

**Society of Mary and Martha**  
**12,000-mile Service timetable**  
**Sunday 10th – Friday 15th November 2019**

**Sunday**

6pm – 8pm Arrivals  
 7pm Fat Pigeon open  
 7.30 – 8.30pm Buffet supper available  
 8pm **Orientation in the Fat Pigeon**

**Monday**

8am Morning prayers  
 From 8.30am Breakfast  
 From 9am *Individual sessions by appointment*  
 11am Coffee  
 12.45pm Lunch  
 4pm Tea  
 5pm Evening prayers  
 6.30pm Fat Pigeon open  
 7pm Supper  
 9pm Night prayers

**Tuesday**

8am Morning prayers  
 From 8.30am Breakfast  
 10.30am Workshop (to 12.30pm)  
 11am Coffee  
 12.45pm Lunch  
 4pm Tea  
 5pm Evening prayer  
 6.30pm Fat Pigeon open  
 7pm Supper  
 9pm Night Prayers

**Wednesday**

8am Morning prayers  
 From 8.30am Breakfast  
 10.30am Workshop (to 12.30pm)  
 11am Coffee  
 12.45pm Lunch  
 4pm Tea  
 5pm Evening prayers  
 6.30pm Fat Pigeon open  
 7pm Supper  
 9pm Night prayers

**Thursday**

8am Morning prayers  
 From 8.30am Breakfast  
 10.30am Workshop (to 12.30pm)  
 11am Coffee  
 12.45pm Lunch  
 4.30 pm Tea  
 6.30pm Silence in Chapel until  
 7pm Eucharist followed by supper

**Friday**

8am Morning prayers  
 8.30am Breakfast  
 10am Last departures

**Workshops – more details on arrival**

Tuesday: Kevin Scott – The Eye of the Beholder  
 Wednesday: Philippa Wackerbarth – Gentle Touch  
 Thursday: Richard Skinner – Fun with Words

## Notes to the programme

1. **Arrivals:** please plan your journey to ensure that you get here before the **deadline of 8pm**. (Sorry but we reserve the right to not allow latecomers to join the event.)
2. Individual appointments on Monday are with Carl and Sarah. This is your opportunity to let us know what your expectations and needs are, especially if you want 1:1 time. Many guests simply want rest and space to be quiet and catch up on thinking, reading and prayer.
3. After the introduction everything during the week is optional. Please choose what you need from what is available and ignore the rest.
4. Community daily prayers at 8am and 5pm and Night Prayers at 9pm are all in the upstairs Chapel of Mary, Martha and Lazarus.
5. **Workshops:** each will last up to 2 hours, and hot drinks will be served during the session. No previous experience is needed - they will all be gentle and encouraging and geared for you to take at your own level. The only rule is 'no observers' - ie if you attend, you take part. Details of workshops for the week will be provided on arrival and all take place in the Long Barn.
6. **Facilities.** Throughout the week you are welcome to make use of the Library, Labyrinth, Chapels and Art Shed. All these resources are open at all times and shared with other guests in residence on private retreats.
7. **Walks:** the Sheldon Centre is set in a lovely part of the Teign Valley so we suggest you bring walking boots or wellingtons. Sheldon itself has 45 acres of fields and woodlands, and maps are available to borrow for a range of local walks.
8. **Meals:** breakfast is a self-serve meal including cereals, toast etc. Lunch is a simple meal with soup, bread and cheese, fresh fruit. Supper is the main meal of the day. Be sure to notify special diets *2 weeks in advance*. The Fat Pigeon is our licensed bar which will be open in the Loosebox in the Great Barn for half an hour before supper each day.
9. If you might like to book a session or two in the Jacuzzi, please bring your swimming costume and a spare towel. There is no extra charge.
10. Sheldon has a nice little shop which is open whenever the Reception is open.
11. **Privacy:** you are welcome to be away from Sheldon during the week but please do not invite guests to visit you here at Sheldon.
12. **Pets:** you are very welcome but, regretfully, your pets are not.
13. **Communications.** We have free Wifi and good mobile coverage with O2. We ask that guests don't use phones in communal areas, and maybe think in advance how 'off grid' you would like to be during your retreat. If you do choose to access emails etc while you are here, please avoid talking about that as it may be intrusive for people who have chosen not to.
14. We're here to help you with the [Sheldon House Rules](#) – see separate sheet.