

# Reflections on Retirement – retreat led by Clare Herbert

Monday 10<sup>th</sup> – Friday 14<sup>th</sup> March 2025

<b>Mon</b>		12.30pm	Lunch
3pm – 5pm	Arrivals (Office closes 5pm)	4pm	Tea
5.30pm	Orientation	5pm	Discussion
6.30pm	Fat Pigeon Bar open	6.30pm	Fat Pigeon Bar open
7pm	Supper	7pm	Supper
8pm	Compline, address and into silence	8pm	Silent Prayer (Chapel)
		8.15pm	Compline & address (Thursday Eucharist)
<b>Tues (Wed) [Thu]</b>		<b>Friday</b>	
8am	Community prayers	8am	Community Prayers
8.30am	Breakfast	8.30am	Breakfast
9.30am	Address	10am	Final departures
10.30am	Coffee		
11am	Reflection		
Noon	Midday prayers		

*Silence will be held each day from 8pm until after midday prayers [before breakfast on Friday]*

*Do visit Clare if you would like to talk something over, either about yourself, or about the way the retreat is going for you. She is available for one to one sessions daily at 1.15pm and 2.15pm - tick a slot on the signup sheet in the Long Barn.*

**Orientation, addresses, reflections, discussions & midday prayers** in Long Barn sitting room.  
**Community prayers, Silent Prayer, Compline & Eucharist** in upstairs chapel

**All meals and afternoon tea** in the **Pound House**  
Self-serve hot drinks in Long Barn guest kitchen at other times  
The **Fat Pigeon** is Sheldon's licensed bar

We want everyone to **stay healthy** so please read infection control info on separate sheet

### Things to bring

- any simple art materials for drawing/painting (we can provide if you don't own)
- a picture of a favourite tree (on paper or phone/tablet)
- Bible, notebook, pen, prayer journal
- Tablet or other device for daily download of addresses
- Any books or poems to share about retirement which you have found helpful