



## OUR VISION AND VALUES

### *Peace*

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

### *Peace*

*peace to those who enter – come as you are: everyone is welcome*

*peace to those who dwell here – find, experience and explore ways to wholeness*

*peace to those who depart – connect with your everyday living*

Retreat House Chester wants to make the good things of retreat available and accessible in a modern city. Retreat has many benefits: deeper living and spiritual awareness, improved wellbeing and increased self-knowledge, better relationships with others and the planet are just some. The word 'peace', in its biblical sense, means 'wholeness': by nourishing the soul through retreat, we work to build this peace - for individuals, within communities, and across the city. For us, this means fullness of life for all.

Our values centre on peace and the wholeness it means. Real, clear, enduring and practical, they derive from our Christian roots, our experience in these initial years of RHC, and common sense. They inspire and guide what we do and how we work.

### *peace is about **hope***

Building peace is dynamic, challenging and transformative. We work with real people in real circumstances to make a difference in people's lives – as individuals and in society.

*"This has given me hope in seeking spiritual depth in myself and others."*

*"This has given me the spur and confidence to think about tackling things that might have frightened me before."*

*retreat participants*

### *peace is about **relationship***

Living in relationship is about ourselves, others, our planet and a loving God. We understand both interior life and the value of connection, and offer ways to explore and develop these relationships – especially in an urban context and alongside other organisations building the common good.

*"a place for real and meaningful conversation"*

*"This has given me a deeper acceptance of self; a better understanding of others."*

*retreat participants*

*peace is about* **valuing people**

Simply by being human we each have unique and immense worth – body, mind and soul. We offer varied and accessible activities which respect people’s different needs and experiences, and we draw on the gifts that we offer one another.

*“Well led and inclusive - thank you.”*

*“Retreat House Chester supports and deepens my spiritual life.”*

*“wonderful to have access to mini retreats so close to home.”*

*retreat participants*

*peace is about* **the strength of gentleness**

Acting with care and compassion is a force for good and enables human flourishing. We work carefully, respectfully and courageously in our encounters.

*“Beautifully led - just enough direction and input while also creating space.”*

*“I feel I’ve been given a slice of peaceful existence.”*

*retreat participants*

*peace is about* **roots and responsibility**

Drawing on deep roots and acting within clear frameworks gives identity, strength, reassurance and growth. We draw gently but deeply on Christian spiritual tradition, and find roots in the local monastic story of Chester. Our ethos and belief is in line with Churches Together in Britain and Ireland, and we are a member of the Retreat Association. A registered charity, we are a member of Cheshire West Voluntary Action, and work with professionalism and good practice. We are determined to continue to be resilient, sustainable and ethical.

*peace is about* **being small in a big picture**

We value being a detail in a great canvas, a part of a whole. We make our contribution to building wholeness and the common good. A local grassroots project, we are already recognised nationally for our innovation and character and we believe that what we’re doing in Chester might inspire similar projects to develop elsewhere.

**Thank you**

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