

## Send my roots rain – Christopher Chapman

17<sup>th</sup> – 21<sup>st</sup> February 2025

### Mon

3pm – 5pm Arrivals  
(office closes 5pm)  
5.30pm Orientation  
6.30pm Fat Pigeon bar open  
7pm Supper  
8.15pm Session 1 and into silence

### Tues, Wed, Thu

8am Morning prayers  
8.30am Breakfast  
10am Session

12.30pm Lunch  
4pm Tea  
5pm Session  
6.30pm Fat Pigeon bar open  
7pm Supper  
8pm Reflecting on the day

### Friday

8am Morning Prayers  
8.30am Breakfast  
10am Final departures

*Silence will be held from Monday evening until after Morning Prayer on Friday*

*Each day will begin with simple, reflective morning prayers drawing on scripture, the insights of Christian spiritual writers, and poetry.*

*If you would like to have a 1:1 session with Christopher, use the signup sheet  
Reflecting on the day will be a time of drawing together themes and insights from the day  
and resting them with God.*

Please read separate sheet with regard to our ongoing protections against Covid and other airborne illnesses – we'd like everyone to stay healthy.

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

**All meals** in the **Pound House**

The **Fat Pigeon** is Sheldon's licensed bar in the Great Barn Loose Box