

**The Rhythm of Life at Richmond Hill:
RETREATANT EXPECTATIONS**

**2209 East Grace Street
Richmond, VA 23223
(804) 783-7903**

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 Richmond Hill's common life is:

7:00 a.m. - 7:15 a.m. Morning prayer

7:30 a.m. - 8:00 a.m. Breakfast

12:00 p.m. - 12:15 p.m. Midday prayer

12:30 p.m. - 1:00 p.m. Lunch

5:30 p.m. - 6:30 p.m. Community worship (Tuesday only)

6:00 p.m. - 6:15 p.m. Evening prayer

6:30 p.m. - 7:30 p.m. Dinner

9:30 p.m. Snack

11:00 p.m. Quiet time

The deliberate spacing of the day with meals and times of quiet is one of the most important things Richmond Hill offers 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 individuals and groups at Richmond Hill to join with us in this rhythm. A bell announces these times to all who are present. Prayers are led by the Richmond Hill residents and staff.

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.

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. The parking lot will accommodate retreatant's vehicles and is locked between the hours of 10:00 pm and 9:00 a.m.

A member of the residential community or staff acts as host for your retreat and coordinates the efforts of other staff or residents on the hospitality team. 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 75 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 in any building (and only in designated areas outside the building).
- Sheets and towels are provided.

What to Bring

Accommodations at Richmond Hill are very simple. Please pack lightly. We recommend bringing a bathrobe since private baths are in the hallway. 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.

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

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 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.

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. Then continue for one block. Directly ahead is the entrance to our courtyard parking area at the intersection of 22nd and East Grace Streets.

THE RULE OF RICHMOND HILL

Conversion of Life/"Conversatio"	Living one's life as a conversation with God, in a commitment to personal spiritual disciplines
Obedience	Living one's life in response to God's will, in a commitment to the mission of the Community
Community	Living one's life as life together, in a commitment to shared mission and a common life
Simplicity	Living one's life without excess, in a commitment to a modest use of resources that resists greed and consumerism
Humility	Living one's life in perspective, in a commitment to assess and honor one's own gifts and those of others
Hospitality	Living one's life in service of others, in a commitment to welcome guests in love and a spirit of prayer
Prayer	Practicing a spiritual discipline that includes daily prayer for metropolitan Richmond in concert with the Richmond Hill Community
Racial reconciliation	Examining oneself, paying attention to the particular wounds of race in metropolitan Richmond, and to the setting right of racial wrongs
Healing	Committing one's own life to inner healing and to the healing of the larger community of metropolitan Richmond
Ecumenism	Honoring all expressions of Christian faith, respecting in Jesus' name all persons of other religions and faiths
Christian social transformation	Praying and working for the coming of the Kingdom of God in metropolitan Richmond
Stability/"Stabilitas"	Pledging to pray and work for the permanent transformation of the metropolitan city

THE STRUCTURE OF THE HOUSE

Richmond Hill is a “religious house” in the traditional sense. There is a religious intentionality in the way the House is organized. That is to say, the House operates within an agreed upon structure which is to be respected by all persons who enter, no matter whether they are resident or non-resident community members or guests of the community.

1. Mission

The Mission of Richmond Hill is to seek God's healing of metropolitan Richmond through hospitality, prayer, racial reconciliation, and spiritual development. It is intended that this House shall be dedicated to that mission. We believe that Richmond Hill was established as a place of prayer by God and has been used in that way by generations of our ancestors. We intend to preserve it and to be stewards of it for that purpose.

2. Schedule

Richmond Hill operates by a single schedule of prayer times, mealtimes, and times of rest. All persons in the House are expected to abide by these patterns and times. No conflicting activities are to be scheduled during these times.

At present, these times are:

A. Daily Prayer Offices:

Monday – Sunday: 7 a.m., 12 noon, 6 p.m. The daily prayer offices, which are open to the public, involve three 15 minute sessions of common prayer. At Richmond Hill, these offices are centered on intercessory prayer for the metropolitan city of Richmond, its citizens and its institutions. Persons are asked to enter and leave the Chapel in silence in order to honor the silence of others praying there. Holy Communion is celebrated on Tuesdays at 5:30 p.m. and on Thursdays at 7:00 a.m. It is expected that all Community and those for whom it is not a violation of conscience will join in the Chapel for the Community's intercessions and prayers for the city. It is also hoped that persons whose appointments are around one of these prayer times will join the Community for prayer.

B. Meals:

Mealtimes are 7:30 – 8:15 a.m., 12:30 – 1:15 p.m., and 6:30 – 7:15 p.m. Meetings and appointments may not be scheduled during these times. Community members and guests eat together in the Refectory. All persons are encouraged to help by clearing the tables. Persons eating in silence are encouraged to wear tags and eat in the silent dining room adjoining the Refectory.

C. Hours:

Richmond Hill is normally open for visitors during office hours, 9:00 a.m. – 5:00 p.m., Tuesday – Sunday. Chapel doors are opened to the public ten minutes before each prayer session. When retreat groups are present, the House closes at 10:00 p.m.

D. Closing:

Richmond Hill is customarily closed to the public from Sunday at 4:00 p.m. until Tuesday at 9:00 a.m. The Community does not make any public appointments during this time. Other times of closing will be announced in the annual schedule.

3. Spaces:

Certain spaces at Richmond Hill are reserved for certain purposes. The Chapel is kept available for private prayer unless in use for public worship. The Lounge, Library, and Garden are always open to the public.

The Novitiate is used only for prayer and study. The Refectory is not used for meetings. Parking is restricted to paved areas. Residential space is private to the residential community. Doors to the street are to be kept locked at all times.

4. General Restrictions:

All persons entering Richmond Hill agree to adhere to these restrictions:

- A. No alcoholic beverages, recreational drugs or firearms are permitted.
- B. No smoking is permitted, except outside in designated areas.
- C. No pets.
- D. No cohabitation by unmarried partners.

5. Participation in Community:

We welcome all persons entering Richmond Hill as if we were welcoming the Lord. All visitors are encouraged to be both recipients and participants in the ministry, consistent with the length and purpose of their visit. Guests are encouraged to join in keeping the House clean and orderly, participating in prayer, replenishing supplies, and helping with common tasks, to the degree that this will not hinder the respite, rest, and spiritual refreshment which they themselves have come to receive. Financial contributions to the ministry are gratefully accepted. Richmond Hill offers extensive opportunities for volunteer ministry ranging from simple to complex activities, and from one hour to exploring a call to several years of residential ministry. There are no "boarders" or "renters" at Richmond Hill. All who are here, for whatever term, are understood to be members of the community, with both restrictions and privileges, during the time of their visit.

6. Religion:

Richmond Hill is an ecumenical Christian House. Our common worship is deliberately and unreservedly Christian in language. We welcome anyone who respects the spirit of Richmond Hill to enjoy the grace of this House, and to be present for worship. If a person feels uncomfortable with the formal Christian worship but is drawn to the Spirit which is present here, we encourage them to take the times of common prayer as times to be still, either by themselves or with others who are praying, and with the God of their understanding.