arenas of one-to-one intimacy, social interaction and self-preservation. Exploring Head, Heart and Belly in more depth as centres of spiritual perception.

*The oral tradition is the best way to learn the Enneagram and **Karen Webb** is its leading exponent in this country.*

- exercises, meditations etc
- oral tradition teaching
- eligibility: must complete basic course and be familiar with type

9.30am Monday 4th - 4.30pm
Wednesday 6th October.
£270 resident, £210 non-resident.

"Learnt a lot of useful stuff about myself and about other types. Karen is a perceptive, skilled and caring teacher."

Telling Tales

Experience the transforming power of story and learn some tools of the trade. Do you want to discover your own potential as a storyteller, incorporate stories in your ministry, or are you simply drawn to the delight of hearing stories? A chance to explore bible stories, traditional folk tales and personal stories. Experiment safely with listening to and telling stories. Enjoy discovering more about a wonderful art form - the shortest route between truth and the human heart!

Simon Airey is a professional storyteller and University Chaplain in Durham.

- suitable for beginners
- great resource for all in ministry
- fun, gentle, inclusive exercises
- structuring, improvisation, visualisation & tricks of the trade

"The whole atmosphere of the place is peaceful, friendly, supportive. The community and other helpers deal with all the pressures and daily bustle, and leave guests free to relax/get on with their own agenda."

7pm Sun 14th - 4.30pm Tue 16th
November. £200 residential only.

The Challenge of the Fully Human Jesus

Looking at the life of Jesus and how he relates to himself and others – his intimates and those he meets along the way. What can we learn from Jesus as exemplar for relating to our own inner worlds, our physical and emotional beings and our fellows?

- individual and group work
- formal input based on reflections subsequent to Brian's well known book "Behold the Man"

Brian Thorne is Emeritus Professor at the University of East Anglia with an international reputation as a person-centred therapist and writer.

"The wonderfully peaceful atmosphere at Sheldon made it a special place to be."

9.30am Wednesday 17th - 4.30pm
Thursday 18th November.
£160 resident, £140 non-resident.

... time out ...

Reading Weeks

Popular weeks that guests enjoy for a wide variety of reasons. Just right if you prefer some social contact to being on your own. Daily rhythm of prayers and meals.

Sun 21st - Fri 26th February
Sun 11th - Fri 16th April
Sun 11th - Fri 16th July
Sun 7th - Fri 12th November
Sun 28th November - Fri 3rd December
£240. 7pm Sunday to 10am Friday.

Fri 28th May - Fri 4th June **£280**
Sat 21st August - Thu 2nd September
£40/night any 7 nights or more.
All part weeks **£50/night.**

- sociable meal times
- free space to use as you choose
- come for part or whole week
- 1:1 time for people in ministry if booked in advance
- read, relax, retreat

"Your welcome and hospitality gather us in as part of the community and give us the support and space to be, read, pray and enjoy the lovely setting of Sheldon."

New Year Time Out

Ideal opportunity to relax and see in the New Year quietly and reflectively.

"The warmest and best fed Retreat House I have been to. Service was discreet and caring and beyond the call of duty."

3pm Tuesday 29th December 2009
- 10am Monday 4th January 2010
£290 or £55/night.

- candlelit midnight Eucharist
- sociable mealtimes
- come for part or whole week
- warm & cosy even in winter

"It was a wonderful time of peace and quiet, rest and relaxation and renewal. We thoroughly enjoyed being looked after not having to cook and simply turning up for the delicious meals."

... for people in ministry ...

Linhay Lodges

It's always worth talking to us about a Lodge. We release some advance reservations and hold others for shorter notice enquiries. We will discuss your individual needs with you at the time of booking.

Three Lodges have stairs, a view and a bath. One Lodge is single storey with good disabled access. All Lodges have a bedroom and kitchen/living room, plus shared access to the Sanctuary, Linhay Garden and a utility room.

You are welcome to use a Lodge for maintenance and prevention, or for focused help when things have gone wrong. One to one time needs to be booked in advance.

"At that time Sheldon was a true sanctuary for me and was where my healing began. I think of you often with gratitude for the help I received at such a desperate time."

- high quality, self-contained
- self-catering or stocked larder
- DIY space or with 1:1 time
- emergency bolt-hole
- safe place in a crisis
- convalescence or battery recharge
- study, sabbatical, planning
- quality time together

"Thank you all so much for a really helpful and inspiring retreat. I felt very different at the end of it, and (almost) glad to be back in the parish."

We guarantee disabled access when required, but otherwise allocate Lodges at our discretion. Lodges are not used by guests attending programme events.

Guests are invited to contribute towards the running costs of the Society according to their means and using the following as a guide...

£36/night for 1 person
£52/night for 2 people
£25/booking first night supplement
£17/person/day for stocked larder
£38/hour for 1:1 time

Minimum stay 3 nights
Arrive after 3pm, leave by 10am

12,000-mile Service

High quality space for people in ministry and/or spouses. The light touch framework is designed to help you unwind and rediscover your creative energy and vision. You won't be told what to do, there's no formal teaching input and all ingredients are optional.

Choose your own pace and activities as the week unfolds.

A 12,000 can be a chance to recharge your batteries, change your oil or take out the dents in your bodywork.

Morning workshops vary according to the leaders available but regulars include fun with words, playing with paint and clay, gentle touch and relaxation.

One to one time is available with a member of the Community or one of our volunteer team if you want it. We guarantee 1 session but can usually offer 2 or sometimes 3.

Massage is often available but we are not able to guarantee a session for every guest.

Whatever resources you access during the week the cost is fully inclusive.

7 - 12 February

9 - 14 May

10 - 15 October

21 - 26 November

All arrivals must be between 7pm and 8.30pm Sunday evening.

£400 fully inclusive.

"A beautiful balance of nourishment for the body, mind and spirit, with plenty of still spaces in between. Never formal, but always respectful of each individual."

- light timetable structure
- everything optional
- workshops
- walks
- 1:1 time available
- Eucharist*
- for people in ministry
- fully inclusive cost

**The Eucharist may be celebrated by men or women of any mainstream denomination. If you have particular needs in this respect please check at the time of booking.*

"It gave me the permission and the space to stand back and look at myself. It allowed me to be vulnerable by providing a safe and loving atmosphere."

Family holidays

Fantastic opportunity for families to relax and unwind together in friendly surroundings.

We look after all your food needs - what a relief from all that hassle!

Sheldon itself is a great place for children with a real sense of freedom and safety which makes a lovely base for your holiday. You won't have to travel far once you're here. The local area is full of family-friendly tourist attractions and also offers Dartmoor, beaches and Exeter all within 10 miles.

Evening activities may include treasure hunt, barbecue, quiz or a public concert in our magical open air theatre.

Bedrooms are small but there is plenty of communal space and adult-only quiet space too. A useful guest kitchen means you can make hot drinks and rustle up late night snacks. All these facilities (plus showers and toilets) are also available if you bring your own tent or caravan.

- religion-free
- fully catered
- packed lunches daily
- lots of local places to visit
- evening activities
- good value indoor rooms
- budget camping/caravan
- relaxed and friendly
- for families in ministry
- fully inclusive cost

1 - 7 August

8 - 14 August

Indoors: adult £220

child £65 if sharing with parents

£100 flat rate supplement for second room or Pig Pen

Outdoors: adult £145, child £50

(That's just £65 per day for a family of 4 fully catered!)

"Everything was great. The relaxed and welcoming attitude towards the children freed the adults to really unwind. We certainly hope to return next year."

"It was wonderful being served, location is very good, children having friends and the run of a safe place, the concert (despite rain), food good and simple and catered for children's fussiness; it was an excellent week."

Constructing Co-operation

Reducing bullying and its impact

An exceedingly safe and accessible workshop. Understand the physical and psychological effects of bullying and how to engage safely and constructively whether or not the perpetrator is willing to engage with the problem. Essential training if you have been or are being bullied, if you support others, or if you have been accused of bullying behaviour yourself. How to recognise what is going on and get your legitimate needs properly met.

7pm Sunday 7th to 4.30pm Tuesday 9th March. **£220**. Residential only (includes Sunday and Monday nights).

Mike Beard is Director of REM State and a tutor for Mindfields College. Sean Flynn runs a private practice drawing on training in a range of arts and therapy disciplines.

"A very high quality, skilful presentation by two great guys who know their stuff. I got back yesterday and am feeling lots better."

about ministry resources

Ministry Eligibility

- any denomination
- ordained
- full time stipendary lay worker
- retired (from either above)
- spouses (independently or with ministerial partner)

"With no expectations put on me it allows me to relax, forget for a moment my struggles, then to look at them peacefully and within a place that exudes loving care."

Ministry Discount

- Events on ministry pages quoted at ministry rates
- people in ministry deduct 20% from all other events/resources

Our fees are already below the real costs of provision, sometimes by a substantial amount. However, we do not wish finance to be a bar for anyone in ministry who needs our specialist resources. Please check other sources of funding first. If you still cannot afford the full amount please indicate on your booking form the amount of support you need.

... private retreats ...

Pig Pens

Open to everyone for private retreats. Each Pig Pen is a single kitchen/living/bedroom with en-suite shower. Big window, lovely view, sheltered private patio.

£34/night for 1 person

£48/night for 2 people

£25/booking first night supplement

**£21/person/day for stocked larder
(3 nights minimum)**

Minimum stay 2 nights

Arrive after 3pm, leave by 10am

- high quality, self-contained
- self-catering or stocked larder
- ground floor, step-free

"All I can say is that pigs live in some style at Sheldon! In particular I appreciated the spaciousness of the living area, not to mention the high specification of all the fittings and THAT VIEW! Why didn't I discover Sheldon years ago?"

Quiet Days

Ash Wednesday 17th February
Bishop Richard Hawkins

Thursday 25th March
Canon Carl Turner

Thursday 7th October
Canon Gordon Jeff

Monday 1st November
Prebendary Sue Roberts

- day in silence
- four addresses
- grounds, library and chapel

*All Quiet Days 10.15am to 3.45pm
£16 including lunch*

"I wish you all God's blessings as you provide this precious place of peace and refreshment."

"From the moment I arrived the atmosphere enveloped me and I felt cared for. I had space and time to think, relax and spend some quiet contemplative time exploring the grounds and surrounding area."

Other resources open to all

Library

Comfortable quiet space with desk, books and hot drinks for a day away from distractions.

Hermitage

For the wilderness experience. Creature comforts stripped away.

Massage & Spa

The ultimate in relaxation for body and mind.

Stay an extra night

Available before and/or after workshops (p4, 5, 10).

£12 per day, £8 for lunch (optional).
Includes exclusive residence of the Library and access to grounds and medieval chapel.

*Eclectic and up to date book selection.
Open to resident guests when not reserved for the day.*

By donation.

£38 for one hour full body massage
£7 for spa bath session

Bed, breakfast and evening meal
£40/night one person
£60/night two people sharing

Specials – work or play ...

These events have expanded from our traditional workparties. You can still roll up your sleeves and get involved with a range of practical tasks around Sheldon. Great camaraderie and a valued contribution to the place. You can also enjoy the informality, liturgy and other activities but use the rest of the time to relax and do your own thing.

Easter Week

5pm Tuesday 30th March to 10am Tuesday 6th April. £80 volunteer.
£300 or £50/night retreatant.

Summer Week

5pm Friday 23rd to 10am Saturday 31st July. £80 volunteer. £300 or £50/night retreatant.

Advent Weekend

5pm Friday 26th to 3pm Sunday 28th November. £30 volunteer.
£80 retreatant.

... about Sheldon ...

Good things

- resident Community
- low key, light touch, open hearted
- cluster of converted barns
- 45 acres gardens, fields, woods
- excellent local walking
- simple Community daily offices
- thatched medieval chapel
- well-stocked library
- home cooked food
- care with special diets
- unspoiled rural valley
- good disabled access
- strict confidentiality
- decades of experience
- Fat Pigeon bar and off licence
- friendly sheep (!)

Travel

Sheldon is 10 miles from M5 at Exeter. £20 taxi from Exeter St David's train station. Bus runs 4 times a day to within 10 minute walk.

Feedback & photos

Comprehensive uncensored feedback from guests, 100s of photos of Sheldon, and more information about resources, all on our website www.sheldon.uk.com

Charity

The Society of Mary and Martha is an independent ecumenical charity (reg no 327394) established in 1987 and owning Sheldon since 1991.

Community

Sheldon is run by a mixed lay Community with a long-term commitment to the life and ministry of the centre.

Volunteers

We are very grateful for the help of dozens of volunteers. We rely on them for help with hospitality on all our events.

Friends

We rely entirely on contributions from guests and gifts from Friends to survive. If you value what Sheldon offers, please sign up as a Friend.

Long Barn Appeal

We are currently raising £995,000 to rebuild the Long Barn. We plan for this to take place during 2011. The project will significantly improve our oldest and smallest bedrooms. Contributions very welcome.

... booking form ...

Please telephone 01647-252752 to make a provisional reservation before returning this form with deposit to Sheldon, Dunsford, Exeter EX6 7LE

Name

Address

Telephone

email

Booking detail

Full cost

Deposit enclosed

I am eligible for ministry discount in this role _____

_____ (see p10)

Special needs

I/we agree to abide by the Rules of the House and understand the small print terms of the booking (see opposite)

_____ (signature)

... small print ...

Deposits

Quiet Days : pay in full at time of booking.

All other reservations : £50 deposit.

Deposits are not refundable.

Balance

From 2 months before arrival you are committed to payment of the balance. However, to streamline paperwork we do not require the payment to be actually made until 2 weeks before arrival.

We reserve the right to re-book your place if you do not send the balance on time.

Rules of the House

We take these seriously. Please be sure you are willing to honour them if you wish to make a booking.

- **no clergy shop talk**
- respect others' space and privacy
- no ministering to other guests
- peace and quiet after 10.30pm
- no pets (even if left in your car)

Cancellation

We strongly recommend that you take out cancellation insurance.

Late cancellations can severely compromise the charity's budget. We don't like asking you for money if you have to cancel your visit, but nor does it feel right to ask Friends to make up the shortfall when suitable cover would have been available. **If you decide not to take out insurance you need to be prepared to bear the cost yourself if you cancel within 2 months of the arrival date.** If you cannot obtain suitable cover please discuss with us at the time of booking.

Other notes

Single people are not asked to share but our smallest bedrooms are very small and have no basin.

We welcome you into the home of an active Community. Often it is very quiet, but not always. Grass is mowed, work is done on buildings and grounds, children play and occasional big events are held. We try to ensure you are free from hassle but can't guarantee no noise.

December 2009/January 2010

29 - 4 Jan *New Year Time Out*..... 6

February

7 - 12 *12,000-mile Service* 8

17 *Ash Wednesday Quiet Day: Richard Hawkins* 11

21 - 26 *Reading Week*..... 6

March

7 - 9 **Constructing Co-operation - Reducing bullying* 10

10 - 11 **Myers Briggs Basic* 4

15 - 19 *Margaret Silf: Finding God in times of transition* 2

25 *Quiet Day: Carl Turner* 11

30 - 6 Apr *Easter Special*..... 12

April

11 - 16 *Reading Week*..... 6

19 - 23 *Jane Hedges: St Benedict for the 21st Century Christian*..... 2

May

9 - 14 *12,000-mile Service* 8

28 - 4 Jun *Reading Week*..... 6

July

11 - 16 *Reading Week*..... 6

19 - 23 *Rambling with God: Roy and Dorothy Nicholson* 3

23 - 31 *Summer Special*..... 12

August

1 - 7 *Clergy Family Holiday Week* 9

8 - 14 *Clergy Family Holiday Week* 9

21 - 2 Sep *Reading Weeks*..... 6

October

4 - 6 **Enneagram: Subtypes and Essence: Karen Webb* 4

7 **Quiet Day: Gordon Jeff*..... 11

10 - 15 *12,000-mile Service* 8

18 - 22 *Mark Townsend: The Gospel of Falling Down* 3

November

1 *Quiet Day: Sue Roberts* 11

7 - 12 *Reading Week*..... 6

14 - 16 **Telling Tales: Simon Airey*..... 5

17 - 18 **Brian Thorne: The Challenge of the Fully Human Jesus* 5

21 - 26 *12,000-mile Service* 8

26 - 28 *Advent Special*..... 12

28 - 3 Dec *Reading Week*..... 6

** Extra nights of accommodation available before/after these events*..... 12

Resources this colour exclusive to people in ministry 7-10