

Uncovering Julian of Norwich led by Simon Parke

Society of Mary and Martha at Sheldon
Monday 14th to Friday 18th October 2019

Monday

3pm – 5pm	Arrivals (5pm latest)
5pm	Community Prayers
5.30pm	Orientation
6.30pm	Fat Pigeon bar open
7pm	Supper
8.15pm	Session, meditation and into silence

Tuesday - Wednesday

8am	Community Prayers (Eucharist on Weds)
8.30am	Breakfast
9.30am	Session
10.45am	Coffee
12.30pm	Lunch
2pm	Meditation
4pm	Tea
5pm	Community prayers
5.30pm	Session
6.30pm	Fat Pigeon bar open
7pm	Supper
8pm	Meditation

Thursday

8am	Community Prayers
8.30am	Breakfast
9.30am	Session
10.45am	Coffee
12.30pm	Lunch
2pm	Meditation
4pm	Tea
5pm	Community prayers
5.30pm	Session
6.30pm	Fat Pigeon bar open
7pm	Supper
8.15pm	Final gathering

Friday

8am	Community Prayers
8.30am	Breakfast
10am	Final departures

Silence will be held from Monday evening until the bar opens on Thursday evening.

Everything is entirely optional. Come to what you want to.

Each meditation will involve a reading and silence and last about 15 minutes.

If you want a 1:1 session with Simon, choose a slot from the list on the Long Barn noticeboard.

All retreat **sessions** and **worship** will be in the Long Barn sitting room.

All **meals**, **tea** and **coffee** 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.

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

Community Prayers are in the upstairs Chapel of Mary, Martha and Lazarus in the Great Barn.

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

Please remember the **Sheldon House Rules**: see separate help sheet.

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.