

Seeing the Light in Life led by Steve Radley

26th – 30th October 2020

Monday

3pm – 5pm Arrivals (5pm latest)
5.30pm **Orientation**
6.30pm Fat Pigeon bar open
7pm Supper
8pm Opening reflection

1.30pm

4pm

4.15pm

5.30pm

6.30pm

7pm

8pm

Photography walk

Your image of the day to Steve by 4pm

Tea

Sharing/Meditation

Fat Pigeon bar open

Supper

Prayers/reflection

Tuesday to Thursday

8.30am Breakfast
10am **Reflection** for the day
11am Coffee
11.45am **Technical skills** session
12.30pm Lunch

Friday

8.30am

10am

Breakfast

Final departures

Silence will be held from after the evening worship on Mon, Tue, Wed until lunchtime the following day.

Coronavirus reminders – please ...

- **2m** distancing at all times, indoors and out
- Wear a **mask** in all shared indoor spaces except while eating or drinking
- wash/sanitise your **hands** each time you enter/leave a communal room
- doors may be open for better air circulation – have enough **clothing** to keep warm
 - read/follow **instructions** – we're doing things differently

... and we still have the 'no clergy shop talk' house rule – thanks

Where things happen

All retreat sessions/prayers/etc in Long Barn sitting room.

Breakfast in the Long Barn dining room.

Lunch and **supper** in the **Pound House**

Tea and coffee will be served in the Long Barn dining room (or you can help yourself in your room)

The **Fat Pigeon** is Sheldon's licensed bar in the Great Barn Loose Box, accessed via Reception (contactless payments only)

Please bring with you

A way of sending your daily image to Steve electronically – via phone or laptop. If you don't have the kit we'll work something out, but simpler for Steve/distancing if you can bring. Suitable clothing and footwear for daily walks with your camera around the Sheldon site – boots and waterproofs in case it's wet