

Year at a glance

2011

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Resources this colour exclusive to people in ministry7-10

all fees held at 2010 levels

what will



*be for you
this year?*

01647-252752

www.sheldon.uk.com

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

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... retreats ...

Reading the Landscape

A retreat exploring the meaning of place and landscape, especially borders and thresholds, in our religious experience. Pausing to reflect and read the land with its buildings, cultivation and buried history. Making connections in the liminal spaces of our interior landscape.

Esther de Waal is rooted in the Welsh Borders whose landscape, along with many monastic traditions, has shaped her own spirituality.

5pm Monday 28th February - 10am Friday 4th March. **£290.**

- silent retreat
- daily offices, one Eucharist

Rambling with God

Walks form the core of this retreat, around 5 - 8 miles and mainly in silence. The focus is on walking mindfully and developing an awareness of God within and around. Each day includes a reflective gathering of the inner and outer experiences of the day.

Ian Sim and Peter Hayes are both ministers with experience of local pastorates and a shared love of Sheldon and the great outdoors.

5pm Monday 11th - 10am Friday 15th July. **£290.**

- daily walks (not strenuous)
- daily gathering, one Eucharist
- partial silence

Theophony

In the beginning was sound ... An acoustic tapestry weaving threads of chant and jazz into the fabric of Celtic prayer, liturgy and theology of work. How might we discern the sound of God as we seek to listen and hear more deeply?
... through sound into silence.

Brendan O'Malley is a one-time Cistercian monk and recently retired university chaplain and lecturer. He is a canon of St David's Cathedral and author of several books focusing on Celtic spirituality and liturgy.

5pm Monday 10th - 10am Friday 14th October. **£290.**

- daily offices and Eucharist
- mostly silence

... small print ...

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)

Important notes

The rebuilding of the Long Barn is due for completion October 2011. In the first part of the year

- **there will be building work in progress.** We will keep disruption to a minimum but expect relevant noise etc.
- there will be fewer rooms available so book early to avoid disappointment

From the autumn onwards

- all 9 bedrooms in the Long Barn will be en-suite with large windows. The Pound House has 3 shared and 3 en-suite.

We welcome you into the home of an active Community. It is often very quiet, but grass is mowed, children play and occasional big events are held. We always try to ensure you are free from hassle but can't guarantee no noise.

Deposits

Quiet Days : pay in full at booking.
All other bookings : £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.

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.

... booking form ...

Please telephone 01647-252752 to make a provisional reservation before returning this form with deposit to **Sheldon, Dunsford, Exeter EX6 7LE**
Cheques to Society of Mary and Martha

Name _____

Address _____

Telephone _____

email _____

Booking detail _____

Full cost _____

Deposit enclosed _____

I am eligible for ministry discount in the following role _____

_____ (see p7)

Special needs _____

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

(signature)

Photography, Poetry and Vision

A retreat offering space to enjoy and explore imagination – the divine creativity in us all. Worship, reading poetry, making photographs and reflecting on our pictures are structured to open up layers of vision in the landscape around us and within ourselves. No formal knowledge of photography or poetry is required.

Robert Cooper is a photographer and priest in Durham. **Barbara Vellacott** creates opportunities for people to discover the life and music that is in poetry.

5pm Monday 31st October - 10am Friday 4th November. **£290.**

- partial silence
- daily prayers, one Eucharist
- making photos, reading poetry

At the Burning Bush

When better than the season of Advent to ponder the divine name and respond to the divine call? A visit to Mount Sinai has honed Angela's reflections on the holy mountain. As Moses takes off his sandals, so we explore what it means to stand on holy ground.

Writer and broadcaster **Angela Tilby** is vicar of St Bene't's Cambridge and former Vice-Principal of Westcott House Cambridge.

5pm Monday 5th - 10am Friday 9th December. **£290.**

- daily offices and Eucharist
- silent preached retreat

about retreats

We like to offer a good mix of retreat formats to suit different temperaments.

The simple chapels, well-kept grounds and observant hospitality all go to make Sheldon an ideal environment for all types of retreat.

We leave a reasonable amount of free time to complement the input from retreat leaders and any other group activities.

The rebuilding of the Long Barn means numbers will be restricted during the early part of the year but autumn retreats will benefit from the new en-suite bedrooms.

*"... other people have taken care of the 'doing', so I can just 'be' for a bit.
Thank you so much for your call to stewardship and service."*

... workshops ...

Myers Briggs Basic

An accessible and well structured resource for understanding how people approach spirituality, work and relationships in such different ways. Valuable personal and professional training for anyone who lives or works with others.

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

9.30am Wednesday 9th - 4.30pm
Thursday 10th February.

£100 resident, £80 non-resident.

Enneagram (part 2) Presence & self-forgetting

The pervasive type-based habits of attention that are embedded in our thinking act as a way of forgetting Presence - the gift of collected spiritual awareness. The attentional bias that consistently filters out aspects of reality makes our subjective point of view utterly believable. This highly interactive workshop examines the placements of attention that oppose Presence in 27 (9x3) different ways. Panels,

- *eligibility: must complete basic course and be familiar with type*

9.30am Monday 21st - 4.30pm
Wednesday 23rd March.

£270 resident, £210 non-resident.

pair work, meditation and exercises are structured to compare the conditioned awareness of type with the reference point of inner Presence.

Enneagram (part 1) through personality to spirit

Learn your own Type with its unconscious habits and perceptions leading to typical emotional concerns and behaviour patterns. Recognise your responses to stress, and draw on profound resources of sacred tradition to enhance spiritual development.

9.30am Tuesday 4th - 4.30pm
Thursday 6th October.

£270 resident, £210 non-resident.

The Enneagram is taught most effectively through the techniques of the oral tradition. Karen Webb is its leading exponent in the UK.

... about Sheldon ...

Good things

- *resident Community*
- *low key, light touch, open hearted*
- *strict confidentiality*
- *decades of experience*
- *cluster of converted barns*
- *single people not asked to share*
- *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*
- *Fat Pigeon bar and off licence*
- *friendly sheep (!)*
- *growing and developing*

Travel

Sheldon is ten miles from M5 at Exeter. £20 taxi from Exeter St David's train station. The bus runs four times a day to within a ten minute walk of Sheldon.

Feedback & photos

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

Community & volunteers

Sheldon is run by a mixed lay Community with a long-term commitment to the life and ministry of the centre. We are assisted by dozens of volunteers on whom we rely for help with hospitality.

Friends

We rely on a combination of contributions from guests plus gifts from our 700 Friends to survive. Do join as a Friend - we send you regular news from Sheldon and pray for you as part of our cycle of prayer.

Long Barn Rebuilding

Full information about the Long Barn is on our website. The total project cost is just under £1m, all raised by voluntary donations. If you are able to help, thank you!

Charity

The Society of Mary and Martha is an independent ecumenical charity (327394) established in 1987 and owning Sheldon since 1991.

Contact

The Society of Mary and Martha Sheldon, Dunsford, Exeter EX6 7LE
01647-252752
smm@sheldon.uk.com

... specials ...

Friends' Weekend

An opportunity for Friends of Mary and Martha to join the Community for the weekend including our candlelit Candlemas procession and prayers around Sheldon.

7pm Friday 28th - 2pm Sunday 30th January.
(Candlemas 7pm Saturday 29th)
£50/night
Priority for those booking both nights.

Enquirers' Weekend

The building of the Hen Runs opens opportunities for longer term volunteering and growing the Community. This is for people interested in exploring being part of the Sheldon team.

7pm Friday 25th - 2pm Sunday 27th February.
If you are interested in taking part, please write an introductory letter about yourself to the Warden.

Volunteer work or retreat specials

These events have expanded from our traditional workparties. As a volunteer you can roll up your sleeves and get involved with a range of practical tasks around Sheldon. Enjoy the camaraderie and make a valuable contribution to the maintenance of the place. If you come as a retreatant, you can enjoy the informality, liturgy and other activities, and otherwise just relax and do your own thing. The summer weeks include concerts in the open air theatre.

Easter week
5pm Tuesday 19th to 10am Tuesday 26th April. £80 volunteer.
£300 or £50/night retreatant.

Two weeks in **Summer**
5pm Friday 22nd July to 10am Saturday 6th August.
£10/night volunteer.
£50/night retreatant.
Priority is given to longer bookings.

Advent weekend
5pm Friday 25th to 3pm Sunday 27th November.
£30 volunteer. £80 retreatant.

"Excellent company, gentle worship and great food made it an enjoyable experience. I do appreciate how well you organise these workparties - it is a pleasure to do jobs for people who know what they want."

Telling Tales

Story is the shortest route between truth and the human heart! Experience its transforming power and learn some tools of the trade. A chance to explore bible stories, traditional folk tales and personal stories. Experiment safely with listening to and telling stories.

- great resource for all in ministry
- structuring, improvisation, visualisation & tricks of the trade

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

7pm Tuesday 8th - 4.30pm Thursday 10th November. £200 residential only.

The Touching Place

Learn a variety of short massages to share with the important people in your life. The relaxed but focused learning environment will also help you let go of your own tensions and unhelpful postures. A wonderful way to develop attention, caring, presence and awareness.

Philippa Wackerbarth has over 25 years' experience giving and teaching massage including in retreat and health care settings.

- book in pairs

9.30am Monday 7th - 4.30pm Tuesday 8th November.
£170 residential only

about workshops

All workshops are suitable for absolute beginners (except Enneagram part 2). Expect excellent teaching input combined with a good range of individual and small group exercises.*

We hope you will learn a lot and relax and have fun in the process. Stay extra nights before and/or after. £40/night (£60 2 people sharing) While the Long Barn is being rebuilt during the early part of the year we will use the Pound House or upstairs chapel as workshop space. The new meeting rooms will be ready for the autumn events.

**for the massage workshop you will work in a pair with your partner*

"Sheldon always offers an unthreatening and relaxing atmosphere for screening out the inessentials from our busy lives."

... time out ...

R⁵ (read, retreat, rest, relax, recuperate)

These times are structured simply to meet a range of needs. Perhaps you find it easier to take time apart for study or prayer when the space is leavened with some human contact. Perhaps you need a restful break and would prefer the hospitality of a community to being on your own. Perhaps you need respite from caring, or time to recuperate from stress or illness, and would benefit from regular meals and freedom from demands.

*Sun 13th - Fri 18th February
Sun 20th - Fri 25th February
Mon 30th May - Sun 5th June
Fri 15th - Fri 22nd July
Sat 20th - Wed 31st August
Sun 25th - Fri 30th September
Sun 13th - Fri 18th November
Sun 27th November - Fri 2nd December*
Arrivals after 7pm on first day listed
or after 3pm on subsequent days.
Departures by 10am.

*£50/night, or
£40/night any 5 nights or longer*

- 1:1 time available for people in ministry if booked in advance

New Year Time Out

As above, plus opportunity to see in the New Year in a quiet and reflective way with a candlelit midnight Eucharist.

*3pm Wednesday 29th December 2010
- 10am Tuesday 4th January 2011
£290 or £55/night.*

about time out

We love the way these weeks seem to meet such a wide range of needs.

Remember, we're always happy to talk things through on the phone.

If you're on a tight budget they offer our very best value.

The last of our tiny bedrooms are gone so all are a decent size

with most en-suite, plus communal rooms, grounds, chapels and the library.

Numbers are restricted during Long Barn rebuilding in the first part of the year so we have added an extra week to accommodate demand.

"The opportunity to step back from the world for a few days has been absolutely wonderful. The unobtrusive care of the community, staff and volunteers was brilliant and the food far too good! I love the rhythm of chapel prayers and feel much refreshed, physically and spiritually."

... private retreats ...

Pig Pens and Hen Runs

The three Pig Pens and four Hen Runs (new in 2011) are all open to everyone for private retreats. Bring your own food or let us stock your larder. Access to grounds, chapels and library but no other communal rooms.

£30 - 34/night for 1 person
£44 - 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*

Each Pig Pen is a one room kitchen/living/bedroom with en-suite shower. Big window, lovely view, sheltered private patio.

- en-suite shower (1 wet room)
- high quality, self-contained
- good disabled access

The Hen Runs are a little simpler than the Pig Pens and sizes and layout vary.

- self-contained
- furthest away from Long Barn building works

Quiet Days

Ash Wednesday 9th March

Bishop Martin Shaw

Thursday 24th March

Francis and Gail Ballinger

Monday 3rd October

Ven Richard Gilpin

Thursday 17th November

Bishop Richard Hawkins

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

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

Extras

Library

Comfortable quiet space for a day away from distractions.

Hermitage

For the wilderness experience.

Creature comforts stripped away.

Massage & Spa

Luxurious help to relax and unwind.

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

By donation.

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

Holidays for families in ministry

These weeks are a great opportunity for families to relax together in friendly surroundings.

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.

We look after all your food needs - what a relief from all that hassle! And we're always happy to cater for special diets and fussy eaters.

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. Indoor showers and toilets are available if you bring your own tent or caravan.

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

7 - 13 August
14 - 20 August

Children: **£50** indoors or out
Adults: **£220** indoors, **£145** outdoors

For families indoors, add **£100** if you have a second bedroom or a Pig Pen or a Hen Run.

If you're comparing costs, remember our prices include all your food (adult and child-friendly variations all lovingly prepared) and all your evening activities.

To all the community at Sheldon and the Family Week volunteers - a very big THANK YOU for your kindness and hard work to make our holiday so enjoyable and relaxing."

"It was lovely being able to relax immediately without having to give any thought to the peculiar situation of being 'a clergy family'."

... for people in ministry ...

introduction

The Society of Mary and Martha was set up especially to provide support resources for people in ministry. The Sheldon Community has built up a unique body of experience and expertise in this essential field. The demands on people in ministry and their households are unusual and often not well recognised or understood.

We're always happy to talk through on the phone what might suit you best, and we'll always be straight with you if our resources are not suitable.

Good maintenance is important for keeping body and soul together, so you don't have to have problems to come here. If you know you need something but are not sure what, then we're a good place to start. We have plenty of experience helping people get back on their feet when things have gone badly wrong. This may be with physical or mental health, faith, vocation or ministry. Don't be afraid to ask, however bad things feel for you.

Our style is straightforward, respectful and effective. We won't give you any psychobabble and our experience is that change is often easier than people expect.

Ministry Eligibility

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

Ministry Discount

- Resources 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.

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

Linhay Lodges

A real home from home, our Linhay Lodges are as good now as when we built them 10 years ago.

We release some advance reservations and hold others for shorter notice enquiries. 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.

Three Lodges have stairs, a big view and a bath. One Lodge is ground floor with garden views and a bath. One Lodge is ground floor with good disabled access and wet room. All Lodges have a bedroom and kitchen/living room, plus shared access to the Sanctuary, Linhay Garden and a utility room.

"It is the only place I know where I can be completely alone and uninterrupted and therefore able to do all kinds of pressing things: sleep, pray, sing in the bath, write letters, listen to God, eat delicious food not cooked by me, lay down my load, chat with [a community member], attend early morning prayers, walk on the hill, enjoy stunning scenery, dream and be 100% myself in an atmosphere of Godly love and welcome."

- very 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

"Sheldon was there for me when I most needed it. My time here with the community has been the greatest gift I have ever had. Sheldon is a place of peace and rest sitting within the bounds of total confidentiality. It is truly a place of recovery and will enable me to journey more confidently forward into the future."

We guarantee disabled access when required, but otherwise allocate Lodges at our discretion. Lodges are not used by guests attending programme events. Expect some noise etc from Long Barn construction until August.

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. Although we only guarantee 1 session we can usually offer 2 and sometimes 3 - in practice we have never yet been unable to provide as many as requested. Massage sessions are allocated by drawing from a hat the names of those interested.

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

13 - 18 March
8 - 13 May
16 - 21 October
20 - 25 November
All arrivals must be between 7pm and 8.30pm Sunday evening.
£400 fully inclusive.

"I came very tired and despondent, feeling I had lost touch with God and myself. Within five days all this has changed. I feel grounded, energised and full of hope for the future; I don't think what has happened will disappear as soon as I return to my parish. I am in a different place having been given tools to look at things in a new way. The love, the support, the gentle care of Sheldon is full of God's grace."

- light timetable structure
- everything optional
- workshops and walks
- 1:1 time available
- Eucharist*

**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 has given me space to refocus on my own relationship with God and to reflect on future challenges in my home life and ministry."