

The Rhythm of Life at Richmond Hill

An important part of the experience of a retreat at Richmond Hill is the participant's entering into the life of the community through the rhythm of prayers, work, meals, and fellowship. This gentle rhythm slows the rushing pace of the ordinary day and helps us step back to take the longer view and the deeper look that is so often essential to the work of the retreat.

The schedule of our common life is as follows:

7:00 - 7:15 *morning prayer*

7:30 - 8:00 *breakfast*

12:00 - 12:15 *noonday prayer*

12:30 - 1:00 *lunch*

5:30 - 6:30 *community worship* *(Monday only)*

6:00 - 6:15 *evening prayer* *(Tuesday through Sunday)*

6:30 - 7:30 *dinner*

9:30 *snack*

11:00 *quiet time*

The deliberate spacing of the day with meals and times of quiet is one of the most important things which Richmond Hill has to offer as a place of retreat. This interruption of the day for prayer and quiet, and for our common life in this city, is a central feature of most of the world's significant religious traditions. We have concluded that it may be central to spiritual health, and have therefore built it into our common life. We ask all groups and individuals at Richmond Hill to join with us in this rhythm. The bell will ring to announce these times to all who are present.

All, of course, are welcome to join in the prayers of the community in the chapel at these times. However, if for some reason you prefer not to join us, please use the time allotted for quiet, for refreshment of the spirit, for reflection, and for seeking God in the way that you find more suitable for you. The gardens and lounge, library and novitiate normally available.

All who are in the retreat center: groups, individual retreatants, residents, staff, and volunteers share in the meals. This fellowship with others who are also seeking God or exploring their own roles in this metropolitan area adds an extra dimension to the retreat experience. Prayers are led by the residents and staff of Richmond Hill.

The quiet time at 11:00PM is for the sake of those who wish to sleep. Retreatants who wish to continue in subdued fellowship are most welcome to do so in the retreatant lounge.

Retreats are staffed by volunteers, staff, and residents. Most volunteers are previous retreatants who were blessed by their time at Richmond Hill and pass that blessing on by serving others. A member of the residential community and/or staff coordinates the efforts of the team and acts as host for your retreat. Your host will be available throughout the day and will be accessible during the night for emergencies.

Additional Information about Richmond Hill:

Coffee, tea, and fresh fruit are available throughout the day. You may schedule coffee breaks as you wish. Soft drinks are available for purchase for fifty cents.

Please do not bring your own refreshments. Food is not permitted outside the refectory area.

Please let us know of any special dietary needs.

Alcohol is permitted only for sacramental purposes.

Smoking is not allowed within the buildings.

The parking lot will accommodate all retreatant vehicles and is locked between the hours of 10:00pm and 7:00am.

Sheets and towels are provided.

Directions to Richmond Hill

Richmond Hill is located on the crest of Church Hill just east of downtown Richmond.

From downtown: travel east on Broad Street, turn right at 22nd Street, and continue for one block. Directly ahead is the entrance to our courtyard parking area at the intersection of 22nd and East Grace Streets.

Going east or west on I-64: take I-95 South and proceed as below.

Going south on I-95: take Exit 74B, East Franklin Street. Turn right on Franklin, right on 14th, right on East Broad Street, and then right on 22nd Street.

Going north on I-95: take Exit 74C, Broad Street East. When you reach Broad Street, turn left. Turn right on 22nd Street, and continue for one block to our entrance.

What to Bring

Accommodations at Richmond Hill are very simple. Please pack lightly. We recommend bringing a bathrobe since there are no private baths. Dress is informal, even for our worship services. Sneakers, jeans and sweaters will fit in fine.

All linens are provided. Coffee, tea and fresh fruit are available throughout the day. You may wish to bring an alarm clock. We ask retreatants not to bring computers, televisions, radios, tape players, or food.

Most retreatants bring their Bible and a journal. Retreatants are welcome to use the books in our library during their stay here.