

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.