

# Visit Sheldon 2019

Take your pick of retreats and many other opportunities to experience Sheldon's restorative environment over the coming year.

Detailed descriptions and tariffs online at [www.sheldon.uk.com](http://www.sheldon.uk.com)

or ring us on 01647-252752. We're always pleased to talk through how Sheldon may be able to serve you.

Events highlighted  exclusively for people in ministry - see web for details

## December/January/February

### R5 - Read, Retreat, Rest, Relax, Recuperate

A restorative way to see in the new year  
*Fri 28 Dec 2018 to Wed 2 Jan 2019*

### R5 - Read, Relax, etc (Candlemas)

Your time out for all or part of the week  
*Sun 27 Jan - Sun 3 Feb*

### Candlemas Workparty

Work and worship for practical volunteers  
*Fri 1 - Sun 3 Feb*



## February/March

### Finding your Inner Ignatius

**Margaret Whipp** Rhythm, longing and flow in the search for lifelong vocation  
*Mon 11 - Fri 15 Feb*

### 12,000-mile Service

Sheldon's flagship resource for people in ministry. Service yourself as well as you do your car  
*Sun 24 Feb - Fri 1 Mar*

ministry

### Discerning the Angel

**Angela Tilby** Harnessing the power of the sculptures of Antony Gormley to speak to us about transformation and our relationship with God.  
*Mon 11 - Fri 15 Mar*

### Enneagram (part 1)

**Karen Webb** From personality to spirit - the foundation workshop to a powerful tool for personal growth.  
*Tue 19 - Thu 21 Mar*

### Share the Joy

**Andrea Chance** A hands-on encounter with the "dazzling brilliance" of icons  
*Fri 22 - Sat 23 Mar*

# Visit Sheldon 2019

## March/April/May

### **R5 - Read, Retreat, Rest, Relax, Recuperate (Lent)**

Come for all or part of the week to prepare yourself for Easter  
*Sun 24 - Fri 29 Mar*

### **Easter Workparty**

Volunteer work and worship for Holy Week and Easter  
*Tue 16 - Tue 23 Apr*

### **R5 Relax, Recuperate, etc (Easter)**

Join the Community and volunteers for liturgy and meals and do your own thing between times  
*Tue 16 - Tue 23 Apr*

### **12,000-mile Service**

ministry

Sheldon's flagship resource for people in ministry - keep your battery well charged for life and ministry  
*Sun 28 Apr - Fri 3 May*

### **Seeing the Light in Life**

**Steve Radley** Discover your own life and surroundings in new ways with the simple gift of photography.  
*Mon 27 - Fri 31 May*



## June/July

### **R5 - Rest, Relax, etc (mid summer)**

Unwind with all that Sheldon offers in the lazy days of June  
*Sun 16 - Fri 21 Jun*

### **Grace and Forgiveness**

**Stephen Cherry** Using Marilynne Robinson's novels to reflect on the capacious, deep and ever-challenging subjects of God's grace and human forgiveness.  
*Mon 15 - Fri 19 Jul*

### **R5 - Relax, Retreat, etc (July)**

Bring a book, explore the local area, enjoy Sheldon or sleep - come for whatever you need.  
*Fri 19 - Wed 24 Jul*

### **Summer Workparty**

Volunteer work, creative arts, worship, theatre, teamwork and fun.  
*Wed 24 Jul - Sat 3 Aug*

# Heart & soul for ministry

August

## Clergy Family Holidays

Let Sheldon take the strain - religion-free and child-friendly. Free days with lots to explore in the local area. A relaxing home base and low-key family activities to return to in the evening. Good food and good company.

*Week 1: Sun 4 - Sat 10 Aug*

*Week 2: Sun 11 - Sat 17 Aug*

ministry

## The stories that shape us

**Margaret Silf** Stories that control or liberate, seduce or inspire - becoming the change we wish to see in the world.

*Sun 18 - Thu 22 Aug*

September/October

## 12,000-mile Service

Sheldon's flagship resource for people in ministry - check the steering and take out the dents in your bodywork

*Sun 29 Sep - Fri 4 Oct*

ministry

## R5 - Relax, Retreat, etc (St Luke's)

Whether you need to rest or retreat, relax or read, recuperate or prepare - a Sheldon R5 may be just what you need.

*Sun 6 - Fri 11 Oct*

## Julian of Norwich

**Simon Parke** Sitting with Julian, listening to the difficult times in which she lived and to her life, words and optimistic soul.

*Mon 14 - Fri 18 Oct*



October/November/December

## Seeds of Contemplation

**Ian Mobsby** Thomas Merton and the spiritual path - awaken dormant depths.

*Mon 28 Oct - Fri 1 Nov*

## 12,000-mile Service

Sheldon's flagship resource for people in ministry - do you have enough tread on your tyres to drive safely?

*Sun 10 - Fri 15 Nov*

ministry

## The Advent of Eternity

**Andrew Nunn** The great Advent themes of heaven, hell, death and judgement - what can they say to us today?

*Mon 25 - Fri 29 Nov*

## R5 - Read, Rest, etc (Advent)

Make some simple retreat or reading space in early Advent - come for all or part of the week

*Fri 29 Nov - Fri 6 Dec*

## Advent Workparty

Volunteer work and worship

*Fri 29 Nov - Sun 1 Dec*

For full details and costs see [www.sheldon.uk.com](http://www.sheldon.uk.com) or ring us on **01647 252752**

Further events, including Quiet Days and workshops, may be added during the year

“The utter peace - not just the wonderful surroundings but the ‘prayed-in’ peace”

# How much does it cost?

**Individual bookings  
will include some or all of:**

**Room:** (en-suite or Hen Run/Pig Pen or Linhay Lodge)

**Food** (catered or stocked larder or self-catering)

Programme **content** (eg led retreat or workshop)

**Other** (1:1 sessions, massage, emergency supplement,  
budget weekend special price, etc)

**20%** discount for people in **ministry**

**10%** discount for **5 nights** or more.

**Group bookings may be:**

**Self-catering:**

accommodation by the building

**Catered:** inclusive price per person  
single or shared  
occupancy

Each booking is put together by checking what you need and then our computer system works out your quote. All the component tariffs are on our website. Almost all guests contribute between £50 and £100 per night. However, we don't want finance to be a bar for anyone who is in ministry and in need of Sheldon's specialist care. Have what you need and pay for what you can afford. We trust you to be straight with us and to seek alternative funding sources when available.

Sheldon, Sheldon Lane, Doddiscombsleigh, Exeter EX6 7YT  
bookings@sheldon.uk.com [www.sheldon.uk.com](http://www.sheldon.uk.com) 01647-252752