

# UPDATE

For the spirit of the city



2209 EAST GRACE STREET RICHMOND, VA

AUGUST 2008

TENDING THE SPIRIT

## Pattern and rhythm

Sitting by the lake in the quiet morning you can hear and see the pattern of small waves. Ripples shape the surface in response to the wind. There is a rhythm to the pattern, a time in which it happens.

We are caught up in a world composed of patterns and rhythms. My own heart beats in rhythm; my breathing stretches and shrinks at its own pace. My life, too, runs its course from beginning to end. Day follows day in the rhythm of earth and sun.

This is a universe composed of complimentary, and sometimes conflicting, patterns and rhythms in all created beings and things. Steadied by the drumbeat of sunrise and sunset, the more complex living organisms play out their life cycles with more variable rhythms.

No one can escape the drumbeat of time. No one can ignore the complex patterns and processes of planetary renewal, chemical reaction, subatomic engagement, resource availability, weather, pollution, and growth cycle. There is much that humans can create, but it is far less than we, in our self-absorption, might suppose. The fundamental vocabulary is conclusively written in the code of creation.

Life in the world we construct is always a kind of virtual reality, -- all the more so when it is lived in the land of electronic images and inventions. Who knows how well our image of life corresponds at any moment to the Reality which beats underneath it. Is a fact something whose reality we acknowledge, or is it something whose reality we create?

We establish our own time, driven by the mechanical reality of clocks and schedules. We manufacture our own patterns on landscape and video screen. We live consciously in relationship to those constructed patterns and rhythms. But all the time, underneath, the created patterns and rhythms form the deepest bedrock of reality. Which is our true home?

On the shore of the lake the wildflower, like every living plant, turns its face toward the sun, while its roots grope downward into the soil, seeking food and water. This is an image in time of our essential relationship to God. We too, grope upward and downward, outside ourselves and within our being, for our origin and our destiny, for the one who creates, sustains, and directs us.

The nanosecond and the microchip address the pattern in a dramatic way still not fully understood. Space and time are ignored and, in a nano-instant, things happen simultaneously. God created time, it is said, to stop everything from happening at once. But here in the electronic part of the real-time world, everything seems to be happening instantaneously.

**WE TOO, GROPE UPWARD AND DOWNWARD, OUTSIDE OURSELVES AND WITHIN OUR BEING, FOR OUR ORIGIN AND OUR DESTINY, FOR THE ONE WHO CREATES, SUSTAINS, AND DIRECTS US.**

Mathematicians and artists, internet experts and theologians, advertisers and television message writers, lay out new patterns of thought daily. But the electronic media have no rhythm - only a constant, jittery, instantaneous twitter. And the patterns they relate in message and number are divorced from relationship to human society. They represent rhythm and pattern in electronic signals, but they have neither the rhythm nor the pattern they represent. Can one actually communicate rhythm without rhythm? Pattern without pattern?

The earth rhythms themselves, and the patterns of human life and community, establish a holy precinct. This most ancient, familiar territory has become the frontier most

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ignored. Unexplored in recent years, and covered by endless vines of information, the wisdom of the ages waits without anxiety, deep in a forest which can be entered only without money or knowledge.

There, where the heart beats; there, where waves lap upon the shore; there, where sun and moon drum out the rhythm of day and night; there, where people convene and configure in groups and families; there, where land, air, and water renew themselves or are corrupted; there, where babies are born and their ancestors pass on; -- there is the abiding test of it all, the patterns and rhythms whose music and appearance provide the ultimate platform, the final evaluation.

The bell rings for prayer. The pattern is renewed in hope. The Messiah announces the original kingdom reopened, its rhythm renewed, its image restored.

*B. P. Campbell,  
Pastoral Director*

**INDIVIDUAL RETREAT**

*Available each week in 24-hour  
increments between 4:00 pm,  
Monday and 4:00 pm, Sunday*

**JOIN IN THE  
RHYTHM OF LIFE  
WITH THE  
COMMUNITY.**

*Silent retreat, spiritual direction, and  
Christian healing prayer sessions are  
available to those on individual retreat.*

*Suggested Donation:  
Directed, \$75 per night  
Non-directed, \$50 per night*

*Contact: Karen Moore at 783-7903 or  
guestmaster@richmondhillva.org.*

**Jerusalem Mile Completed!!**



The center stone of Richmond Hill's Jerusalem Mile was finally laid on June 13th, 2008. The Jerusalem Mile was built in honor of Dabney J. Carr III. Dabney Carr was a teacher in the Ruah School of Spiritual Guidance, and also served as a spiritual director for many of the students. The Jerusalem Mile is a fitting tribute to this deeply prayerful man.

The Jerusalem Mile was the name given to some labyrinths used for meditation and built in the Middle Ages. The concept was that pilgrims who could not make the journey to Jerusalem during their lifetime could pray and reach Jerusalem in the spirit by walking this labyrinthine path. Richmond Hill's installation of a copy of the labyrinth at Chartres Cathedral, itself a center for pilgrimages, will be called the Jerusalem Mile in honor of this tradition. This example of the widest accepted prayer labyrinth in the Church has eleven circuits which are spread through four quadrants, and is symbolic of Christ's cross. Grace is symbolized by the never-ending path to the center and back, allowing the pilgrim to walk the path at his own pace, stop for prayer and meditation as needed.

*"The labyrinth is not a maze. There are no tricks to it and no dead ends. It has a single circuitous path that winds into the center. The person walking it uses the same path to return and the entrance then becomes the exit. The path is in full view, which allows a person to be quiet and focus internally. Generally there are three stages to the walk: releasing on the way in, receiving in the center and returning; that is, taking back out into the world that which you have received. There is no right way or wrong way to walk a labyrinth. There are many ways to describe a labyrinth. It is a path of prayer, a walking meditation, a crucible of change, a watering hole for the spirit and a mirror of the soul."*  
<http://www.veriditas.net/about/labyrinths.h>

## Positions Available

These positions are available at Richmond Hill. Preference is given to persons who make a commitment as members of the Residential Community. Job descriptions are shaped to fit the particular gifts of persons called to residency.

**SPIRITUAL DIRECTOR.** We are seeking an experienced spiritual director who will oversee the spiritual guidance program, help to train adjunct spiritual directors, direct individual retreats, and provide spiritual guidance.

**ASSOCIATE PASTOR.** This is a residential position for a married or single person, including basic pastoral duties, liturgical work and preaching, work with program, and spiritual counsel. If skills and interest are present, work may include public ministry in the larger community of Richmond as well.

**DATA COORDINATOR.** This is a full-time residential position for an imaginative person, single or married, who will establish and maintain a full data base of members and friends of Richmond Hill, retreats, churches, and clergy. The position includes ample opportunities for other ministries as well.

**INTERNSHIPS IN URBAN SPIRITUALITY.** Residential internships at Richmond Hill are for a one-year term beginning in the Fall. This program is designed for persons who wish to explore ministry and vocation in this residential Christian Community for a year. Some persons participate full-time in the Community and its ministry; others do so while in seminary or graduate school. Inquiries and applications can be made at any time.

TO INQUIRE OR APPLY contact the Rev. Ben Campbell, Pastoral Director, at 783-7903 or

### Interested in Volunteering at Richmond Hill?

Richmond Hill is looking for volunteers to help in the ministry of Richmond Hill. Several opportunities are available for you to be a part of a committee, the hospitality team, the front desk staff, the mailing team, the maintenance crew, the housekeeping staff, or the gardening crew.

If you or your church would be interested in volunteering at Richmond Hill, please contact the Rev. Del Sledge, administrator or Scott Simmons at [info@richmondhillva.org](mailto:info@richmondhillva.org) or 783-7903.

**Metro Richmond at Prayer is a cooperative, covenanted effort** of the churches of Metropolitan Richmond. We pray together each Sunday for the common concerns of our Metropolitan Richmond community. Coordination of this effort is provided by Richmond Hill. Ask your Pastor to commit your congregation to participate.

To order the prayer book, or to obtain a covenant, call the Rev. Del Sledge at 783-7903 ext. 24, or e-mail Metro Richmond at Prayer at [mrp@richmondhillva.org](mailto:mrp@richmondhillva.org). You may also fill out a covenant at our website: [www.metrorichmondprayer.org](http://www.metrorichmondprayer.org).



Metro Richmond at Prayer

### Pray for the Workplaces and Businesses of Metropolitan Richmond

*Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure.*  
(Phil 2:12-13 NIV)

August 2008

**August 3, 2008.** We pray for the workplaces and businesses of Metropolitan Richmond: For safe, respectful work environments, healthy work ethics and attitudes, and sufficient salary and benefits for all workers.

**August 10, 2008.** We pray for the workplaces and businesses of Metropolitan Richmond: For owners and managers, for servant leadership, civic responsibility and ethical decision making.

**August 17, 2008.** We pray for the workplaces and businesses of Metropolitan Richmond: For financial institutions, healthy and constructive investment policies, and effective development efforts to benefit the entire community.

**August 24, 2008.** We pray for the workplaces and businesses of Metropolitan Richmond: For economic development in depressed portions of the city, for the establishment of businesses that will create new employment opportunities

**August 31, 2008.** We pray for the workplaces and businesses of Metropolitan Richmond: For full employment opportunities for our young people and heads of families, for the long-term unemployed, and for the underemployed.

## CLASSES

### REDEEMING RICHMOND.

*Dates: Thursday evenings, September 25 - November 13, 2008. 7:30 p. m.*  
*Facilitator: Rev. Benjamin P. Campbell, Pastoral Director*  
*Suggested Donation: \$120 with supper included; \$80 lectures only.*

This course is a series of eight lectures on the History of Richmond from the time of its original inhabitants to the present. It explores the Covenant which the European settlers claimed to make with the God who is the Father of Jesus and the original sins which were committed in the establishment of Richmond and have continued to this day. Finally, it addresses the urgent mission of redeeming Richmond.

1. The Covenant of Richmond.
2. The Reasons for Jamestown.
3. The Conquest of Tsenacomoco.
4. An Economy of Servants and Slaves
5. City of Slaves
6. Segregation and Resegregation
7. Modern Patterns of the Original Sin
8. Redeeming Richmond.

Advance registration is encouraged.

*Contact: Karen Moore at 783-7903 or [guestmaster@richmondhillva.org](mailto:guestmaster@richmondhillva.org).*

## RETREATS

### WHEN DREAMS DIE

*Dates: October 24-26, 2008*  
*Facilitators: Jerry and Patsi Deans, Sandy Gramling*  
*Suggested Donation: \$150.00*

This retreat will address reactions and responses to losses that occur in our lives. More than just the death of loved ones, our dreams die whenever we are forced to deal with changes and disruptions in our preconceived personal realities.

There will be four distinct parts of the retreat:

1. The Problem with Problems.
2. Standing on the Promises.

3. Preparing for and Receiving the Help God Sends.
4. Reconciling and Redeeming our Losses.

*Jerry and Patsi Deans have led a grief ministry at Cool Springs Baptist Church for the last 4 years. Jerry has a Masters in Social Work from VCU and recently retired from the Virginia Department of Mental Health, Mental Retardation and Substance Abuse Services.*

*Sandy Gramling in on the faculty in the Psychology Department at VCU, is a licensed clinical psychologist, teaches stress management, has co-authored two books on stress.*

*Contact: Karen Moore at 783-7903 or [guestmaster@richmondhillva.org](mailto:guestmaster@richmondhillva.org).*

### THOMAS MERTON

#### A Retreat by Dr. E. Glenn Hinson

*In Cooperation with First Baptist Church Richmond*

*Dates: October 31- November 2, 2008*  
*Facilitator: Dr. Glenn Hinson*  
*Suggested Donation: \$160.00*

Dr. E. Glenn Hinson became a personal friend of Thomas Merton when Hinson was a professor of Church History at the Baptist Theological Seminary in Louisville in the 1950's. Merton, Trappist monk and spiritual writer, lived in the Abbey of Gethsemani near Louisville. Hinson went on to become involved in the ecumenical revival of spirituality in Christianity. From 1994 to 2004 he taught Church History and Christian Spirituality at the Baptist Theological Seminary at Richmond. Currently, he is Visiting Professor at Louisville Presbyterian Theological Seminary, Senior Professor of Church History and Christian Spiritual Formation at the Baptist Seminary of Kentucky. He is the author of many books, including *Religious Liberty: The Christian Roots of Our Fundamental Freedoms*, and *A Serious Call to a Contemplative Lifestyle; Spiritual Preparation for Christian Leadership*. Dr. Hinson has D. Phil from Oxford in Early Church History, as well as a Th.D. in New Testament from Louisville.

Dr. Hinson recommends that retreat participants obtain a copy of Lawrence Cunningham's *Thomas Merton: Spiritual*

*Master: The Essential Writings.* (Paulist Press). Available from the Richmond Hill Book Store.

*Contact: Karen Moore at 783-7903 or [guestmaster@richmondhillva.org](mailto:guestmaster@richmondhillva.org).*

### CREATING A (SUB) URBAN CONSCIENCE

*Dates: November 21-23, 2008*  
*Facilitator: The Rev. Ben Campbell, Pastoral Director*  
*Suggested Donation: \$150.00*

Metropolitan Richmond is one socio-economic city that is divided into four major governmental units and at least six smaller ones. The divisions among jurisdictions give a particular quality to the continuing issues of race, class, and poverty, issues of social justice for Christians. A new generation of Christians is seeking to address and alleviate these problems, which are rooted in the history of our metropolitan city. There are original sins here - class, racism, Pharisaic religion, and greed. This retreat will address the precedents in our metropolitan city created by our history, allow for discussion about how to heal the wounds created by our history, and strategize on how we can help to develop a healthy community and seek God's righteousness for the one million citizens of the city of metro Richmond.

*Contact: Karen Moore at 783-7903 or [guestmaster@richmondhillva.org](mailto:guestmaster@richmondhillva.org).*

### CONTEMPLATIVE WORSHIP RETREAT featuring Offering

*Dates: January, 30-February 1, 2008*  
*Suggested Donation: \$150.00*

Come join local musical group Offering and the Richmond Hill Community for an opportunity to grow closer to God through a retreat which will feature musical worship and praise.

*Contact: Karen Moore at 783-7903 or [guestmaster@richmondhillva.org](mailto:guestmaster@richmondhillva.org).*

## SCHOOLS

### PASTORAL CARE & COUNSELING

Opening 24 hour retreat:

September 6-7 2008

*Classes are on Thursday weekly from 6-9:30 pm beginning September 11, 2008*

Pastoral Care and Counseling is a one-year program that focuses on enhancing one's skills in ministering to those who are experiencing physical, emotional, and spiritual difficulties. It also helps persons improve the quality of their own self-reflection through journaling, prayer, meditation, and Bible reflection. Weekly sessions are held on Thursday nights beginning with community prayer at 6:00 pm in the chapel and followed by dinner and class.

Deadline for application is July 31. Application includes a written form, an interview, and a \$50 nonrefundable fee.

*For further information, call the Rev. Dr. Alice Harris, Director, at 804-783-7903 or 804-232-8312, or e-mail at [aw\\_harris@juno.com](mailto:aw_harris@juno.com).*

### JUST FAITH School of Christian Transformation

*In Cooperation with the Catholic Diocese of Richmond.*

*Thursdays September 18, 2008-May 17, 2009.*

*Includes two 48 hour retreats.  
Suggested Donation: \$500  
Scholarships are available*

Our Christian faith and Biblical tradition extend an extraordinary invitation to each of us and our faith communities to become agents of God's compassion and healing in a wounded world. The Good News of Christ is both a comfort and a promise for the poor and, at the same time, a call to those of us who are not poor to be linked with God's vision of justice and reconciliation. The Church's history shines with examples of courage and commitment of those who addressed themselves to the needs of

our most desperate sisters and brothers.

Just FAITH, a thirty week adult formation program, offers an opportunity for Christians in Metropolitan Richmond to experience a spiritual journey into compassion. Most of us long to be a generous and compassionate people; however, the occasions to explore this faith tradition in a deliberate and engaging way have largely not been available. Just FAITH provides a lively and challenging format to read, view, discuss, pray, experience, and be formed by the faith tradition that changes lives, inspires compassion, and transforms the world.

*Contact: Karen Moore at 783-7903 or [guestmaster@richmondhillva.org](mailto:guestmaster@richmondhillva.org).*

## GROUPS

### THE SACRED DANCE SATURDAYS

*Second Saturdays, 10:00a.m.-noon,  
Mulenga Katyoka, facilitator*

This group is for those interested in cultivating inner peace and an enhanced sense of wellness through Sacred Dance, an integration of Gospel music with traditional African gestures and jazz. Contact Mulenga Katyoka at [Mulenga\\_k@yahoo.com](mailto:Mulenga_k@yahoo.com) or by phone at 433-9840 for more information.

### AA TWELVE -STEP MEETING

*Tuesdays, 12:30 p.m.*

### CENTERING PRAYER GROUPS

*Tuesdays, 4:45 - 5:45 p.m., Karen Moore, facilitator  
Tuesdays, 7:30 - 9:00 p.m., Helen Eano, facilitator*

Each group is open to all, both those who have experience in centering prayer and those who do not. Contact Karen Moore for more information.

## Retreat Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_

Evening Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Retreat: \_\_\_\_\_

A non-refundable 50% deposit is required.

Enclosed is \$

I need scholarship assistance. Please contact me.

Make checks payable to  
**Richmond Hill**

**Please complete registration form and return with check to:**

Richmond Hill  
2209 E. Grace Street  
Richmond, VA 23223  
Attn: Karen Moore

804.783-7903 Fax: 804.783-7957  
Email: [guestmaster@richmondhillva.org](mailto:guestmaster@richmondhillva.org)  
Web Site: [www.richmondhillva.org](http://www.richmondhillva.org)

Richmond Hill retreats and classes are open to anyone interested in strengthening their relationship with God. Suggested donations are set as low as possible and are subsidized by the labor and love of many volunteers. Scholarships are available upon request.

For more information on the opportunities listed here, contact Karen Moore at 783-7903 or email [guestmaster@richmondhillva.org](mailto:guestmaster@richmondhillva.org).

**DAILY PRAYERS**

Morning 7:00 - 7:30 A.M.  
 Noon 12:00 - 12:15 P.M.  
 Evening 6:00 - 6:15 P.M.

**COMMUNITY WORSHIP**

5:30 p.m. - 6:30 p.m.  
 Every Monday

The community celebrates Holy Communion. Services are led by ministers of various denominations according to their traditions. We invite you to join us afterwards for dinner in the refectory.

**TAIZÉ**

Leader: Jim Bennett

7:30 p.m. first Monday of each month

Taizé worship is contemplative and meditative in character, using short songs, repeated again and again in a candle lit chapel. Using just a few words, the songs express a basic reality of faith, quickly grasped by the mind. As the words are sung over many times, the hope is this reality will gradually penetrate one's whole being. Meditative singing thus becomes a way of listening to God.

We invite you to participate in our practice of Taizé which includes singing, prayer for Metropolitan Richmond, and a period of silence. Jim Bennett is a skilled musician and leads this time of worship with a variety of musical instruments.

**12-STEP HOLY COMMUNION**

2nd Tuesdays at 7:30 p.m.

The order of this service centers on the Twelve Steps used in AA, NA, and many other programs. Open to everyone. For more information, please contact Ben Campbell or Janie Walker at 783-7903.

**SOAKING PRAYER SERVICE**

Leader: Fontaine Williamson  
 4th Mondays at 7:30 p.m.  
 1st Thursdays at 10:00 a.m.

Those struggling with illness have benefitted from being "soaked in prayer" over periods of time. Prayer ministers are available to pray with those desiring emotional, spiritual, or physical healing. Participants are invited to find a comfortable place, sit, relax, and receive prayer. Participants may also come and go during the service.

**EUCHARIST FOR GENERATIONAL HEALING**

Leader: The Rev. Janie Walker  
 5th Mondays at 7:30 p.m.

Once a quarter, Richmond Hill offers a Eucharist for Generational Healing. This is an opportunity to invite God's healing into your family, including the generations that have gone before and the generations that will come after you. Please bring the blessings as well as the pains and traumas of your ancestry written on a piece of paper (not to be shared). For more information call Janie Walker at 783-7903.

**A Historic Unveiling in Capitol Square**

On July 21st, 2008, under a bright warm sky, more than 4000 people gathered for the dedication of the Civil Rights Memorial on Capitol Square, the public space surrounding the Virginia State Capitol. The memorial joins statues which honor Edgar Allen Poe, Confederate General Thomas "Stonewall" Jackson, and former Virginia Governor William Smith Sr. This monument represents the first on Capitol Square which depicts an African American, as well as the first depicting a woman and a child. The significance of the memorial was not lost on the crowd, which included Governor Tim Kaine, NAACP Chairman Julian Bond, poet Nikki Giovanni, Former Gov. Mark Warner, members of the General Assembly, and other dignitaries.

Among the crowd were many members of the Johns family, related to the young woman whose story inspired the memorial. In 1951 Barbara Johns, at the age of 16, led a walkout of R.R. Moton High School in Prince Edward County. The walkout was in protest of the condition of her all black school which was certainly separate, although not equal as the segregated schools of the time were supposed to be. After the walkout Johns contacted Oliver Hill and Spottswood Robinson III, lawyers in Richmond, and the case became one of four which were eventually consolidated into the U.S. Supreme Court case which is known as Brown v. the Board of Education of Topeka, Kansas. This historical case outlawed segregation in educational institutions throughout the United States. The memorial consists of four sides, commemorating the students of Moton High, Hill and Robinson, the Rev. Leslie Francis Griffin, and an image looking forward to the future.

Richmond Hill's own Rev. Benjamin Campbell represented the interfaith community as one of the dignitaries who participated in pulling the curtain off of the memorial at the dedication ceremony.

No one was able to describe the moment better than Nikki Giovanni, who ended her poem with:

*"This is a banner we fly, for respect, dignity, the assumption of integrity;  
 For a future generation of pride to rally around.  
 This is about us, celebrating ourselves.  
 And a well deserved honor it is.  
 Light the candles. This is a rocket. Let's ride."*

## It Takes So Little

*"... the kingdom of heaven is like a mustard seed that someone took and sowed in his field; it is the smallest of all seeds, but when it is grown it is the greatest of shrubs and becomes a tree..."* (Matthew 13: 31b, 32a NRSV)

Recently, my daughter and I had a conversation about how little it takes to bless one another. She recounted to me a story of how, while riding the bus, she found it a difficult task to get her bracelet fastened. She turned to the lady across the aisle from her and asked if she would help. The woman did. And, a week or so later, she saw the woman in the grocery store with somewhat of a downcast look on her face.

Approaching the woman, she said, "Hi, how are you? You're the woman who helped me with my bracelet on the bus the other day." The woman was obviously pleased and quite surprised that my daughter had not forgotten her. "Her countenance changed," my daughter said. They parted ways with smiles on their faces.

If we have ears to hear, let us hear. Let us not forget the seeds, from which trees of fullness are often produced. Every word spoken, every deed done, every glance of the eye, every intonation of the voice are all small seeds sown in the garden of someone else's heart and mind. Likewise, every little prayer prayed and every little word of encouragement offered are small seeds that have the potential to spring up to a great surprise, a rich hope, and an everlasting harvest -- giving testimony to the Spirit of God at work in the kingdom of our hearts, and in the kingdom of this world.

*Reverend Janie M. Walker,  
Associate Pastor for Individual Ministries*

## The Summer

When Jesus chose His disciples, He selected from various walks of life. He had no requirements for service other than a willing heart. We do not have to meet certain prerequisites before being used by God. He sees each child and each senior citizen as equal opportunities. We can all hear the promise, "I will make you fishers of men." (Matthew 4:19) Let us be like the disciples and forsake all to follow Him.

I accepted His first call to the medical profession, and then to the ministry of Pastoral Care and Counseling. First, to the healing through physical contact and medication. Second, to the healing through prayer, meditation, and listening, under the guidance of the Holy Spirit. In my ministry I have found that we each stand alone with God. The support of fellow Christians is important to our stability, but our actual relationship with God is extremely personal. On Judgment Day we must stand alone in His presence. Being aware of this I am spending a portion of the summer improving my relationship with God through Jesus Christ as directed by the Holy Spirit. I desire to better understand His will for me and how I can help make the world a place where we live in preparation of and service for God.

I am spending time in preparation for fall, winter, and spring in service to others. I am doing this through conferences, retreats and conventions. I am experiencing transformation in the sense of a closer walk with Jesus in time of silent meditation, prayer, Holy Communion and fellowship, to consider the lilies of the field and the birds of the air, and letting my mind focus on Jesus and his will for me. I am called to yield to the authority of God, to glorify Him in my life, to establish His Kingdom on earth, to touch lives with "transforming love." It is wonderful to learn from a master, from someone who has perfected. Jesus is our perfect Master, having walked life's path and experienced our temptations. Yet merely having the will to yield does not ensure my success. I must study and practice, I must choose to learn and decide to follow His example. Jesus said, "You call me teacher and Lord and you say well for so I am... I have given you an example, that you should do as I have done to you." (John 13:13, 15)

*Rev. Dr. Alice W. Harris  
Pastoral Counselor*

For the spirit of the city



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August 2008



## Metro Richmond at Prayer

### August

Pray for the Workplaces and  
Businesses of Metropolitan  
Richmond.

Richmond Hill is an ecumenical Christian fellowship and residential community who serve as stewards of an urban retreat center within the setting of a historic monastery. Our Mission is to advance God's healing of Metropolitan Richmond through prayer, hospitality, racial reconciliation and spiritual development.

#### RICHMOND HILL'S DAILY CYCLE OF PRAYER

Pray for Metropolitan Richmond  
Every Day: For the healing of metropolitan  
Richmond; for the sick and those in our  
hearts; for the welfare of all our citizens; for  
the establishment of God's order in our  
community.

**MONDAYS:** Our citizens who live in  
the City of Richmond, the Mayor, Manager,  
City Council, and School Board. Non-profit  
organizations and their ministries. All  
schools: students, teachers, and staff. Day  
care centers. All who suffer from addic-  
tion, dependency, and co-dependency. The  
Council, residents, and staff of Richmond  
Hill.

**TUESDAYS:** Our citizens who live in  
Hanover County, the Board of Supervisors,  
School Board, and Manager. The print and  
broadcast media. The churches of metropol-  
itan Richmond: members and clergy. All  
who live in poverty. All who suffer from  
mental illness.

**WEDNESDAYS:** The Governor of  
Virginia, the General Assembly, and all who  
work in State Government. All who work  
in businesses which provide services to oth-  
ers. All who work in construction.  
Hospitals and nursing homes: patients, resi-

dents, and staff; all who provide health  
care. Victims of violent crime; all who com-  
mit violent crime. All senior citizens.

**THURSDAYS:** Our citizens who live in  
Ashland, Hopewell, Colonial Heights, and  
Petersburg, the town and city Councils and  
Managers. All who work in banks and  
finance; all making financial decisions for  
greater Richmond. Prisons and jails of met-  
ropolitan Richmond: prisoners and staff. All  
who are unemployed or underemployed.  
All public servants.

**FRIDAYS:** Our citizens who live in  
Henrico County, the Supervisors, School  
Board, and County Manager. All who work  
in the manufacturing industry in metropol-  
itan Richmond. The police, fire, and rescue  
workers. The courts. All young people.  
All who hurt, need inner healing, or are  
unable to love.

**SATURDAYS:** Our citizens who live  
in Chesterfield County, the Supervisors,  
School Board, and County Manager. All  
who work in retail trade in metropolitan  
Richmond, and those who own our busi-  
nesses. Counselors and spiritual directors.  
The Sisters of the Visitation of Monte Maria.  
All victims of abuse; all perpetrators of  
abuse.

**SUNDAYS:** Our citizens who live in  
the Counties of Charles City, Goochland,  
Powhatan, and New Kent, the Supervisors,  
School Boards, and Managers. An end to  
racism and racial prejudice. All places of  
prayer or worship: churches, mosques, and  
synagogues. Universities, colleges, and  
technical schools. All who seek God.

*We pray daily at Richmond Hill for per-  
sons or situations for which our prayers are  
requested. Call us at 804-783-7903.*



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Richmond at Prayer bumper sticker