

2012

2012

Dec 29 - Jan 4 : R5 (New Year)	3
Feb 3 - 5 : Volunteer workparty (Candlemas)	16
Feb 3 - 5 : R5	3
Feb 12 - 17: 12,000-mile Service : for people in ministry.....	12
Feb 22 : Ash Wednesday Quiet Day : Bishop Bob Evens	18
Mar 5 - 9 : Retreat : 3D Spirituality : Margaret Silf	5
Mar 12 - 14 : Enneagram : Through personality to Spirit : Karen Webb.....	8
Mar 15 : Lent Quiet Day : Bishop Richard Hawkins.....	18
Mar 18 - 23 : R5	3
Mar 23 - 25 : Workshop : The Breath of God : Springs Dance Company.....	9
Apr 3 - 10 : Volunteer workparty (Easter).....	16
Apr 3 - 10 : R5 (Easter).....	3
Apr 15 - 20 : R5	3
Jun 1 - 8 : R5	3
Jun 10 - 15 : 12,000-mile Service : for people in ministry.....	12
Jul 13 - 28 : R5	3
Jul 20 - 28 : Volunteer workparty	16
Jul 29 - Aug 4 : Holiday week for families in ministry.....	11
Aug 5 - 11 : Holiday week for families in ministry	11
Aug 11 - 20 : R5	3
Aug 20 - 24 : Retreat : Rambling with God: Ian Sim and Peter Hayes	5
Aug 24 - 27 : A very public private party : Mary & Martha's 25th birthday.....	15
Sep 30 - Oct 5 : R5	3
Oct 3 : Quiet Day : Prof Christopher Holdsworth	18
Oct 10 - 11 : Workshop : Intrigued by Icons? : Sister Mary OSB	9
Oct 10 - 11 : Workshop : Fun (and more) with Words : Richard Skinner	9
Oct 15 - 19 : Retreat : A poetic journey into God : Esther de Waal	6
Oct 21 - 26 : 12,000-mile Service : for people in ministry	12
Nov 5 - 7 : Enneagram : Relating beyond Type : Karen Webb	8
Nov 8 : Quiet Day : Archdeacon Penny Driver.....	18
Nov 12 - 16 : Retreat : Labyrinth landscape of the soul : Di Williams	7
Nov 18 - 23 : R5	3
Nov 25 - 30 : 12,000-mile Service : for people in ministry.....	12
Nov 30 - Dec 2 : Workshop : Westcountry Saints and Sinners : Mike O'Connor	9
Nov 30 - Dec 2 : Volunteer workparty (Advent)	16
Dec 3 - 7 : Retreat : Dreaming the Advent : Martin Shaw	7
Dec 9 - 14 : R5	3

All rates held at 2010 levels



The Society of Mary and Martha
Caring for people in ministry

ABOUT SHELDON

a good place to be

- experienced resident Community
- low key, light touch, open-hearted
- no clergy shop talk
- strict confidentiality
- thatched medieval courtyard
- modern conversions, all en-suite
- comfortable to come on your own
- single people not asked to share
- 45 acres gardens, fields, woods
- well-stocked library
- home-cooked food
- care with special diets
- unspoiled rural valley near Dartmoor
- good variety of local walking
- friendly sheep (!)
- secluded location, good transport links
- ecumenical with Anglican roots
- independent charity since 1987



"As usual the welcoming and caring hospitality has been expressed in careful detail in all aspects of the stay."



The Society of Mary and Martha

Sheldon, Dunsford, Exeter EX6 7LE

smm@sheldon.uk.com : 01647-252752 : www.sheldon.uk.com

registered charity 327394

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 (not even if left in your car)



Payment

From 2 months before arrival you are committed to payment of the balance.

However, to streamline paperwork we do not actually ask for the payment to be made until 2 weeks before arrival, along with the coloured form with your joining details.

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

Cancellation

We strongly recommend you take out cancellation insurance. We don't like asking you for money if you have to cancel your visit, but neither does it feel right to ask donors to make up the shortfall when suitable cancellation insurance 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 less than 2 months before your arrival date. Insurance is for the things you don't expect to happen.

If you cannot obtain suitable cover, please discuss with us at the time of booking.



BOOKING FORM

Please ring 01647-252752 to make a provisional reservation first.

Complete this form and return with a £50 cheque to Sheldon, Dunsford, Exeter EX6 7LE
OR book online at www.sheldon.uk.com and pay by credit card.

Name _____

Address _____

Telephone _____

email _____

Booking detail (dates, event, private retreat, etc) _____

I enclose non-refundable deposit(s) of £50 each, totalling £ _____
payable to Society of Mary and Martha

I am eligible for ministry resources/discount in the following role (see page 13) _____

Special needs _____

I/we agree to abide by the Rules of the House. I/we understand that deposits are not refundable and the full balance will be due if I/we cancel less than 2 months before the arrival date. (see opposite)

_____ *signature*

R5 - READ, RETREAT, REST, RELAX, RECUPERATE

Simple retreat time out with shared meals. Ideal for those who find it easier to take quiet time apart when it includes some social contact.

"The opportunity to step back from the world for a few days has been absolutely wonderful. I haven't read quite as much as I imagined, but it really doesn't matter."



Sheldon is a wonderful place to take retreat time out for all sorts of needs and reasons. Perhaps respite from caring, or time to recuperate from illness or stress. Perhaps a restful break to relax on site or explore the local area. Or time apart for study, reflection or planning. We offer the rhythm of Community prayers and good food plus space to use the time as you need. On some dates other activities are running alongside the R5 space.

Thursday 29th December 2011 - Wednesday 4th January 2012 (New Year)

Friday 3rd - Sunday 5th February (Candlemas)

Sunday 18th - Friday 23rd March

Tuesday 3rd - Tuesday 10th April (Easter)

Sunday 15th - Friday 20th April

Friday 1st - Friday 8th June (Jubilee bank holiday, half term)

Friday 13th - Saturday 28th July (Open Air Theatre)

Saturday 11th - Monday 20th August

Sunday 30th September - Friday 5th October

Sunday 18th - Friday 23rd November

Sunday 9th - Friday 14th December

£50 (£40)/night or **£40 (£32)/night** any 5 nights or longer.
(£38/session for 1:1 time only available for people in ministry)



PIG PENS & HEN RUNS

Self-contained spaces - ideal for private retreats - open to everyone.



Each Hen Run and Pig Pen is suitable for one person or a couple. Open plan kitchen/living/bedroom with en-suite shower. Large windows with big view, or sheltered patio.

Suitable for those who want time on their own and in their own space. Access to grounds, chapels and library, but no communal rooms or activities.

"A very positive feel about the buildings, small cosy library and beautiful peaceful medieval chapel. I was able to find peace and quiet at a trying time in my life."

£34 (€27.20)/night for 1 person, £48 (€38.40)/night for 2 people (2 nights minimum)
£21 (€17)/person/day for stocked larder (3 days minimum)
£25/booking first night supplement. Arrive after 3pm, leave by 10am.
(£38/session for 1:1 time only available for people in ministry)

BUDGET OPTIONS & WEEKEND OFFERS

Cheapest catered option - open to everyone

• £40/night or £32/night for those eligible for ministry discount.

5 nights or longer, see dates under R5 on page 3.

Weekend special offer - open to everyone

• £70/weekend

Single person, private retreat in Pig Pen or Hen Run, self-catering, 4pm Friday to 2pm Sunday. (£90 for two sharing.)

Long weekend special offer - for people in ministry

• £95/long weekend

Single person, private retreat in Linhay Lodge, self-catering, 3pm Friday to 10am Monday. (£135 for two sharing.)



FOOD & DRINK



Sheldon has a strong reputation for home-cooked food prepared from fresh, whole and seasonal ingredients. Most of our meat is locally sourced and we grow vegetables in our garden. Hot drinks are fairtrade. Our famous preserves are served at table and sold in the shop. Special diets are attended to with care.

The Fat Pigeon bar is open for half an hour before supper whenever a programme event is running. We serve wine by the glass, a variety of bottled beers (mostly with farmyard or ecclesiastical theme), local organic fruit juices, and a small selection of spirits including our own sloe gin and plum brandy.



LOCATION & ACCESSIBILITY

Disabled access

A challenge with a medieval farmstead on a hillside but we're getting there! Please talk to us about particular needs and we will do our best to accommodate.

- Step-free path links Pound House, Pig Pens and Long Barn
- Full wheelchair access (including toilets) to : Long Barn ground floor and terrace, Tamworth Pig Pen and patio, Pound House terrace and most of ground floor
- Several ground floor bedrooms with 0 - 2 steps and showers or wet rooms
- Stephen's (Linhay) Lodge : adapted wet room and step-free access from parking area
- Hearing loop in upstairs chapel and both Long Barn main rooms



Transport links

- 10 miles/25 minutes from M5 at Exeter
- approx £20 taxi from mainline train station
- approx £30 taxi from Exeter airport
- 4 buses/day to 10 minute walk to Sheldon

Sheldon grounds

- 45 acre smallholding with sheep
- lots of paths and benches
- mature oak woodlands, tended gardens
- lovely views across the Teign valley

Local area

- close to 5 villages
- beautiful ancient churches
- pubs with good food
- village shops
- extensive footpaths
- reservoirs and river Teign
- rugged Dartmoor (7m)
- supermarkets (8m)
- sandy beaches (10m)
- Exeter Cathedral (10m)



LED RETREATS

Daily input from experienced retreat leaders with a wide variety of styles and themes.

"It was so quiet and peaceful; the retreat was wonderfully led with sensitivity to different people's needs."



3D spirituality

Which Dreams incarnate God's dream for us and which are merely daydreams? How can we use Despair to channel God's grace? And we explore the art of Discernment - how to live more true to ourselves and God in the great challenge of becoming the people God is dreaming us to be.

- Silent retreat
- Daily prayers, one Eucharist.

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

5pm Monday 5th to 10am Friday 9th March. **£290 (£232).**

Rambling with God

Exploring the silences and spaces of life through local rambles, around 5 - 8 miles and mostly in silence. The focus is on walking mindfully and developing an awareness of God within and around. Reflective gathering of the inner and outer experiences of each day.

- Partial silence
- Daily gathering and one Eucharist
- Daily walks (not strenuous).

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 20th to 10am Friday 24th August. **£290 (£232).**

A poetic journey into God

Where can we turn when vision statements and doctrinal formulae are battering us with too many words about God? Esther draws on Welsh poetic resources from early Celtic to contemporary priest/poets like RS Thomas and Rowan Williams in order to reclaim the mystery and the beauty of God.

• Silent retreat • Daily offices and Eucharist.

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

5pm Monday 15th to 10am Friday 19th October. £290 (£232).

"The places for listening and gathering, the chapels, for nourishment and relaxation, for private prayer and reading, for stepping out into the wild places - it was all there."



MORE GOOD THINGS AT SHELDON

One to one time

This is only available for people in ministry and needs to be pre-booked (except on 12,000-mile service weeks). We bring a deep-rooted understanding of the nature and challenges of ministry and the human condition. We are willing to offer retreat accompaniment, general taking stock of life and ministry, or to work with you on serious difficulties. £38/session.



"In many ways it is a miracle that I have a ministry at all at this point. Sheldon has been an enormous part of that miracle. Knowing that you will always welcome me back when I need reminding is so reassuring."

Massage

Not a luxury - a genuine help with unwinding and relaxing. A popular additional resource for many on private retreat or R5 weeks. £38 (£30.40)/hour.



Jacuzzi

A simple treat to help soak away the cares. £7 (£5.60)/session.



Friday Fringe

An occasional series of talks, music and discussions for people who think religion is too important to be taken seriously.

The Open Air Theatre

Now there's a surprise! Probably the only retreat centre with a fully equipped amphitheatre seating 500 people. Fundraising concerts held in the summer months.

QUIET AT SHELDON

Led Quiet Days

In silence with 4 addresses. Access to grounds, library and chapel. **£16 (£12.80)** including lunch. 10.30am to 4pm.

- Ash Wednesday 22nd February
Bishop Bob Evens
- Thursday 15th March
Bishop Richard Hawkins
- Wednesday 3rd October
Professor Christopher Holdsworth
- Thursday 8th November
Archdeacon Penny Driver



The Hermitage

A hidden resource tucked away out of sight for the wilderness experience. Creature comforts stripped away. Leave it as you find it. By donation.



The Library

The comfortable Library holds an eclectic modern selection of around 2,000 titles. It is open to guests on private retreat and programme events. It is not a lending library. Day visitors may book the Library for exclusive use for a day away from distractions. **£12 (£9.60)/day, £8 (£6.40)** lunch.



Community prayers

The Community meets on weekdays for a short form of Morning Prayer at 8am and a reading and silence at 5pm. Guests are welcome to join. Intercessions are held in the medieval chapel around midday. The Eucharist is celebrated about once a month and may be led by men or women of any mainstream denomination.



Labyrinth landscape of the soul

We need simple beautiful places like labyrinths that draw us in by the attraction of their pattern to slow us down, still the busy mind and connect us again with our deep inner resources. Di guides you into the unique centering practice of walking the labyrinth with Sheldon's newly created medieval style labyrinth.

- Mostly silence • Daily labyrinth walks • One Eucharist.

Di Williams is a priest, adult educator, labyrinth facilitator, spiritual accompanier and author.
5pm Monday 12th to 10am Friday 16th November. **£290 (£232).**



Dreaming the Advent

Be very careful what you ask for in prayer. Elgar's choral masterpiece "The Dream of Gerontius" is the focus for an Advent encounter with the beauty and the terror of the love of God. The themes of each section are introduced as a prelude to deep listening to a recorded performance of the music through the week.

- Silent retreat • Listening to music • Daily offices and Eucharist • Daily reflection/sharing.

Led by Bishop Martin Shaw.

5pm Monday 3rd to 10am Friday 7th December. **£290 (£232).**

WORKSHOPS

If you're in the mood for exploration and development, look no further.

Enneagram (part 1)

Through personality to Spirit

A beautifully accurate model of human personality and spirit. Each of the nine types has its own unconscious habits of perception which in turn create typical emotional concerns and behaviour patterns. The model fosters spiritual unfolding and helps us understand the predictable changes of personality under conditions of stress and security. Combining the wisdom of ancient sacred tradition and modern psychological insight it enables us to harmonise our own lives and understand others better.

Karen Webb is one of the country's leading teachers in the oral tradition.

9.30am Monday 12th to 4.30pm
Wednesday 14th March. **£270 (£216)**
resident, **£210 (£168)** non-resident.



Extra nights before/after all workshops:
£40 (£32) or **£60 (£48)** for 2 people sharing.

Enneagram (part 2)

Relating beyond Type

We develop personality to help us cope with a world that seems threatening in nine very different ways. Faced with another human being we tend to react from Type in automatic and defensive ways. Conflicts and misunderstandings arise from these narrow perspectives, even when we long to work co-operatively or experience loving intimacy. This workshop explores how we can begin to transcend the limitations of personality to relate from Essence.

Also led by Karen Webb and including meditations, type-based panels and exercises.

9.30am Monday 5th to 4.30pm Wednesday
7th November. **£270 (£216)** resident, **£210 (£168)** non-resident.



Friends of Mary and Martha

Having started from scratch in 1987, and with no formal statutory or church grant funding, the charity depends on the generosity of Friends to supplement contributions from guests. 700 Friends from all over the country give and pray regularly in support of the Mary and Martha ministry. The Community produce a newsletter twice a year and pray for Friends by name on a monthly cycle. Friends make Sheldon possible. Join online or ask for a leaflet with application form. If you're already a Friend - thanks!

Hospitality volunteering

Are you a practical person, willing to turn your hand to washing up, peeling potatoes, hoovering? You don't need to be an expert, but able to follow instructions and learn. Do you enjoy creating the environment in which people can relax and unwind? That means caring but not fussing, being sociable but not garrulous, taking an interest but not intruding. Hospitality volunteers join the residential team at Sheldon for a week at a time. Ask if you'd like to discuss.



Living at Sheldon

The Sheldon Community is looking to grow as our ministry develops. Alongsiders make a shorter commitment for a few months or a year. Everyone plays a full part in the practical running of the Sheldon site and activities. Talk to us if you think you might be part of Sheldon's future.



BELONGING AT SHELDON

If you want to be part of the team that makes Sheldon happen, then do consider being a Friend or a volunteer. There are also opportunities to join the Community or spend a few months living and working alongside.

Volunteer workparties

A mix of practical work around the grounds, gardens, buildings and kitchens, plus socialising and pitching in with whatever happens to be going on at Sheldon at the time.

- **Candlemas.** Includes candle-lit procession and prayers plus blessing of the new orchard.

3pm Friday 3rd to 3pm Sunday 5th February

- **Easter.** Includes liturgy for Holy Week and Easter and blessing of the Long Barn thresholds.

3pm Tuesday 3rd - 10am Tuesday 10th April

- **Summer.** Includes concerts in the Open Air Theatre and completion of the new Sheldon labyrinth.

3pm Friday 20th to 10am Saturday 28th July

- **Advent.** Includes Westcountry music and stories.

3pm Friday 30th November to 3pm Sunday 2nd December
£10/person/day.



The Breath of God

Learn how to move freely and expressively from the stimulus of breath, connecting breathing with how we move. 'Then the Lord formed man of dust from the ground, and breathed into his nostrils the breath of life.' Suitable for those of all ability or none who are interested in using movement and dance to explore the theme of breath. No prior experience needed.

Led by two members of Springs Dance Company.

7pm Friday 23rd - 3pm Sunday 25th March. £180 (£144) resident.

Intrigued by Icons?

A practical and prayerful introduction to icons for those who would like to start looking beneath the surface of these powerful and enigmatic spiritual resources.

Led by Sister Mary OSB, a member of the Anglican Benedictine Community of Mucknell Abbey, responsible for the production of mounted icon prints. She has recently been exploring the writing of icons and delving into their history.

9.30am Wednesday 10th to 4.30pm Thursday 11th October.

£100 (£80) resident, £80 (£64) non-resident.



Fun (and more) with Words

An exploration into the writing of poetry and the practice of journalling as a means of self-discovery. Developed from Richard's popular workshops on the 12,000-mile service weeks. Come and be surprised at how creative you can be!

Richard Skinner is a poet with several collections of his work published, a writer and performer of sketch-based comedy, and a counsellor.

9.30am Wednesday 10th to 4.30pm

Thursday 11th October. £100 (£80)

resident, £80 (£64) non-resident.



Westcountry Saints and Sinners

Folk singer and storyteller *Mike O'Connor* brings alive the riches of a distinctive Westcountry tradition in a fun and participatory way. If you want erudition then delve into the Ritson manuscript or St Petroc's peregrinations. If you want to try your hand at storytelling, jump right in and have a go. And polish up your vocal chords if you wish to take part in Mike's Saturday night music and storytelling performance.

7pm Friday 30th November to 3pm Sunday 2nd December. £180 (£144) resident, £140 (£112) non-resident.

LINHAY LODGES

*Top of the range accommodation exclusively for people in ministry.
Perfect for use as a safe place in a crisis or for retreats, sabbaticals or
quality time together.*



We understand why people who live on the job sometimes need a real home from home for all sorts of reasons. Well equipped and comfortable rooms. Shared access (for Lodge guests only) to utility room, Shepherd's Sanctuary and Linhay garden. Come because you're desperate, or come to treat yourself - either is fine by us!



"It came at just the right time for two exhausted disciples. The constant yet unobtrusive presence of the community was a security and a lesson - they do their parts to make the centre work and leave God to do His, and His Presence permeates the place."

- kitchen/living room, bedroom and bathroom
- self-catering or stocked larder
- DIY space or with 1:1 time (pre-booked)
- emergency bolt-hole or routine maintenance

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 (3 nights minimum)

£17/person/day for stocked larder (3 days minimum)

£38 /session for one to one time if required

£25/booking first night supplement. Arrive after 3pm, leave by 10am.

A VERY PUBLIC PRIVATE PARTY

25 years of being here

Over the past 25 years the Society of Mary and Martha has been here for many thousands of people. If you have been part of that journey then you are invited to join us for the weekend of 24th - 27th August. There will be reflection and celebration, food and story, music and bonfire. Detailed programme nearer the time.

Book now and take a risk - as we did 25 years ago! No charge. Let us know promptly for indoor accommodation. Plenty of room for tents and caravans.



"where I felt like Lazarus you ministered to me with gifts of hospitality - food, massage - and listening - the spirit of both martha and Mary."

TAKE ANOTHER LOOK AT SHELDON

We've been making some surprisingly big improvements ...



In 2011 we re-built the Long Barn. The tiny cell bedrooms are all gone and replaced with decent size en-suite bedrooms with big views and good sound-proofing. We also built the sunny new Hen Runs which create more opportunities for private retreats. By the end of January 2012 the last Pound House rooms are converted to make the whole of Sheldon en-suite.

BRING YOUR OWN GROUP TO SHELDON

There's something special about the atmosphere that is safe and conducive to rest, learning, being and exploring together.

Think of Sheldon for any group of 5 - 50 people you take away.



- training
- ordinands
- **cell groups**
- special needs
- student unions
- adult education
- **extended family**
- school field trips
- staff residentials
- fellowship weekends
- **teams and leadership**
- walks, crafts, activities
- study, training, revision
- men's or women's groups
- **church retreats and holidays**



"You gave us the space to be ourselves with only the most necessary rules ... a great mixture of formality and relaxation ... it was a superbly run operation and we benefited enormously."

Self-catering bookings per building per night:

Pound House **£325** (5 twins 1 single), Long Barn **£350** (8 twins 1 single)

Pig Pens and Hen Runs **£50** (twins and various).

Specials for smaller cell groups. Happy to quote for fully catered.



CLERGY FAMILY HOLIDAY WEEK

A properly relaxing break for families in ministry. We provide all your food and a friendly home base from which to explore the local area.

Sheldon itself is a great place for children, with a real sense of freedom and safety. The local area is full of family-friendly tourist attractions plus Exeter, Dartmoor and good beaches, all within 10 miles. Simple evening activities include treasure hunt, barbecue, quiz, crafts, etc. We look after all your food needs and are always happy to cater for special diets and fussy eaters. Great takeaway picnics for lunch.

Bedrooms are modestly sized and there is plenty of communal space and adult-only quiet space. Indoor toilets and showers are provided if you bring your own tent or caravan.

"It has been a particularly difficult year which made the week with you all the more appreciated. Above all else we experienced care from you all, and that was healing and gave life!"



3pm Sunday 29th July to 10am Saturday 4th August.

3pm Sunday 5th to 10am Saturday 11th August.

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

Families indoors: add **£100** if you have a second bedroom, a Pig Pen or a Hen Run.
(If you're comparing costs, remember ours include all your food and evening activities.)

12,000-MILE SERVICE WEEKS

Mary and Martha's flagship resource weeks for people in ministry.
Service yourself as well as you do your car.



"We came exhausted and fairly muddled and we go home energised and full of anticipation. Just like taking one's squeaky hiccupping car into a garage and then a few days later out it comes, running beautifully."

The light touch framework is designed to help with unwinding and rediscovering creative vision. There is no formal teaching input and all ingredients are optional. Guests are free to choose their own pace and activities as the week unfolds. A chance to recharge batteries, take out dents in the bodywork or test the brakes, perhaps? Morning workshops, afternoon walks. One to one time available by appointment throughout the week. Some massage sessions. Thursday evening Eucharist gathers the threads of the week.

- uncluttered timetable
- everything optional
- workshops and walks
- 1:1 time
- Eucharist

Sunday 12th - Friday 17th February
Sunday 10th - Friday 15th June
Sunday 21st - Friday 26th October
Sunday 25th - Friday 30th November
Latest arrivals 8pm Sunday, leave by 10am Friday.

Exclusively for people in ministry.

These weeks are run by the Sheldon team and experienced volunteers.

£400 fully inclusive whatever resources you use during the week.



CARING FOR PEOPLE IN MINISTRY

Most resources at Sheldon are open to everyone.

If you are eligible for ministry resources then use the 20% discount rates shown in brackets where applicable.

Linbay Lodges, 1:1 time, 12,000-mile services and Family holidays are exclusively for people in ministry.

This includes those who are

- ordained in any denomination
- in full-time stipendiary lay ministry
- spouse of the above (either independently or together)
- retired from the above

These resources are quoted at the ministry rate*.

The Sheldon Community is 5 lay men and women and together we have given 140 years of service here. We have a unique body of experience and expertise in supporting people in ministry, especially at times of stress, crisis, burnout or breakdown. We also know that good maintenance is vital for keeping body and soul together, so you don't have to have problems to come here.

Our style is straightforward, respectful and effective. Our experience is that change is often easier than people expect. We're always happy to talk through on the phone what might suit you best. Don't be afraid to ask, however bad things are. We'll always be straight with you if our resources are not suitable to meet your needs.

* Our rates are already below the real cost 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 our booking form the amount of support you need.



"Thank you for making space for me at short notice. You have enabled me to have a much needed retreat from my parish and to re-engage with God."

