

# Love Set You Going led by Janet Morley

Society of Mary and Martha at Sheldon  
Monday 10 to Friday 14 February 2020

## Monday

3pm – 5pm	Arrivals (5pm latest)
5pm	Community Prayers
5.30pm	Orientation & <b>Introduction</b>
6.30pm	Fat Pigeon bar open
7pm	Supper
8.15pm	<b><u>'Love bade me welcome'</u></b> <b>– gathering to explore the place of love in our lives</b>
9pm	Compline

## Tuesday

8am	Community Prayers
8.30am	Breakfast
9.30am	<b><u>'Love set you going'</u></b> - <b>our experience of love in childhood</b>
10.45am	Coffee
11.15am	<b>Love and change up and down the generations</b>
12.30pm	Lunch
4pm	Tea
5pm	Community Prayers
5.30pm	Optional feedback session (talking)
6.30pm	Fat Pigeon bar open
7pm	Supper
8.15pm	Sharing of poems, stories, musical tracks which participants have found helpful
9pm	Compline

## Wednesday

8am	Community Prayers
8.30am	Breakfast
9.30am	<b><u>'The love of my life'</u></b> – <b>the opening of the heart</b>
10.45am	Coffee
11.15am	<b>Enduring love</b>
12.30am	Lunch
4pm	Tea
5pm	Community Prayers
5.30pm	Optional feedback session
6.15pm	Fat Pigeon bar open
6.45pm	Supper
7.45pm	Film 'Of Gods and Men' – French language with subtitles

## Thursday

8am	Community Prayers
8.30am	Breakfast
9.30am	<b><u>'Love never falls away'</u></b> – <b>God's love for us</b>
10.45am	Coffee
11.15am	<b>Our love for God</b>
12.30pm	Lunch
4pm	Tea
5pm	Community Prayers
5.30pm	Eucharist
6.30pm	Fat Pigeon bar open
7pm	Supper
8pm	<b>Closing session with opportunity to share insights and resolutions</b>

## Friday

8am	Community Prayers
8.30am	Breakfast
10am	Final departures

*Silence will be held from after supper on Monday evening until  
after Eucharist on Thursday evening.*

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

*Tuesday to Thursday afternoon – free time, creative art work, outdoor walks/labyrinth,  
booked one-to-one sessions*

*If you want a 1:1 session with Janet or Anne, choose a slot from the list on Long Barn noticeboard.*

All retreat **sessions** 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** and **Thursday Eucharist** are in

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

The locations for **Compline** on Monday and Wednesday will be announced on the day.

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.

### **Janet's notes:**

Please bring

- Your bible
- Resources and relaxation activities for yourself
- A photo of yourself as a baby or small child
- A poem, reading or musical track you find helpful on our theme
- Notebook and pens
- A copy of 'Love Set You Going' by Janet Morley. 'The Heart's Time' may also be useful. (You can borrow or buy copies on the retreat)
- Stout shoes or boots for walking outside, and waterproof outerwear. NB some wellies can be borrowed and there is a drying room
- Wifi is available, but you are advised to consider carefully how you plan to use especially social media during the event, so as to take maximum advantage of a silent retreat.