

# \* one to one time

One to one / listening ear time must be booked in advance.

Our expertise comes from several decades of experience at Sheldon, plus broad-based trainings in spiritual, psychological and physical approaches to health and wellbeing. We have a good understanding of the nature and dangers of ministry, and what working for the church can be like.

We have a light-touch approach and respect your autonomy and dignity. We will offer advice if requested, or create space in which you can explore in your own way at your own pace. Our job is to be a resource to you, give you the tools you need, and keep you in the driving seat. Use us if you want to chew the fat with someone who is off your home patch and doesn't have a vested interest in the choices you make.



ps - what we're not:  
psychiatric or nursing care  
marital or psychoanalytical therapy  
laying on of hands or prayer ministry

*"The sanctuary is a very special place where I found prayer comes easily. Time here has been very precious. I particularly appreciate the discreet way you care - here if we need you, but caring from a distance if that is what is wanted."*

*"You have thought of everything in terms of excellent accommodation. There is an atmosphere of calm, prayerful care which needs no words."*



**also at Sheldon:**

*our own programme of events, including:*

12,000-mile services

clergy family holiday

retreats, reading and quiet weeks

myers-briggs, enneagram, etc

*self-catering hire for groups, ideal for:*

churches

leadership training

cell groups

**The Society of Mary and Martha**

*caring for people in ministry*

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## Linhay Lodges

at Sheldon



time out



space apart



for people in ministry

**The Society of  
Mary and Martha**

# Linhay Lodges for people in ministry and/or their spouses at times of stress, crisis or burnout

## at Sheldon we offer:

- privacy & confidentiality
- comfort & quality
- nurture for body, mind & soul
- care, skill & experience
- regular Chapel prayers said by the Community

## book a Linhay Lodge when you need:

- a safe place
- a retreat
- to recharge your batteries
- quality time together
- to think, pray & plan
- a listening ear <sup>\*see over</sup>
- to put the pieces back together
- an emergency bolt-hole

## each Lodge:

- a kitchen/dining/sitting room
- twin or double bedroom
- TV/video, CD/radio/cassette

## Thomas's, David's & Clare's Lodges:

- beautiful views
- en-suite bath with shower over

## Stephen's Lodge:

- wheelchair access & shower
- reclining & lifting massage chair

## Lodge guests only share:

- private Linhay garden
- Sanctuary
- utility room

## shared with other guests at Sheldon:

- 20 acres fields & woodlands
- eclectic modern library
- new green-oak-timbered chapel
- thatched medieval chapel
- jacuzzi

## Lodge guests may

- be self-catering
- have your larder stocked with home-cooked ready meals
- spend your time alone
- book 1:1 time <sup>\*see over</sup>
- book a massage

excellent local off-road walking  
10 miles to Exeter, Dartmoor, the coast



upstairs in David's Lodge



the Linhay garden



the Sanctuary