

What did your visit to Sheldon mean to you? (If you hadn't come, what would have been missing in your life?)
Comfortable and very pleasant accomodation. Good healthy food and separate table for our retreat group at meals. Invitation to be included in the Community chapel prayers each morning. An excellent retreat led by a prayerful priest really enthusiastic and expert in his particular subject. Deep sense of being welcomed and cared for.
I came to Sheldon very very broken. I expected to come Sheldon, crawl into bed and simply not wake up again (that was my hope). However, in the deep darkness God broke in gently and did some extraordinary things!! By the end of the two weeks I was, and remain grateful for my Sheldon journey.
It was just what you promise: 'Good space'.
A release from the day-to-day, in a relaxed, warm and loving environment
I had a great retreat - a wonderful opportunity to get away and read and relax for a few days. I went home renewed and refreshed.
A wonderful time of relaxation, fun and laughter (Crafting Retreat.) It came at a dark time in my life (double bereavement) and was just what I needed.
Discerning fundamentals, rethinking different ways of following vocation that may not be what I have done before but are ways of connecting with the same values.
It provided time to pray and reflect and led to a church prayer for 2022.
Peace, space and calmness..... A safe place, where I felt held, but very gently. Health and wholeness.....a positive step to take (and enjoyable too!).
Rest, restoration, no interruptions.
My stay at Sheldon gave me much needed space and tranquillity as I approached a time of change and transition.
Time with my friend of 50 years, & fun & laughter with your "students" on the course. A very peaceful place.
A chance to relax
Time to 'pause', step off and think. Allow the worries and concerns to take a back seat
It meant a great deal to have several days of personal space in a comfortable and beautiful environment and in a community setting. All this helped me to know God's renewal.
Respite, refreshment, holiday time with my husband, space for healing, for solitude for study. Sheldon has been all of those things on recent visits.
I loved the peace and quiet. Being able to stay independently on my own in the Hen run. Enjoyed walks in the beautiful grounds. Had a very helpful talk with Carl.
A welcome organised holiday with the spiritual input that Sheldon always gives.
The main benefit of my coming to Sheldon has been the certainty of knowing that you understand the needs of someone on a private retreat. I had confidence that the facilities I needed would be available - both in terms of living space and essential caring for myself, and resources for prayer, especially natural spaces.
Great timing. A life line for some recovery and a peaceful and beautiful setting for prayer and walks. Helpful one to ones.

Being able to understand where my life journey is now. Helped me begin to see the life I have now and how I can adapt to that.

I would have missed the contact with the community and meeting new and interesting people.

For me over many years Sheldon has been an annual space for rest, reflection and renewal. Because of some particular personal/family challenges, I think that I would not been able to continue in ministry over the last 10-15 years without Sheldon.

Valuable space to be apart from normal activities - time & Space

A visit to Sheldon means time for me and my wife to focus on our own needs, and our needs as a couple. There is such a lovely range of things to do at Sheldon to give us the refreshment and rest we need, such as the woodland, chapel, art room and library.

If we hadn't come to Sheldon, we would have missed out on time to remind ourselves that we matter, and that our spiritual lives matter, too.

Space - the space to just be me for a while. Sheldon have mastered the art of making you feel cared for, yet giving you space, which is much needed when you spend all year running a large parish and a couple of churches, with all the demand that entails.

Dedicated space and time to go deeper with God; love the Art shed and talking to Sarah; a highlight of my calendar year and a significant milestone on a traumatic tricky stage in my life; love the grounds and woodland and swinging bench in the dell and chapel of Christ the servant; also find independence and easy stocked cupboard suits me perfectly

It was my annual clergy retreat, needed to rest and regroup before God.

It was wonderful to enjoy the peace of Sheldon with absolutely no demands made on me, after rather a hectic Christmas season at home.

My colleague and I were needing time out from busy ministries and so we were really looking forward to the weekend break.

Unfortunately our time here clashed with a wellbeing group who were in the long barn and their programme was quite a noisy one. We were not advised that there would be a large group during our stay, had we known we would not have booked at this time.

We both felt that our timing for this retreat was not ideal for the Sheldon Team as the priority seemed to be for the group and we felt we were intruding and it was not easy to approach the team with any queries or requests.

Following our visit I have tried several times to ring and speak with Sarah about our experience but each time Esther answered and I didn't want to disturb Sarah who was obviously busy.

Time to relax and regroup after the busyness of Christmas. No demands but the opportunity to spend time with the community in prayer.

A space to rest, relax and most importantly have time to Pray.

I was able to explore a subject in which I was interested in depth and I much enjoyed the way it was lead .

I appreciated the freedom and the space, the beauty and the quiet. I came for refreshment, and found it.

It meant spiritual refreshment and nourishment at a very busy and stressful time.

Change of scene.

My retreat at Sheldon gave me space and time to sleep, eat, read, pray, walk, journal, talk. I would be carrying more burdens if I had not come to Sheldon.

Peace, reflection on my faith journey, stimulation into new areas of thought.

It meant that we could step back and rest. We came with friends and it was good to have an extended time to talk things over, to walk and reflect as well as have some fun.

A time to cry, a time to grieve and a time to heal

Sheldon is a home from home & gives the space to explore new perspective/regain stability.

It was massively significant for me, given various challenges that I was experiencing at that time on a personal level, in terms of my mental and physical health. I was also looking to explore vocation to some extent and spend time in a supportive, Christian environment to help me do this. My life was definitely enriched by my time at Sheldon and I think that I may have struggled to cope during the Spring had I not visited at that point. It has also given me a very special place to think about for happy memories and a desire to return when I am able.

I have been coming to Sheldon for many years now and appreciate the opportunity to spend time in quiet meditation, the ability to go out for safe walks and to visit local amenities should I want to although the latter is a rarity. There is always wonderful hospitality whilst at the same time knowledge that you can have your own reflective space without disturbance. If I hadn't come I would be in the middle of many telephone requests for help of some kind in the four churches I serve and the other Benefice of three churches I assist during its interregnum. Its a place where I know I can relax and let the world get on with its pace while I slow down mine.

Time to connect with God in lovely, peaceful surroundings and meet new people.

Time to explore, to feel safe going away alone. To have meals together.

An art room

It gave me a much needed break and space.

Space. Silence. Reflection. Reading.

Was a great time to prepare to come back to work after time off.

Sheldon offers uncrowded space and resources (inc. stocked larder) for me to be open to what God wants me to focus on. The short prayer times in the morning and evening offer just enough connection, within the broader freedom of time and space. It's a responsible distance from home so it feels like a pilgrimage, and the variety of walks close by balance the sitting of reading, thinking, and praying.

A chance to unwind and restore my sanity and spirit.

I try to make an annual retreat - if Sheldon hadn't had space I would have looked for somewhere else, but it was definitely my no. 1 choice for my particular circumstances last year.

The retreat was uplifting and thought-provoking. I needed time away after covid, illness, 2 family deaths and retirement.

A wonderful bonding time with grandchildren

It was the first of two back to back weeks under Simon Parke's Direction which led to an amazing life changing breakthrough which has completely changed me. ( I went from Sheldon to Simon's Hermitage at his home for the second week)

It was a painting that I did in the Art Shed at Sheldon in the first week that proved pivotal in the second week to me reaching the goal that I had been working towards with Simon for six years.

So the biggest THANKYOU to you all for providing such a peaceful ,caring and supportive environment for me on the two visits that I've made to you, both of which have led to significant shifts in my life.

I look forward to seeing you again in August 2023 at Simon's next Retreat with you

Peace and quiet, and the ability to retreat the way I choose in a place I love.

Space and time to recuperate

The creativity week was amazing and I am still feeling the benefits.

I am relaxing at home more and using the skills I picked up. Having the retreat has really helped me cope with an overly busy, demanding church and diocesan schedule over Christmas and Advent. I still found the demands on my time, 2.5 hours sleep between midnight Mass and both Christmas Day schedules, a lot to cope with. However, recharging my batteries on the creative retreat was invaluable.

It was a great place to make art and enjoy the beauty of the location. I made my graduate art piece there - filming myself walking the Labyrinth.

The opportunity to enjoy space- mentally, physically and emotionally.

It was a really good format for a holiday with my two children as a single parent, with all catering and accomodation looked after for us.

Beauty, welcome, silence, space, freedom, stimulation to think and pray, a valuable conversation, new perspectives, time to read, solitude in that extraordinary chapel, all in a place where I have always felt at home and never felt judged.

Wonderful opportunity to escape distractions. I am blessed with a largely happy life, but Sheldon always rewards my stumbling efforts to grow closer to God.

A much needed time of refreshment, renewal, relaxation

What would have been missing? Good question - the opportunity to read, reflect, take time out in a different place, have concentrated time for prayer, plus the chance to laugh with other clergy about non-clergy things at meals

Peace, rest and quiet.

I spent a quiet and restful time and also prepared a Quiet Day for our deanery.

Time to think, reflect and walk in beautiful surroundings.

A time of peace, quiet, relaxation and rest.

A time for rest and recuperation in a space that was open to God.

Sheldon provided a time to engage in reading for a sustained period and the opportunity to join in regular daily community worship which I have missed since retirement.

An opportunity for a rest and a chance to learn new skills

Space to be away from home. A situation which had affected my husband and me as a clergy couple became the constant focus of work and home life. Coming away on my own without my husband gave me space to rest, sleep and be myself.

A chance for silence and withdrawal from daily chores and interactions. An opportunity to see life more clearly without the usual hustle and bustle.

Valuable insights arose from my time on retreat.

Peace, calm, quiet, A chance to get away from it all, space to think and just be.

It's a wonderful place for a regular personal retreat - always influenced by the first response shown above (the 'not at all' responses are not to be taken as those methods not being useful, of course). Since the beginning of the pandemic my previous place of retreat has been closed to visitors (and will remain so) so having Sheldon has been a tremendous blessing.

Space and quiet to be for a few days.

It gave me space to be refreshed and also to prepare and process a medical operation with a significant potential outcome

A quiet space to simply be. Opportunities to walk, watch and listen.

It was a refreshing time and the course (Seeing the divine with your smartphone) provided valuable ideas for making quiet time in the every day.

My visits over the years have been very important for me and have meant a great deal. Sometimes I have come in crisis, when bereaved, or when things have been difficult in the parishes. Sometimes, I've just needed time on my own to read and reflect and be away from the pressures and demands of ministry. I have always been glad to have come and have felt much restored on return home.

Both reasons for coming improved our walk with God. It was great to switch off from the world and its problems, enjoy the environment and feeling of peace at Sheldon, and particularly in my case, make good use of the library

Peaceful time to recharge my batteries and be with like-minded others in a broad minded Christian environment, with nothing to explain or prove.

I found the retreat very interesting and it gave a different, or maybe additional view of my spiritual journey. I am at this very moment re-reading a book by the retreat leader!

We really just needed to find somewhere to stay in south Devon so we could visit a couple of places for my husband's sabbatical project. Never expected to find somewhere so peaceful and lovely!

Sheldon is a place I visit at least once a year to review where I am at in my relationship with God. It is my 'thin place' where heaven and earth seem to meet in a particular way

The timing was perfect. You really took care of me with very little fuss and allowed me the space to reflect on my whole ministry. It was a significant turning point felt held in prayer.

I came after working in the NHS during the height of the pandemic because I knew it was a safe place to relax. I need some peace and selfcare and Sheldon is a place I associate with dropping the burdens and stopping for a while. It gave me strength to go on for a few more months.

The last time I had been to Sheldon was for an R5 in 2017, when I was not in the best of health and was contemplating retirement. Now, having been retired for 3 years, it was good to return at a less pressurised time, simply to enjoy the hospitality and opportunity for reflection that Sheldon offers. It reminded me of the need to find regular space for quiet and prayer in my daily life.

I've found Sheldon just what I needed for a silent retreat. I was so grateful for the beautiful space, well-cared for accommodation and no one trying to speak to me. Each of the 3 times I've been I've had an experience of meeting with God in some way and that has been precious. I've been grateful for the ongoing prayer of the community supporting it all.

Four of my only six days off in the year... So, rest and solitude: a private retreat at Sheldon is always an opportunity to relax, regroup and reflect.

Rest , refreshment .Time on my own . Nothing expected of me .  
I guess time away to recharge my batteries

A chance to relax, some excellent input, good food and lovely surroundings.

Peace and quiet - time to just be - time to read, sleep, eat and relax to my own schedule.  
Time to switch off from ministry and all other responsibilities and focus on my own wellbeing.

I enjoy being at Sheldon, spending quiet time on my own reading and thinking, not having to worry about meals, shopping etc. But since I live alone, I also enjoy being among people, and the friendship and support from the community and from fellow-guests on the R5. The worship is important to me too.

It was a welcome haven after a busy Holy Week and Easter, my first 'in charge', covering 5 parishes during a vacancy, and provided much needed space away from it all to contemplate my end of curacy paperwork and contemplate my next move.

Time and space to reflect. No distractions

A chance to come away from ministry pressures for space to pray, recharge and receive healing

It wasn't easy, processing time for my sabbatical

For me, Sheldon is a thin place and whilst working full time it was a great place for a post Christmas break three nights away were always a gift.

A beautiful little place hugged by the countryside, somewhere to unwind, spend quality time with God, enjoying His Creation, reading, pondering, writing and relaxing.. and for me, not far to travel from home.

I would be missing somewhere to escape the rat race.

Space for quiet, solitude and reflection.

Space

Peace to work and think in meaningful surroundings without interruption or other demands on my time.

Healing loving restorative space

Space for prayer, refreshment, privacy - and my 1-1 with Sarah. All invaluable

Being God's child- able to relax

Space to rest, pray and be at my own pace. Plus sleep

I had had a much looked-forward to holiday cancelled due to covid and very much needed to get away due to stress at work (front line ambulance).

My stay at Sheldon gave me hugely beneficial time and space to decompress and once again to find my 'true north'.

I just love the space,especially in the fields& woods,to be alone with God. Then the happy fellowship at mealtimes with good Christian people without having to delve deeply

The R5 provides a much valued break in the ministry calendar. Without it, I would struggle to have the personal resources available to minister to myself and my parish.

An opportunity to be apart from everything for a while, recharge my batteries and take pleasure in creative activities

I've been to the clergy family holiday for many years... it's meant a safe, affordable holiday with a retreat feel and friendly faces, for our family. We've made new friends which have been a support outside of Sheldon.

I've also been on private retreat which meant being able to retreat somewhere that feels homelike and friendly, but is far away from our day to day life.

My visit to Sheldon last year was a wonderful experience. I enjoyed being solitary in a pig pen, was able to meditate, make cards and spend time in worship. It would be good if I could come again this year. The chapels have such an air of peacefulness and comfort too. I really enjoyed the meals left in the fridge. I left a book about St Clare of Assisi in my pig pen and hope somebody was able to read and enjoy it.

If I hadn't come I would have missed out on so many things; it isn't easy to meditate and pray at home, there are many distractions.

I wouldn't have been able to afford a holiday with my son otherwise

This has become such an important part of our family surviving vicarage life. We live in high deprivation estate vicarage (as we have for last 12 years) which has its challenges (as well as joys). It is so important for us to have somewhere to go that is safe and is genuinely a holiday for all members of family. Our teenager always has Sheldon as the high point in year. We don't really have any close family and friends due to moving around so much. Other holiday weeks are quite isolating as it's just us again - so we all appreciate the non intrusive understanding company. I was really unwell for a number of years and this holiday really helped all of us have a good time even if I wasn't really functioning. I'm so glad we were able to be part of this for our teenager - it makes up for such a lot of other stuff he has to endure and us something all of us look forward to. It's so nice to be able to afford to be somewhere really lovely in school holidays with space. I always feel we have been ministered to by the angels after a week with you all. There is no way we would have lasted as long as we have in parish ministry without you so thank you.

It helped us come to terms with a cancer diagnosis, and the adjustments needed in first year of retirement from full time ministry and to a new area. Without it we would have felt lonelier and more vulnerable.

It was the most precious time. Such a place of sanctuary and peace, but also catering beautifully to physical needs. It equipped me to go back into daily life and ministry renewed and refreshed.

An opportunity to get away from the parish post-Easter and enjoy some spring weather in the south of England, where spring is a few weeks ahead of the far north of the country, while also benefiting from Sheldon's legendary hospitality.

I enjoy retreats and find they help me find my way and stay grounded

I was hoping to engage in conversation with new people. Being in the kitchen for the workparty weekend was okay but only had a couple of others to converse with on this occasion. Next time I volunteer will probably mean I meet more people.

I did enjoy the natural world around me (rather than my urban setting)

It was an enriching experience and I gained some new insights.

Time to think and pray and 'be' on my own and with God.

A complete break away from all the pressures of life... being so wonderfully looked after & meeting such lovely people... all set in such beautiful landscape... so good for the soul!

A familiar, comfortable place where I could settle easily into retreat. An opportunity to reflect on a particular stage of my life.
I needed quiet time
A valuable time away amidst a time of stress and trauma.
Peace away from work
It enabled me to have some time away from the pressures of work after a very hectic and difficult time.
Time and space among friends to rediscover myself and God; a chance to stop, be still and let the dust settle so I could begin to focus again on who I am. I was warmed by the love of the Lord for me, and feel I heard his voice of loving promise for me personally. All helped by being treated so kindly by everyone.
It was my first 'more than one day' retreat.
A much needed chance to step back from a difficult situation
Space for reflection and prayer. Decompressing from a stressful time.
My few days at Sheldon (instead of the Icon retreat) having a private retreat were exactly what I needed - a quiet, reflective time - in contrast to my fairly busy schedule. The weather was good so I was able to enjoy some walking. The facilities being warm, comfortable and more than adequate added to the benefits of taking 'time out'.
A wonderful opportunity to rest and recover after a gruelling 3 years. A place where I re-centred on Jesus and de-stressed, proper space and relaxation which I really needed.
Space to breathe, complete break from work issues
We got some family time away from work with people who understand
It gave me to space to rest and recover from the business of everyday life. To spend time just being.
Good food and facilities, comfortable and warm room. lovely walks, great retreat leader
A chance to escape from the parish and benefit from wonderful hospitality.
Perfect start to sabbatical for burnt out minister. Space to process a difficult period in ministry in a safe place.
It was a much needed break from the worry of life feeling very uncertain (health issues, caring for parents, worries about my future in ministry). It gave me the space to breathe and to come back more ready to tackle my challenges.
loved and cared for
That I had time for my self but also able to mix with other people as much or as little as I wanted. Like the fact that I don't have to think about meals and that they are beautifully cooked and my diet is taken into consideration.



What do you value most about what Sheldon offers?
The place and grounds are beautiful
The ability to adapt to what I need - from light-touch to stronger support. The holistic approach (e.g. massage and spa bath; the art shed). A pattern of worship to join in with as much or as little as required.
The "no shop talk" rule. I'm encouraged to be me, not my role, in a Christian environment.
Lovely location and great facilities, good food, and space.
It's my 'go to' safe space where I know I will be cared for beautifully; no demands made; sanctuary provided.
Freedom, space with supportive framework even if not needed. Massage. Privacy attended to.
Being supported by people who understand, yet do not ask more.....
Comfort, in physical and mental space.
Comfort! Comfortable accommodation, good food, the Bar, space and a real sense of welcome and care. Also the light touch with no expectations to join worship or to socialise.
The wide space around fit for walks
Space, tranquility, walks in countryside - comfort, food, being able to dip in (and out) of company.
I value the freedom of an R5, within the daily communal prayer patterns at Sheldon.
Privacy, no shop talk rule, flexibility around food (catered/ self catering/ the stocked larder options) genuine warmth with no pushiness. Massage
The space and facilities were wonderful and just what I needed.
God-centred peace together with the mind and body being so well looked after.
Space and peace
Privacy, comfort setting
The welcome that I always receive telling me I matter. The hospitality is so well done and is the same for everyone who comes.
I like many things, and it suits me very well. But I am often particularly grateful for the 'no clergy shop talk' approach.
The Independence afforded by the accommodation and a stocked larder. The option/provision of a massage
We value the generosity of what is offered at Sheldon, including the freedom to use the well-stocked library and art room facilities. We also greatly value the quiet space of the tracks, paths and woodland. We also feel that our needs are understood when we come to Sheldon: we mostly come for private retreats and find that we are given the space and privacy to do that. Yet, at the same time, we appreciate knowing that members of the Sheldon team are on hand to meet any needs that might arise. Thank you.
The rooms were cold due to having to ventilate in communal spaces. Though I understand this need it was uncomfortably cold. The food felt very frugile not up to the usual standard, it felt like you were using up and felt like a lent lunch everyday.

It is such a wonderful place, with lovely staff, no intrusive questions. I do have a spiritual director at home, so did not feel the need to have a one-to-one session. Despite the weather, which was rather wet apart from one glorious day, everything was absolutely perfect.

When I stayed here the first time ( 15 years ago) I really valued the care and attention I received.

A safe calm space with lovely grounds, good food, company if you want it and space just to be

The wonderful individual care. Privacy and space to Be.

An ability to enable visitors to get away from various pressures in their lives and relax into a much more convivial way of contemplating and engaging with meaning purpose and value

The grounds!-- and the areas beyond the grounds for walking;  
Being able to have a room with my own cooking facilities;  
The helpfulness, care, and discreteness of the staff.

It offers a variety of accommodation and facilities at a reasonable price, with friendly staff; and all in a beautiful setting.

For me it's a place to relax and be looked after. No cooking to do. No dishes. A drink.in the bar and people to chat to if i want to. Yummy food too.

Peaceful grounds.  
Great location for walking in countryside.  
Joining with the community for prayers.  
1:1 session  
stocked larder of delicious food!  
Comfortable and clean accommodation.  
Fairly easy to get to.  
Library.  
Art room.  
Wifi.

Being there.

The peace and quiet; the very clean and well catered for facilities

simplicity, kindness and love

Unconditional space to be.

Everything! I know that's not the most helpful answer for you in terms of development, but it's the whole 'package' that was so important for me.

peace, quite, confidentiality, space to just BE and not to her disturbed by others. There. is a good balance between personal retreat and led retreats

A feeling of being nurtured/ home and not having to travel about to all my various groups/classes. A release from responsibility of household chores etc...

Like a Sanctuary.

Peace tranquility grounded nature remote

Space and structure to engage with as needed.

Just being there as a place to retreat to.

So many things! Probably a combination of Sheldon values and the house rules. It doesn't hurt that you're in a beautiful setting.

As much or as little intervention as one chooses; excellent food and accommodation (a meal I haven't cooked is a great small pleasure in my life); unobtrusive care.

The setting, the hospitality a sense of the spiritual.

Friendship from the community  
Friendship when volunteering,  
Variety of the outdoor grounds,  
Provision of wonderful meals on other visits,  
Space to think and just 'be'  
Switching the phone off  
Confidentiality from the outside world

The feeling of being held safe and secure but absolutely free by the beautiful rolling countryside and high hills ,the silence, the quiet, almost unseen service and the small hamlet of buildings that all cocooned me and allowed me the space to explore difficult things .

The ability to self-cater - it makes a big difference not to be on the clock for meals.

A wonderful setting, the best massage ever. Mostly caring, warm staff. Lovely, lovely volunteers.

Kindness, being picked up after a challenging stressful journey helped immensely.  
Lovely fresh food and lots of it. Just wonderful.

The space to do whatever you need to.

The opportunity to get away, knowing I was cared for in ways that were shown unobtrusively, having a massage, learning about Van Gogh!

It feels like a mature and thoughtfully guided sanctuary, not dominated by evangelicalism, unlike much of the church.

The absence of ugliness; freedom within a framework; the sense of discreet care; easy access to the well-stocked library; the meticulous maintenance of the grounds; serious recycling; silence and space in a place where God is honoured without fuss or pressure.

Tranquility, hospitality, space/time to pray and learn.

It's the totality of the package it offers

The space, the quiet, the opportunity to rest and reflect; I do also really like the food. And I like that on R5s you meet people you've never met before and it is usually quite fun to do that.

A warm welcome and a place where I can be on my own to relax and take stock, surrounded by beautiful gardens and countryside.

Quiet, calm, privacy, beauty, understanding

Privacy, beauty, small chapel, labyrinth, walks around grounds

Attention to detail. Unhurried life.

A chance to rest.

The opportunity to return to a disciplined routine knowing that there will not be any interruption from outside sources as mobile is disengaged.

The amazing atmosphere - just an incredible place where I feel at peace.

Space without shop talk but still with opportunities to share meals or not. Socialising without church stuff restores normality, especially when a church Issues has been all consuming.

The good wholesome food and those who prepare it. Being cared for when I am used to doing the caring.
The space and opportunity for silence and reflection whilst being completely cared for. A rare facility.
Privacy - I am just left to get on with it with minimal intrusion but know the team is there if I needed it.
Space to be (in comfort too).
Space and quiet in beautiful surroundings not too far from the coast.
Space to encounter God in an environment free from stress, expectation or corporate responsibility
Somewhere to come on a private retreat that is relaxed, comfortable and not "churchy"
Space to be, but friends around if needed.
That everything is done to enable us to switch off from the demands of ministry and to enable us to be restored physically, spritually, emotionally.
The peace and quiet, and the feeling of God's presence over so many years
Kind and reliable attention to my special dietary needs, which enables me to be completely relaxed and focus on my spiritual and emotional wellbeing
A chance to step back from 'normal' life and re-evaluate my own spiritual journey. But, as well, it's so good not to have to think about what to cook and shop for myself - to be looked after for a week. I love the countryside around, the copse and wood and hill giving a safe walking outdoor space. And I love you reverent form of worship. I could go on....
Wheelchair accessible accommodation!
Over the years I have been coming, the arrangements have become familiar safe and a place where God seems particularly close
Shared indoor facilities we not applicable. I value confidentiality and prayer, openness to all and excellent facilities, brilliant food to meet specific dietary requirements and preferences.
The peace and lack of demand, the house rules, the food, the beautiful scenery, the wonderful hospitality and cosiness.
Generous hospitality Attention to detail The beautiful buildings and grounds Lovely food The library Opportunity (in an R5) to combine time to myself with some low-key socialising at mealtimes. The care taken over Covid precautions.
The beautiful outdoor space and the gift of silence.
In no particular order: - an awareness of the community's non-intrusive and hospitable presence - the ability to join in worship or not as feels right on the day - the chapels in their different ways, especially the peace of the Chapel of Christ the Servant - the grounds, labyrinth and wider landscape - the opportunity to rest and be still - although I didn't use it last time, the chance (on previous visits) to play in the art room - the solitude and quiet

- (on programme events) the house rules - although I found them hard to get my head around at first, I see their value now
Beautiful gardens and fab art hut.
Time to be away from problems , knowing that I had been given this time I
Great retreat leaders, silence and an opportunity to completely switch off.
Privacy, personal space, spacious accommodation, freedom to do as I please - grounds to explore, peace and quiet - also not too far from me so not a challenge to get there (under an hour away)
The quiet friendly support and the peaceful atmosphere. The presence of God.
The no clergy shop talk rule!
A very important part of Sheldon for me is, increasingly, praying the Labyrinth
Privacy and confidentiality
Space to come and recover
The setting
Genuine hospitality.
The Art Room The countryside Good Food The Bar Good accommodation
A chance just to 'be' , and enjoy the surroundings, the personal touches which make you feel welcome.
A warm welcome, along with complete understanding and respect that I wanted quiet and solitude. You managed this really well. I felt the warm and genuine welcome and didn't feel I needed to respond to any expectations or demands - this was really helpful in giving me space. Thank you.
Space to be
Solitude and setting.
Godly loving people and secure breathing space
Support for people in ministry as we face the ever-increasing demands put upon us - and real understanding of / insight into the way in which current pressures from the 'institution' effect parish clergy...
Space to me - spending unhurried hours in art room
Great space, love the labyrinth and the footpaths, perfect accommodation. Really appreciated the time and the space without intrusion.
Being able to come and just "be" without any pressure. The comfort of the accommodation,the beautiful countryside in the middle of nowhere and the happy fellowship
The opportunity to keep myself to myself, but to join in if I wanted
A beautiful and relaxing break.I love the art shed and grounds.
The privilege of being able to be at peace for a while, to enjoy a beautiful place, to be with a faith community.
Kindness

It's so nice not having to do everything. Our context is really chaotic which is exhausting and it is rare for anyone to consider our needs. It is such a luxury being looked after carefully in a very unintrusive way. It is so lovely for our teenager to have company on holiday. Been good every year made friends over the years which is so nice.

Easy going, join in with what genuinely want to - no pressure.

We love your amazing shower too!

A caring Christian community in lovely surroundings.

The completeness of what is offered allowed me to relax and trust that all my needs, spiritual and physical, were met with generosity

The understated, un-fussy attention to both detail and to guests; the comfort of the accommodation and the peace of the surroundings.

A chance to have a retreat with a competent leader

Time out from my normal retirement days

Atmosphere, space, food, team, graces at meals!

The sense of being 'held' by the community

Being made to feel so welcome & cared for by fellow Christians & yet not imposed upon in any way. No pressures to do anything.

A relaxed atmosphere, freedom, varied spaces, loving-kindness.

Peace, space and confidentiality. Also friendly faces and warm welcome.

Peace and quiet

The opportunity to be left alone in a Christian community and reflect on my ministry

Respect for the individual and what they feel they must do with their time there; treated as a grown-up.

I am milk intolerant and my dietary needs were satisfied without any problems. I also spent time using the facilities in the craft room although I don't see myself as an artistic person. I also loved the freedom and beauty of the grounds, particularly the labyrinth, which I used every morning.

Compassionate care, extending to all details. Continuity. Excellent facilities and environment

Familiarity now. I can relax into the rhythms quickly and easily. Feeling safe and cared for.

Space just to be. Lovely surroundings. Sharing in community life, albeit briefly.

The space, geared to meet my needs sensitively and discreetly.

Sheldon being Sheldon e.g no shop talk, awareness of boundaries, and great hospitality

The beautiful surroundings

The art shed and all the joys and possibility it contains.

And the space and peace.

Quiet retreats which are well led, great food and comfortable en suite room.

A wonderful environment.

The unique space offered to ministers. That nobody expects anything off you but are watching out for you.

The space and independence, while knowing that help is at hand if needed.

The space and quiet to do as much or as little as I want. To join in or not join in.

Is there anything you would like to tell us about our 1:1 provision?
Both sessions were very good - but at the same time brought challenges to the fore which I wasn't really fit to consider properly. Well worth it though
Carl suggested I was a curator of the retreat I run. This has helped me a lot in the way I view my work and ministry.
Very. Good listening, understanding and affirming
Our meeting with Carl was lovely - we felt like we were understood and our needs taken seriously.
Thank you so much
Helpful provision. A safe space to talk. I was asked questions to encourage me to ponder. I was able to book a second 1:1 session during the same retreat once I was there.
I appreciated your time so much, thank you. I felt loved, cared for and listened to at a very difficult time. The kindness of all the staff was overwhelming and could be felt at all times, in every aspect of life in the community. I felt able to be entirely open and honest with you, through your welcoming and nurturing approach.
I really value having insights from wise and kind counsellors who understand the pressures of ministry.
When I've needed it I have found it very helpful, because the attentive listening has enabled me to work out what I needed to do.
I wonder if it depends overmuch on a few individuals and that feels a heavy load for them to carry.
We did the session by phone which was odd but my Covid status demanded it and it actually meant it was quite a structured space
Opportunity to speak to someone who understands what I live with .
Thank you- my two sessions were really helpful in gaining perspective
Freedom and understanding
Being listened to in a Christian community where I felt safe
It is really very helpful to have someone to whom one can unburden, and share the issues causing perplexity. Also wonderful to be prayed for.
It was spot on!
From the start I felt I was being truly listened to by a skilled and experienced person, and I surprised myself by how much I opened up. Since then I have found within myself memories to ponder and process - all helpful.
It was comfortable as it was in the person's 'home'. I felt very much at ease and she brought out issues I had not considered.
good

Are there ways you would like to see Sheldon change/improve?
No
Very small point, but maybe a bit more to evening prayers than just a (non-biblical) reading and silence. (I don't mind silence - just would like a bit more Bible and praise/prayer.)
The bathroom mirrors steam up, are too high and are over bright 😊
In the circumstances of a cancelled led retreat I was pleased with the provision of the Pig Pen, if booking specifically for a private retreat again I would hope for different accommodation which felt more private such as the Hen Runs which I have stayed in before.
Hi I've already completed the survey and added comments. But now an encounter with a clergy colleague has prompted this PS. He would really benefit from a private retreat at Sheldon - but won't because he can't bring his dog. He's a single man and his dog really is his best friend. I know that I - and others feel like this (but thankfully have family/ good friends to whom we entrust our dog for a few days - though we really need the dog's company especially if we're feeling low). Many of us would be more than willing to pay a bit extra, take full responsibility for our well-behaved dogs etc etc if Sheldon could make a few rooms available for people on private retreats to bring their dog. This would enable some - like my very stressed clergy colleague - to stay at all, and others - like myself - to stay more often.... Please do consider this request!
Some updating of decor/artworks on walls.
Maybe a larger library and art space would be good?
No
None that I can think of
I cannot think of anything immediately, but I will reflect on this.
No, I hope that it will prove the case that Sheldon can be sustained. This was the first time I've had a one to one and it was valuable - other times it hasn't been possible. Also aware that once my husband was interested in a conversation with someone and it was shut down (I think because that person didn't want to be the listener) without a clear option of conversation with someone. I was sad that had happened as I don't know if he would ask again. But I recognise that was not in any way ill intentioned.
I found the place a little bit impersonal. I admit, I was on retreat to be on my own. But I would have liked a small connection with someone on the team. Apart from the 1-1 which I paid for.
No, can't think of any !
Not really
no
Can't think of any.
Based on our wonderful experiences so far, I can't think of anything that could be improved!
Some of the accommodation in the pig pens and hen runs is a little tired.
Can I have a job there?... or somewhere like it?!



I can't think of any!
It would have been good to have known that there was another course running as we wouldn't have stayed that weekend
I love it as it is, and you are always keeping it up to date.
No.
No
I found it very strange that the community didn't interact with the guests. Also, I couldn't work out why the stocked larder cost so much. Finally, I was so very depressed but no one really checked up on me. Since returning I have wondered if staff are trained in Mental Health First Aid. The pain I was going through was deep but I didn't know who to approach or if I was allowed to approach anyone as I wasn't really allowed to talk about what i was going through which I thought was strange. However I did find the room amazing.
Nothing major. This was my first visit to Sheldon-- I was looking for a retreat place to walk, pray, and wind down. Sheldon was recommended, and it was a good recommendation! Minor things: there was noisy work happening in the room next door when I was there-- but that wasn't anybody's fault, just one of those things. I liked being able to join morning prayer in the chapel, but not still having to wear a facemask.
I can't think of anything.
Personally I hope they soon get new mattresses. I cope by putting the spare duvet under the mattress cover.
I respect and concur with the 'no shop' rule at meal and social times. I would welcome a defined space where, if visitors choose, more open conversations and debate, on 'Chatham House' terms, were possible.
I can't think of any
Its precious and beautiful just as it is. It may not be right for Sheldon but I would value a place to share the struggle of staying Christian with others-good to feel less lonely.
No
It would be good to have some led input available on the R5 weeks for a bit of variety if that were possible and if it didn't alter the purpose of the R5 approach.
no
Living alone with family quite far away, I do like to have fun and get to know knew people. I guess that's the opposite of most people in Ministry, who need the space from people. Connecting with people, to dance, make music, in a deeper more peaceful way.
No
I'm sure there are, but it works really well for me just now!
I hope you are sustainable as you are.

Very hard to improve you!

We were still sitting with the same other person for meals when I went; it will be splendid to get back to greater sociability.

I found my room in main building a bit depressing and dark. I couldn't see out of the window except by standing on a chair or get enough ventilation in the very hot weather. I wonder if there is any way in which that can be changed or even improved. I guess it matters less in winter than in summer.

Option of weekend camping for one, self catering.

How can you improve on perfection?

It would be good to connect to Exeter a bit more easily, as well as the surrounding area. It's the first time I've come without a car and it was more of a challenge.

Clear notification that the bus service is infrequent. Waiting for two hours for a bus wasn't wonderful.

But being picked up in the lane was truly such a kindness and started my retreat from that point onwards.

Practically some of the beds could be upgraded. The no shop talk is good but I think can leave people feeling isolated and not knowing how/whether to reach out for companionship. So this hospitable place can be experienced as inhospitable.

Can't think of anything.

No. I love it.

It is easy for visitors to find fault but no doubt there are reasons for things. It was disappointing not to be in the chapel for worship. I guess that is temporary. More seriously, I am saddened by the absence of the Psalms in daily prayer. As climate change worsens I think we will need this resource more then ever. But I have just read Frances Ward "Like there's No Tomorrow" and am probably still under her influence.

Just more of the same

Nothing, really.

Can't think of any!

No

No

lead retreats focusing on activities rather than mini lectures.

None that I can think of at the present.

No

Choice of food at meal time

Warmer common spaces

Very little. I can't think of anything specific which I miss whilst at Sheldon. I like it's simplicity.

This was my first visit and everything was good.

Just keep doing what you are doing!

Not that I think of for my purposes.

The welcome when I arrived wasn't great at all

I very much miss there not being more frequent celebrations of Holy Communion.

no

Everything is perfect. However on the R5 in May I missed having twice-daily services in the chapel, since I love the simple, thoughtful Sheldon liturgy so much. As I recall, there were fewer services, though I don't remember the exact pattern.

Please don't change anything!

Not really

Next time I won't have Covid!

Next time I won't expect my PCC to pay my travel expenses - wardens argued that I didn't ask them where I could go on retreat so they clearly didn't understand the unique aspect of what you do.

A couple of small things.

Maybe small portable bookstands for the table so people can read while eating on silent retreats.

A bit of a choice of local cider in the bar.

For me, both the Hen Runs and Pig Pens work perfectly for a silent retreat (though I'd prefer there not to be a TV in the room). The last time I was there, I was given the accommodation opposite the chapel and near the library (I can't remember what it is called - St Something?) and I didn't think that it worked well for a private retreat. It felt like holiday accommodation, with its prominent TV and small window. There wasn't a good place to sit and listen to God in the ways that the Hen Runs and Pig Pens are designed for this, with such big windows and wonderful views. Because your website says that you can't request particular places to stay, it has put me off coming again (in all honesty). I've been so grateful for my silent retreats at Sheldon, but I think the room does matter, if that makes sense?

I am sure there are ways that Sheldon can improve, nothing is ever perfect, but I can't suggest anything specifically. I think the Pound House refurb is a good thing and I have noticed the occasional non-stick pan in the hen runs that's seen better days - but this is a tiny point. One thing that always strikes me is that your decision-making process always seems to deliver - with great attention to the details that make a guest's experience enjoyable (my heart always lifts when I walk in and see the fresh flowers) while having sight of the big picture too. So I would encourage you to continue to discern the future prayerfully in the way the community has done up til now - being open to the God of the unexpected too...

Sadly I did not enjoy my time with sheldon. You were busy with another booking and I felt like an inconvenience.

I can't think of any . My needs were catered for

I can't think of anything!

Would be useful to have more signs around grounds to give you an idea where you are without taking the map, which is not that helpful anyway. Also more indication what is in the grounds - what could I explore and how could I use it etc. Perhaps more creative prayer possibilities around grounds and in chapels. It would be helpful to have use of an oven in the accommodation - I have come twice in the height of summer, so not so much of an issue, but I have thought that if i came in winter it would be useful.

A swimming pool would be great.

It was my first visit, and I was just grateful to be there, so no thank you.

No

No

I need to try another time

The only thing that puts me off is the travelling - I came by train this time and it just takes up 2 days of my 5 day retreat

Just making sure that the retreats stay private and that the conferences or gatherings don't spill into the private retreats..ie. People knocking on the door for a massage 😊

I can't think of anything.

No

I've watched great wisdom at Sheldon for years. I commend your wise stewardship

Please keep doing what you already do so well

Meal packages offered eg once a day having a plated meal

Can't think of any honestly!

I cannot think of anything I would like changed. I am always so happy to visit.

No really

The family clergy week is very carb heavy, we come away feeling very bloated... it was particularly potatoey last year. Sitting on the table with a member we also find a bit intimidating... we'd much rather be-able to serve ourselves and not have to make conversation. It feels like work. Also the no clergy shop talk for the family week feels so difficult... it means you either have to whisper or break a rule, or not be authentic with those around you.

Nothing I can think of.

It's lovely as it is.

Perhaps some more diet sugar free options in the bar (I'm struggling to find anything to improve!)

It would be great not to be so far away!! However, once there it's so worthwhile. We might try railway next time as it's a long drive.

It felt perfect to me!

not that I can think of.

Maybe the food could be better, eating in the marquee is not ideal as it can be gold, or, in August when I was there, plagued by wasps!

Nothing comes to mind

It's all lovely!

I found the heating more than adequate and the heavy duvet impossible. In the end I slept under the duvet cover when I slept. I arrived needing rest but didn't get much

Can't think of any

Not really

Can't think of any.

Not that I can remember.

I cannot think of anything at present.

I was never up in time for the 8 am prayer meeting, and because I was having such an unstructured break, I did not find the 5 pm prayer meeting/service very helpful as they were also unstructured.

Personally, I would've liked a more traditional structured prayer time at 5 pm, but it's not that important.

Please rethink the 'non-work talk' rule for the family holiday. It actually added a stress for me. Especially the one very officious volunteer who interpreted the vaguest reference as a breach of the rules and seemed to love to admonish people for it. I came away to get away from PCC Members like that!!!! It actually made me really tense and I struggled to relax. I understand the value of the rule at other times.

Not really.

The jacuzzi working!!!

Is there anything else you would like to add?
Sadly my age and poor mobility render it unlikely that I can travel safely to come to any further events at Sheldon, but I am pleased to remain a Friend and financial supporter.
Thanks so much for what you do and who you are. There's no place like it.
Friday is not a good day to travel on rail (more expensive) or roads (more congested). Is there a way or avoiding Friday as a start or end day?
You all do an amazing job and I thank God for you all.
Thank you.
Your gracious accommodation of my unexpected room change on arrival in October last year was exceptionally kind, and understanding in ways I myself didn't understand! I'll never forget it.
Just another thank you! Thank you for being there, for all that you offer and for the wider work you do in representing the concerns of clergy to dioceses and the national churches.
My bed in the 2 roomed apartment we shared , in door to right, was very squeaky, & was the first time I stayed there. Approx 4 years ago. Enough to disturb sleep.
Perhaps one of these days, I might take up the 'creative' side of things and 'throw paint at a canvas'... (Not very likely)
I appreciate the varied ministries offered by Sheldon as a support for my own ministry.
I love my IGRs (which I do elsewhere and where there is the option of mass/ communion/ aka call it what you will) but I love that at Sheldon it feels deeply and fully open to being who you are.
Keep going !!
Thank you Sheldon for all that you give and go on giving to everyone who comes to you for rest and refreshment and renewal.
We would simply like to say thank you to all those who have responsibility for the life of Sheldon, and who make it such a special place to stay.
I have visited Sheldon several times but this time it felt less generous.
I am so sorry to write such a negative report. It was obviously a stressful time for the Sheldon Team when we visited as we didn't receive the hospitality that I had previously enjoyed.
Thank you all every time!
Thank you, so much. Sheldon is a Gift.
I look forward to visiting again sometime!
I miss the walking retreats they used to offer. And I'm hoping they will offer The Enneagram this year.
Thank you to the Sheldon team for their hospitality
No, thank you.
Just one huge THANK YOU for a lovely relaxing time
Thank you to everyone at Sheldon for being such a gift to so many people and an inspiration.

Thank you and wishing you all a positive, healthy and fruitful 2023. I hope to visit again this year.

It wasn't much of a problem, but I did find the mattress very soft and wobbly on the bed.

Also I would have appreciated a room with less outside lights shining in - but that's my fault as I love dark skies and like to sleep with my curtains open a bit!

It didn't stop me wanting to come back very soon, Many thanks for everything you do  
xxx

I understand that visiting in post-lockdown times was challenging but the restrictions at Sheldon were much stricter than in the wider community and stifling. I couldn't engage with the regular prayer routine because of the need to pre-book.

Heartfelt thanks

No. Thank you for being there.

I have stayed with you once when my personal life was very difficult and once when I just (just!) wanted some peace and quiet - on both occasions I have found exactly what I needed. Thank you all.

The Simon Parke retreat was the 2nd I have attended and very good.

Idon't think I will come again

The layout of the grounds makes it safe to give the children areas to explore on their own, giving them independence. The 'allowed' boundaries set by the grown-up being increased each year as they have grown older.

The variety of Art Shed, grounds and good accommodation is an important factor in choosing Sheldon for a weekend respite for them.

Being allowed to be volunteers since a young age has given them a love of Sheldon and desire to help whenever possible, goes for us grown-ups too.

Theatre also much appreciated  
oh and many more things too.

In a nutshell: space, peace, nature and some fun

No. Just again  
THANKYOU

I recommend Sheldon all the time - such a haven.

I loved it and pray and hope you have another one based on crafts.

Bar open for a while after dinner?

I had some sort of bug after my first couple of days and was most appreciative of the care, concern and modified food that was given to me.

Thankyou to the community for your care. It is VERY much appreciated.

I hope this questionnaire is not evidence of consumerism or perfectionism! Sheldon has always struck me as a defence against both . . .

My star-ratings are a bit unreliable. Sheldon very much met my needs, so really five stars for that; but the led retreat didn't, so two stars for that, and of course that fact had an impact on the VFM rating of three.

I am really grateful for all the staff and for their care and attention to detail; consistently impressive - thank you.

Excellent value for money.

Thank you
I didn't rate the food or shared indoor facilities because I didn't use them.
I look forward so much to a time of rest and recuperation and am never disappointed.
Please keep up the splendid work that you are doing in giving ministerial colleagues a chance to re-charge their batteries in the confidence that they are valued.
Sheldon is a fair distance for me to travel but it's well worth the effort involved.
Thank you
I particularly wanted to attend a retreat led by Simon Parke, so I was very pleased to get this chance. I had a one-to-one with him, which was very helpful. Not being in the ministry I was grateful that this retreat was open to all.
Was a bit alarmed by the number of rather large asian hornets in the gardens as they are an invasive species that pose a threat to our native wildlife. Didn't mention it at the time as I hadn't looked them up at that point.
Your support for those in crisis is excellent and much appreciated but be careful that this does not mean that those who just want to come and be at Sheldon are not, by inference, assumed to be in crisis.
My thanks to all the community for making it such a blessed and special place.
Thank you.
I am very grateful- thank you
I absolutely love the Margaret Silf retreats which I've attended many times. Also I appreciate the labyrinth as an accessible form of prayer - I'm a labyrinth facilitator and it's especially nice for me to have this experience when I'm not 'leading' anything. On financial cost, Sheldon retreats are a little expensive for me to afford, because I am on a low income, although I feel they are well worth it for the excellent all-round experience and beautiful site, rooms and attention to detail. I totally understand the discount for ordained ministry but if I'm honest have sometimes, deep down, felt less valued as a non-ordained retreatant because of that. However on my first Sheldon visit I was eligible for a Retreat Association grant and that was wonderful and made it possible for me to come.
Just to say thank you for having some accessible accommodation!
I am grateful to the staff for their care and support.
My huge gratitude for what you do. Thank God for Sheldon I've known you by reputation for years and continue to recommend you to all my colleagues. Grace and peace.
I appreciated the layout of the dining room (since Covid?) with smaller tables, which gave more of an opportunity for relaxed conversation with a range of people over the period of 5 days.
I have loved coming to Sheldon. Thank you so much for this ministry that you offer and the way that you do it.
Just that I am glad to have this opportunity to thank you all once again. Sheldon has helped me so much through difficult times and came into my life just when I needed you. You must hear often that what you do is special - and that's because it is. I look forward to my next retreat. Maybe even the Hermitage!
Thank you all.



Perhaps the only 'downer' was one person in particular (although there were others) who really found the silence difficult and had to be avoided in order to maintain the precious silence for myself. Not much you could really do about it, but the opportunity of a silent retreat was important for me.

I felt a sense of peace when I got out of the taxi. It was good The quietness was great after my journey

Thank you!!

No thank you, but it's good to know you are there, and that I can get to you relatively easily by public transport. I hope to be back in 2023.

Thank you for your ministry- I plan to return (and choose a time of year when the weather is better!!!)

Thank you

Thank you the retreats I have had so far, & also with my Mum in Law.  
May the Lord keep blessing you richly with the work that you do.  
It is a beautiful green space.

Thank you!

I pray daily for you all, that you may continue to grow in your wise and loving service.

Thank you!

Loved the grounds - did lots of prayer walks

All of you on the Team are wonderful and always make me feel so very welcome.

I very much look forward to coming again

Just to say that I hope to be able to come again to Sheldon, and hopefully to stay from Monday afternoon to the following Monday morning.

God bless you

Thank you. Ministry has been really tough for us - I can't tell you how much it has meant to our whole family to have people who put us first. When things have been really awful it has been good to be able to say Sheldon is also the church to our child (and also for him to know loads other clergy kids without it being a thing). I'm hoping this will be enough to balance off some of the other stuff the church is at times. I so love the volunteers who give up time to come alongside the community (we love them too) There is something so beautiful and relaxing about watching your packed lunch being made to order! We've never had any family support in our life so people doing this for us is really special.  
My favourite moment this year was creeping around after dark spotting glow worms in hedges with volunteers- it was so special and hilarious bumping into people in the dark - made quite a few holidays this year - where else would you get to do this?!

We hope you will be able to continue to offer all this. Although we are retired, it is a valued investment for us to make, especially as I have now taken up Permission to Officiate.

My visit was 8 months ago. Given my advancing years, and inability to remember what I had for tea yesterday, I'm not sure how accurate the above comments are. If you had asked the same questions at the end of May, you might have got different answers!

Please invest in better mattresses and pillows

Thank you

Many thanks

No

Thank you! Benefits continue, and I only answered 'days/weeks afterwards' above because I only came mid November. I think benefits will be longer lasting.

We really appreciated the packed lunches!

A wonderful place for clergy to recover.

Thank you to all the Sheldon community and staff for making me feel so welcome and giving me the space.