



Visit Sheldon

a retreat
a Community
and more ...

heart &
soul **for**
ministry

What do you seek?

An emergency bolt-hole
or regular retreat

Time and space
to tend to the needs of body,
mind and soul

Space as an individual,
a couple, a family or a group

A place to do your own thing
or take part in an organised programme

A quietly welcoming host Community

The Sheldon Community offers a gentle welcome
and thoughtful hospitality.

We have been growing this place and this ministry for over 30 years.

Our roots are Anglican and our outlook and practice ecumenical.

We're a welcoming and inclusive retreat house offering good space at
many different levels to meet many different needs ...

This booklet is just a taster ...

Full details are on our website www.sheldon.uk.com

We always like to talk through your booking by phone - ring us on **01647-252752**

Sheldon, Sheldon Lane, Doddiscombsleigh, Exeter, Devon EX6 7YT

Why we're here

As a Community we love creating good space for people. Sheldon is our home, we love it, and it's a gift we love to share.

We welcome people in ministry and people who barely cling to the possibility of faith.

We have journeyed alongside thousands of clergy and ministers and/or their spouses, we know something of the dreams and nightmares, the joys and risks of this particular and peculiar calling. We understand something of the strains ministry can place on domestic life, physical and mental health, finances and faith.

We're good in a crisis but just as pleased to welcome you for your retreat, sabbatical, time out or making quality time together.

Our specialist resources are set within a retreat framework open to everyone.



Eligibility for ministry resources and discounts:

Ordained (or **spouse**/partner of, **retired** from, or in **training** for ordination)

Member of a **religious** community

Full time stipendiary **lay worker**

Mission partner

“I enjoyed the balance between led content and restful silence.”

So much at Sheldon

Sheldon offers individuals a wide range of both programme events and private retreats.

Some are exclusively for people in ministry, some are open to everyone.

Here is a simple overview to help get you started ...



*Sheldon is a converted farm and we have kept the traditional names of the buildings
- we won't be asking you to share quarters with the original occupants!

Lots of photos under '*visit > accommodation and facilities*' on the website.

1:1 support can range from navigating a major crisis to accompaniment for a retreat.

A jacuzzi and/or massage can help you relax and unwind.

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www.sheldon.uk.com ● 01647-252752 ● bookings@sheldon.uk.com

Hospitable and discreet

Accommodation and food arrangements vary according to the type of booking.

Private retreats:

A self-contained Pig Pen, Hen Run or Linhay Lodge, with your own kitchen. Self-catering (bring your own supplies) or stocked larder (we fill up your fridge and your store cupboard).



Programme events:

An en-suite room in the Long Barn or Pound House. Meals are shared in the dining room (set times). Plenty of communal spaces both sociable and silent. The Fat Pigeon bar is normally open before supper. Single people are never asked to share.



Group bookings:

The Long Barn, Pound House and Pig Pens are all available for self-catering or fully catered groups.

You can expect quiet, restful, simple and comfortable. We keep you warm and provide plenty of hot water.

Our Cellarer team cook tasty, healthy meals using real ingredients, many home grown or locally produced. We are very good with special diets but must have advance notice.



Sheldon - the place

The central thatched courtyard includes sensitively converted medieval barns, chapel and farmhouse.

Clustered around these are the modern buildings - warm and light. Everything is en-suite and disabled access is reasonable given the challenges of a sloping historic site.

We are in the very rural Teign Valley with beautiful views in every direction yet only 10 miles from motorway and railway at Exeter. We have 45 acres of our own gardens, fields and woodlands to explore, plenty of local off-road walking and our sheep are good at offering a listening ear on request.

You might be surprised to find an open air theatre, and delighted to discover a Chartres labyrinth where you can walk your prayers.



Sheldon for groups

When you take a group away you need to be confident that the environment will support your purpose. We are pleased to welcome all sorts of groups seeking the quietly generous good space we offer. The ideal size is 15 - 30, but others work too.

The space at Sheldon is highly conducive to relaxing and exploring together as a group. You may choose to be self-catering or let Sheldon take the strain and provide all your meals.



We offer you privacy and exclusive, uninterrupted use of your space, good quality bedrooms and meeting rooms, thoughtfully designed and lovingly maintained grounds, chapels and other shared spaces around the site.

The resident Community gives discreet service and attention to detail within a regular rhythm of prayer.



"I have so enjoyed my stay. Sheldon is such an oasis of peace - much needed!"

Special Spaces



Whether you need space for reflection, for companionship, for worship or creative pleasure, Sheldon has many wonderful spaces for you to explore.



The chapels and the labyrinth are open for quiet reflection at all times and you are welcome to join the Community for our daily prayers. The library is cosy and well-stocked with an eclectic mix of books. The Fat Pigeon bar opens before supper when programme events are running. Treat yourself to a jacuzzi or massage.



Our spacious Art Shed has a tempting array of materials for everyone (including complete beginners) to enjoy.

(Note: these facilities are for private and programme bookings and not normally available for group bookings.)

“Thank you for leaving me alone to do what I came to do, to have rest and quiet with God.”

“Everything about this place was conducive to physical and spiritual rest.”

Our Ethos



We believe in kindness, attention to detail and letting God be God. Our job is to create and sustain an environment that supports healing of body, mind and soul. Simple things like rest, beauty, fresh air, nourishing food, a listening ear and unflinching love.

A unique body of experience, expertise and professional skill.

A deep compassion, because we know the tough times really are tough.



We hold your personal business in strict confidentiality and everyone on private retreats or programme events should expect to honour the Rules of our House ...

No clergy shop talk (applies if you're not clergy too)

No ministering to other guests (they don't need your help)

Respect the space and privacy of others (they don't need your problems)

Peace and quiet after 10.30pm

No pets (but registered assistance dogs welcome)

Supporting Sheldon

- Volunteer
- Pray
- Give



Sheldon is an independent charity. Our primary funding comes from the contributions made by guests and the donations made by Friends. Funds from legacies and trusts also enable us to build and grow Sheldon. Friends pray for, support and encourage the Community. The work of Sheldon is undertaken by the Community, staff and volunteers. There are many opportunities for volunteering in hospitality, workparties, open air theatre and reception. Many hands make light work, and lasting friendships.

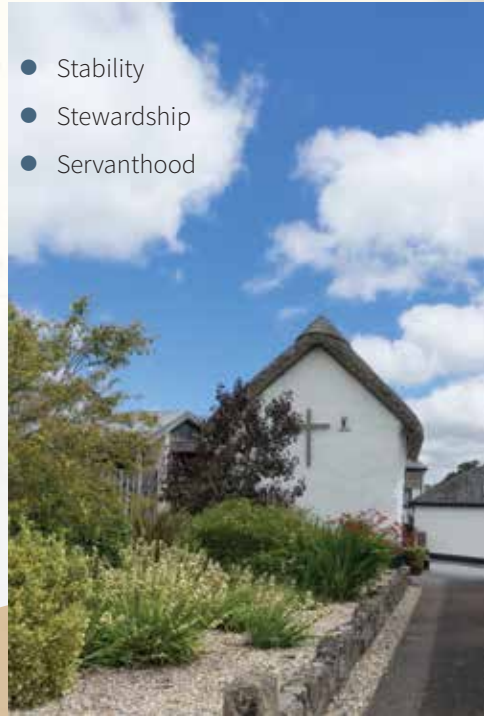


Living at Sheldon

We are a mixed lay Community.
We make our life and do our
ministry here at Sheldon.
Interested in joining us? See our
website for current opportunities.

Please pray for us as we pray for
and serve you.

- Stability
- Stewardship
- Servanthood



“The sense of ‘settledness’ here, which is very soothing - I feel safe & secure here at a very deep level.”



www.sheldonthub.org
doing healthy ministry together

**“Love the Hub
- there’s always
someone who
knows!”**

Share the best resources with live listings
of useful people and places for ministry

Support one another with prayer,
advice and a listening ear at tough times

Sustain yourself in ministry alongside others
who really get what it’s like at the sharp end

Share the
day round
**The Kitchen
Table**



Help at
The Surgery
when it hurts



The R&D Lab
to learn and
share good
practice



Dig deeper
together in
The Allotment



Pray for one
another in
**The Prayer
Room**



Collaborate on
site development
in **Hub Dev.**



A unique resource hosted by the Sheldon community
a safe and secure online retreat