

Seeds of Contemplation led by Ian Mobsby

Society of Mary and Martha at Sheldon
Monday 28 October to Friday 1 November 2019

Monday

3-5pm Arrivals (5pm latest)
5pm Community Prayers
5.30pm Orientation then ***Following the way of Thomas Merton***
6.30pm Fat Pigeon bar open
7pm Supper
8.30pm ***Silent Reflection on Thomas Merton's Mystical Experience in Louisville***

Tuesday

8am Community prayers
8.30am Breakfast
9.30am ***Being & Belonging***
10.30am ***The Examen Prayer***
11am Coffee
11.45am Eucharist with Lectio Divina
12.30pm Lunch
4pm ***Seeking beyond illusion & delusion and the path of humility***
5pm ***Prayer Practice on the words of Thomas Merton***
6.30pm Fat Pigeon bar open
7.00pm Supper
8.30pm ***New Monastic Contemplative Prayer***

Wednesday

8.00am Community prayers
8.30am Breakfast
9.30am ***Understanding the Self in connection to God as Mystical Community***

10.30am ***Prayer inspired by the words of Thomas Merton***
11am Coffee
11.45am Eucharist with Lectio Divina
12.30pm Lunch
4pm ***Feedback & explorations***
5pm ***Welcoming Prayer for times of pain***
6.30pm Fat Pigeon bar open
7.00pm Supper
8.30pm ***New Monastic Contemplative Service***

Thursday

8.00am Community prayers
8.30am Breakfast
9.30am ***Contemplation & Action***
10.30am ***Body Prayer & Prayer Walking***
11am Coffee
11.45am Eucharist with Lectio Divina
12.30pm Lunch
4pm ***The Challenge of Christian Spirituality in culture of 'Spiritual not Religious'***
5pm ***Silent Prayer***
6.30pm Fat Pigeon bar open
7.00pm Supper
8.15pm ***New Monastic Contemplative Service***
9pm ***Returning with the blessing of the Holy Trinity***

Friday

8.00am Community prayers
8.30am Breakfast
10.00am Final departures

Retreat sessions will be in the Long Barn sitting room.

Eucharists and **Contemplative** evening services in the upstairs chapel.

Silence: from Monday evening after supper until after Thursday 5pm silent prayer

All **meals** and **coffee** will be in the Pound House Dining Room. Tea will be available on a self-service basis in the Pound House between 3 and 3.45pm daily.

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 (8am & 5pm) are in the upstairs Chapel of Mary, Martha and Lazarus.

The Medieval Chapel is open for private prayer at all times.

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.