



# Foxhill

2025



## Foxhill, a central resource for Prayer and Discipleship in the Diocese of Chester.

Healthy plants need healthy roots. Roots give stability, they take up the nutrients that are needed for growth, and they seek out hydration for the desert times.

To be healthy as Christians, we need to be rooted – searching out those things that will sustain us for the long haul, going deep into those things that will give us stability. In this hectic world, going deep doesn't just happen - we need to be intentional.

So may we encourage you to make space for time away at Foxhill, whether for a day or a few days, to meet with the one whose promise is that whatever circumstances arise, he will provide what is needed for those rooted in him and his ways.

Our 2025 programme includes guest speakers reflecting a variety of themes and traditions, as well as partnerships with organisations such as ReSource and Chester Cursillo.

Merciful God,  
you have prepared  
for those who love you  
such good things  
as pass our understanding:  
pour into our hearts  
such love toward you  
that we,  
loving you in all things  
and above all things,  
may obtain your promises,  
which exceed  
all that we can desire;  
through Jesus Christ  
your Son our Lord.

**Amen**



## Encounter Days

~ connecting more deeply with God ~

How do you most readily experience a sense of God's presence?

Some people love silence and long for space to simply be.  
Others find silence difficult, almost physically painful.

In our **Encounter Days** there will always be lots of space for quiet for those who value silence, but we also recognise that not everyone processes internally.

We want to encourage additional ways of seeking a sense of God's presence which might include discussion, prayer, or walking in a group or with another, making or listening to music, making or creating something, reflection using writing or reading.

In this year's Encounter Days we explore what it means to be **'Rooted'** in God and his ways.

## 'Rooted...'

in the Father: *we are children of God...*

Monday 20<sup>th</sup> January

in Jesus: *strengthened in the faith  
and overflowing with thankfulness...*

Friday 14<sup>th</sup> February

in Rest: *he gives sleep to his beloved...*

Wednesday 19<sup>th</sup> March

in the Cross: *take up your cross and follow...*

Monday 14<sup>th</sup> April

in our Baptism: *we too may live a new life...*

Thursday 22<sup>nd</sup> May

Each day starts at 10<sup>am</sup> (refreshments from 9:30<sup>am</sup>)  
and finishes at 3:30<sup>pm</sup>.

**£27.50 per person - includes lunch and refreshments.**

*For details of those leading each day, see our Website.*

## 'Rooted...'

# Encounter Days

in the Holy Spirit: *marked with a seal...*

Tuesday 17<sup>th</sup> June

in the Church: *members of one body...*

Friday 18<sup>th</sup> July

in Service: *you also should wash one another's feet...*

Saturday 9<sup>th</sup> August

in the Bible: *a light to my path...*

Thursday 11<sup>th</sup> September

in Prayer: *pray without ceasing...*

Thursday 23<sup>rd</sup> October

in Holiness: *slaves to righteousness...*

Saturday 15<sup>th</sup> November

in Worship: *holy and acceptable to God...*

Wednesday 10<sup>th</sup> December

# Day Retreats

2<sup>nd</sup>

April

## *Women at the cross*

Led by the Revd Liz Schercliff

Looking at Good Friday through the eyes of the women who were there, we'll consider how the insights from this perspective can challenge and inform our reflections about this important day in the Church's year.

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£29pp

5<sup>th</sup>

July

## *Bible Art Journalling*

Led by Jo Whittall

An introduction to Bible art journaling, suitable for absolute beginners.

Seek to draw closer to God as you work with mixed media and messy art.

£34pp

No artistic ability necessary  
- you can't make mistakes!



# Day Retreats

15<sup>th</sup>  
February  
2025

£30pp

## *Psalms and Stretches* *Where wellbeing meets worship*

Led by Pip Jacobson and Gill Morgan

A unique exercise class designed to promote physical and spiritual wellness that combines gentle movement with meditation on scripture from the book of Psalms

This is suitable for any and every fitness level .

Find peace and strength through the power of God's word. Join us as we stretch our bodies and nourish our souls.

### *Bursary Scheme*

*Our hope is that people will never miss the opportunity to come and stay at Foxhill if money is the only barrier.*

*Bursaries are widely taken up by a range of people, and we are always delighted to have a conversation.*

*Applications are held in confidence. See our website or ask for info.*

# Residential Retreats

24<sup>th</sup> - 27<sup>th</sup>

February



£345pp

7<sup>th</sup> - 9<sup>th</sup>

March

2025

£250pp

## *Individually Guided Retreat*

Led by the Revds Stephen Dinsmore  
and Pauline Shepherd

Space to listen, pray  
and enjoy God's presence.

A service of Holy Communion with a short address in the morning, a daily meeting with one of the prayer guides, and Compline at night offer a framework within which to pray.

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## *Created to Create*

Led by the Revd Tom Studman  
and Jo Whittall

A creative retreat,  
for absolute beginners as well as  
seasoned artists, with lots of  
participatory and independent  
art making opportunities.

# Residential Retreats

22<sup>nd</sup> - 26<sup>th</sup>

April

2025

£675pp

## *Icon Painting*

Led by the Revd Christopher Perrins

Use traditional techniques to learn about and paint an icon in an atmosphere of prayer.

No prior experience is required, beginners and those with more experience are welcome.

*The early bird discount is not available with this retreat.*

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6<sup>th</sup> - 7<sup>th</sup>

June

2025

£170pp

## *Watercolour Retreat*

Led by Trevor and the Revd Jane Mottram

An overnight retreat playing with watercolours, for beginners through to more experienced painters, to express our awe and wonder at God's creation with led worship and reflections.

# Residential Retreats

1<sup>st</sup> - 3<sup>rd</sup>

August

2025

£285pp

## *Let Go and Let God Creative Stitching Retreat*

Led by Karen Herrick

Using the story of Bartimaeus, alongside creative Biblical reflections, explore ways in which we come to God, and how meeting with Jesus has the potential to transform lives.

The emphasis will be on allowing the power of God's gift of creativity to draw us to Himself, rather than on a polished finished product.

All materials will be provided.

***We want Foxhill to be available to everyone.***

*Contact the Foxhill team or go to our Website  
to find out about our **Bursary Scheme.***

# Residential Retreats

19<sup>th</sup> - 21<sup>st</sup>  
September  
2025

£240pp

30<sup>th</sup>  
September  
- 2<sup>nd</sup>  
October  
2025

£245pp

## A Retreat

Led by  
Andrew and Wendy Rudd

Engage with art, poetry, scripture,  
music, and the outdoors,  
as we open ourselves to the still places  
where we recognise  
the presence of God.

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## Well Women

*A time of refreshment*

Led by the Revds  
Liz Shercliff and Kate Bruce

Well Women is a short break  
based on Bible stories of women  
who are challenged or refreshed at wells.  
It will involve learning, laughter,  
reflection and relaxation.

Contact [www.chestercursillo.org.uk](http://www.chestercursillo.org.uk) to find out about 24<sup>th</sup> - 26<sup>th</sup> October.

# Residential Retreats

13<sup>th</sup> - 16<sup>th</sup>

October  
2025

£310pp

28<sup>th</sup> - 30<sup>th</sup>

November  
2025

£225pp

## *Individually Guided Retreat*

Led by the  
Chester Diocesan Spirituality Group

This silent retreat gives time to listen to God and space where someone will listen to you.

You will be allocated a prayer guide who, in your daily meetings, will suggest ways in which you might discern what God may be saying and doing in our life.

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## *Advent Retreat*

Led by the Venerable. Jane Proudfoot,  
Archdeacon of Macclesfield

Ahead of all the busyness of Christmas, a chance to step aside in order to be renewed in hope as we reflect on how the coming of God in Christ is good news for all the world.

God of life and love,  
whose Son was  
victorious  
over sin and death,  
make us alive  
with his life,  
that the whole world  
may resound  
with your praise;  
through Jesus Christ  
our Lord.  
**Amen**

*Prayer from the Psalter .  
Psalm 150 .*



For details of our  
***Seasonal Events***  
including our  
***Wreath Making Workshops***  
and our ***Foxhill Carol Service***,  
please see our website.

## Contact us



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@FoxhillCD



[www.foxhillchester.co.uk](http://www.foxhillchester.co.uk)

 THE CHURCH  
OF ENGLAND  

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Diocese of Chester

Foxhill is owned by Chester Diocesan Board of Finance - a company limited by guarantee registered in England (no. 7826) and a registered charity (no. 248968).