

## R5 - Read, Retreat, Rest, Relax, Recuperate

Society of Mary and Martha at Sheldon  
Sunday 6 to Friday 11 October 2019

### Sunday 6th

From 6pm	arrivals	4pm	Tea
7.30pm	Fat Pigeon bar open	5pm	Community prayers
8pm	Supper	6.30pm	Fat Pigeon bar open
		7pm	Supper

### Monday 7th – Thursday 10th

8am	Community prayers
8.30am	Breakfast
11am	Coffee
12.30pm	Lunch

### Friday 11th

8am	Community prayers
8.30am	Breakfast
10am	Last departures

All **meals** will be in the Pound House Dining Room.

You are welcome to take meals to your room on a tray if you prefer - please let the team in the kitchen know after breakfast and collect your tray 10 minutes before the meal.

**Refreshments** in Pound House (or Long Barn for workshop participants).

The **Fat Pigeon** is Sheldon's licensed bar in the Great Barn Loose Box, accessed via the Dining Room lobby.

**Community Prayers** in the upstairs Chapel of Mary, Martha and Lazarus

The Medieval Chapel is open for private prayer at all times. There is a short time of **intercessions sometime around midday** in the medieval chapel led by a member of the Community.

Local church service times are posted on the noticeboard in the stairwell to the upstairs Chapel (the Annexe on the back of the Great Barn)

The **Library** is open all week except when closed for day bookings (when there is a notice on the outer door). Please keep silence and return books before you leave.

The **Art Shed** is available for engaging your creative imagination, just beyond the Hen Runs at the lower end of the car park.

**Shop** open and **Jacuzzi** bookings (£7.50/£6) from Reception during office hours, normally 9am - 1pm and 2pm - 5pm.

Folders with **local walks** are available in the Boot Room and Reception.

Useful things are in the **Boot Room** between Pig Pens and Long Barn.