

"Different from any other retreat I have been on. I was cared for on every level. Physical, mental and spiritual refreshment."

"Sheldon certainly is a gift to the church and I shall never forget the wonderful ministry expressed by all the Sheldon team."



"It allowed me to be vulnerable by providing a safe and loving atmosphere. I felt valued and able to open up to my weaknesses."

"Perfect timing to be here at this stage of ministry. Very relaxing to be somewhere that knows what it's about and does it well."



"I know from my own experience that Christian ministry can be an immensely challenging if rewarding vocation. For some, the challenges can be overwhelming and even bruising. At such times clergy look for the help, support and respite which the Society of Mary and Martha has provided so effectively and faithfully for over twenty years."



Long Barn Development

"I am delighted to be the Patron of the Long Barn Appeal and to commend the excellent work done by the Society of Mary + Martha at Sheldon."

+ Rowan Cantuar:
Archbishop of Canterbury

The Society of Mary and Martha

is an independent charity reg no 327394.

Sheldon is wholly owned by the charity, and run by the Sheldon Community.

Sheldon, Dunsford, Exeter EX6 7LE

www.sheldon.uk.com

01647-252752

For up to date information on the progress of the Long Barn Appeal visit the appeal blog longbarn.wordpress.com

Cheques payable to Society of Mary and Martha please.
Can't find a stamp? Just write FREEPOST on your envelope.
Can't find your cheque book? You can give with your credit card online or over the telephone.

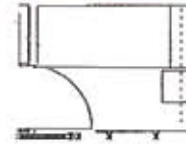
However you give - THANK YOU!

Why

- Sheldon is a unique national resource for supporting people in Christian ministry at times of stress, crisis, burnout or breakdown.
- Many of our guests arrive over-tired and emotionally fragile. They need a decent amount of personal space, privacy and comfort.
- The Long Barn was originally converted forty years ago and includes our oldest and smallest bedrooms. Needs and standards have changed.
- Rebuilding the Long Barn is key to sustaining the whole of the Sheldon ministry for the next generation.

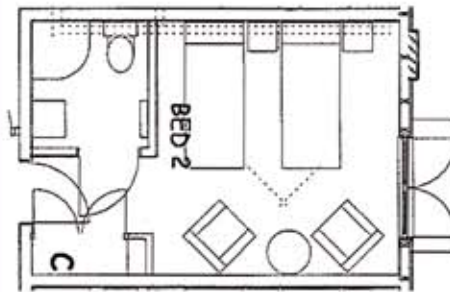
Bedroom today

2m x 2m
toilet & shower along corridor
small high level window
upright chair



Which bedroom would be most likely to give you a feeling of security, privacy, being cared for, enabling you to rest & relax?

Bedroom tomorrow



4m x 6m
en-suite shower
large window
lovely view
comfy chair
soundproofing

What

- Ten small bedrooms replaced with nine large ones
- Ground floor currently on three levels with one meeting room, replaced with two meeting rooms with good disabled access throughout.
- Solar panels, water recycling, woodchip boiler and high insulation included in design.
- Budget £995,000.
- 50% funding needed by Easter 2010 in order to start construction in December 2010.
- Long Barn to re-open February 2012.



Yes! I want to contribute to the future of Mary & Martha at Sheldon ...

I enclose my gift for £ _____

Name _____

Address _____

Email _____

Please reclaim tax on all donations I make to the Society of Mary and Martha.

_____ signed _____ date

How

Help us make Sheldon fit for the next generation