

A Summer Retreat



Peace

To this house;
To those who enter;
To those who dwell here;
To those who depart,

Peace

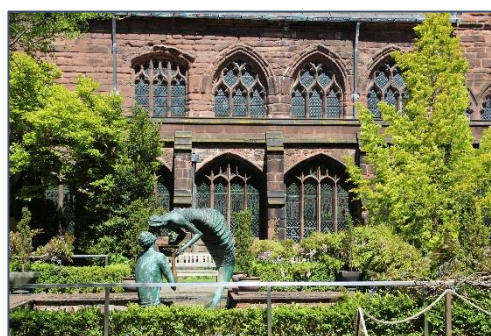
the Retreat House blessing

We are glad to be offering Summer Retreats to local churches and faith groups in 2023. These retreats offer time for rest and refreshment in the summer months, inspired by the theme of water in Scripture – quenching our thirst and giving us life.

Retreat House Chester, an ecumenical Christian charity, has welcomed hundreds of people to its activities of 'retreat as part of living' in its more-than-seven years. We hope a Summer Retreat can be a welcome support to your community this year.

What is it?

The retreat is in three parts – Receive, Rest, Live – and is shaped by a rhythm of time together and time apart. Each part opens with a group gathering, with scripture and guided reflection; a period of individual time then follows, supported by suggestions on how to spend time with the theme, and the invitation to move around the space available. Resources are available during this time.



How does it work?

Timings We find that 10 – 1.15 works well, but welcome longer or shorter times. You might like to invite people to arrive for coffee from 9.30am, giving time to settle in. We can offer weekday daytime in June & July.

Who We suggest a maximum of 20 people, drawn from your whole community or just some groups within it. We are happy to run the retreat for much smaller groups, too. For smooth running, we do ask that you take bookings. We also ask that there is at least one person from your group who takes charge of general oversight of the retreat and its arrangements.

Where This retreat is for the local community in their own spaces, and we run it as your guest. We welcome running the retreat in your church, hall or meeting room – with space for people to move around in their own time. It always helps if you as host are able to offer tea and coffee. For small groups of six or so, in daytime, we could welcome you to our rooms in Abbey Square.

Cost £160, including resources and expenses as well as preparation and delivery of the retreat. (For a maximum of 20 people, this means just £8 per person.) We leave it to the church / group to decide whether this is raised from church funds, or by charging participants or by asking for donations - or a combination of any of these. We ask that payment is made to Retreat House Chester up to one week after the retreat.

What now?

Please contact the person who shared this invitation with you, or us on admin@retreathousechester.co.uk, to express interest and with introductory information about venue, potential numbers and possible dates. Then we'll get back to you! (Please always check your junk emails if you don't hear from us.) **Thank you.**