

The Wisdom Years – led by Margaret Silf

21st – 25th October 2024

Mon		12.30pm	Lunch
3pm – 5pm	Arrivals (office closes 5pm)	4pm	Tea
5.30pm	Welcome and Orientation	4.30-5.15pm	'When the seed dies'
6.30pm	Fat Pigeon bar open	5.30-6.30pm	Gathering time
7pm	Supper	6.30pm	Fat Pigeon bar open
8.15pm	Session 1 Introduction 'The wisdom years'	7pm	Supper
		8.30pm	Night Prayer
Tues		Thurs	
8am	Morning Prayer	8am	Morning Prayer
8.30am	Breakfast	8.30am	Breakfast
9.30-10.15	'Amber lights'	9.30-10.15am	'The bigger picture'
12.30pm	Lunch	12:30	Lunch
4pm	Tea	4pm	Tea
4.30-5.15pm	'Losses and gains'	4.30-5.15pm	'Our legacy to the future'
5:30-6.30pm	Gathering time	5:30pm	Gathering time
6.30pm	Fat Pigeon bar open	6:30pm	Fat Pigeon bar open
7pm	Supper	7pm	Supper
8:30pm	Night Prayer	8:15pm	Eucharist
Wed		Fri	
8am	Morning Prayer	8am	Morning Prayer
8:30	Breakfast	8.30am	Breakfast
9:30-10.15am	'Independence'	10am	Last departures

Silence will be held from Monday evening until the bar opens on Thursday.

Daily Gathering time is optional bounded space for shared reflections on the day

Please read this timetable in conjunction with other details in your welcome pack

- Site map and shared facilities
- Covid Protections

Orientation and retreat **sessions** all in **Long Barn** sitting room.

Community Morning Prayers, Night prayers and the **Eucharist** in upstairs chapel

Breakfast, Lunch, Tea and Supper in the **Pound House**

Self-serve hot drinks in Long Barn guest kitchen at any other times

The **Fat Pigeon** is Sheldon's licensed bar accessed from dining room lobby