



TENDING THE SPIRIT

A Damped Down Equality

During a recent spiritual formation gathering among the residents of Richmond Hill, a very rich conversation ensued as we reflected on the topic of “equality.” Equality is the title of Chapter 9 of *Monastery of the Heart*, by Joan Chittister-- a book being read by many in the Richmond Hill community. One particular paragraph in this chapter sparked the enlivened roundtable:

*“The principle is a clear one:
‘The Spirit blows where it will.’
We cannot damp down
the fire of the Spirit
on the basis of anything
but the greater movement
of the Spirit itself.”*

The conversation brought to mind how often in our daily life we witness the Spirit of God at work in ordinary ways — in the rhythmic life of prayer, worship, meals, conversations, staffing duties and the many other ministry and program endeavors. Yet, in spite of the continued awareness of God’s presence, quite often an extraordinary wind of the Spirit blows among us and the ordinary is “damped down” by its presence.

An analogy for understanding what happens in these experiences would be akin to falling asleep with the lamp on our nightstand still burning, only to awaken to the brightness of the morning sun with the lamplight having little to no effect on the room. Or, it may be akin to those times when an epiphany occurs — when a greater degree of knowledge or understanding creeps in — to overshadow some elementary truth that has fashioned one’s thinking for a long period of time.

Further reflection on Chittister’s writing brought to mind the thought that perhaps the term equality itself is being “damped down” under the light of understanding

that is presently opening up to us. Often thought of or defined in a way that denotes being “the same or identical,” equality as it pertains to human beings doesn’t mean same or identical at all. Rather, it means “to value” different people, or the things affecting all people, on the same level or with the same degree of concern.

With the present socio-political climate of our nation provoking us to a greater awareness of an increased disregard for equality among people groups, there is generally increased talk about a need for a level playing field or equal opportunity. Most of us understand this talk to mean that people want to know that “Equality

Taking us beyond policies and procedures, we are reminded that when things are out of balance, all of creation cries out

Under the Law,” specified in our *Constitution* (Article 14, Sect. 1) truly means that nothing is done to abridge the privileges or immunities of anyone, deprive anyone of due process of law, nor deny anyone (without discrimination) equal protection of the law. Basically, that the Law isn’t playing favorites. However a greater infusion of light into what is being talked about may mean that people are simply

asking for a system that is not rigged against them; nor laden with hindrances to them being able to explore opportunities through their own efforts.

A current and specific example of talk about a level playing field may be seen through the lens of equality in public education. Perhaps this is an area in which greater light is being infused. Most of us, when considering equality in public education, recognize that policies and practices put in place to suit everyone may appear to be non-discriminatory, but may not address the specific needs of certain groups of people. Therefore, in effect they become indirectly discriminatory. The eight honorees of the 2016 *Living Legacy Breakfast*, hosted by the RPS Education Foundation, each attested to the fact that substantive and sufficient opportunity characterize a kind of equality in education that ensures that all children

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TENDING THE SPIRIT

start from a good enough place. A place that includes appropriately functioning schools that accommodate the gifts and abilities of each student; as well as a safe, loving and supportive community of parents, teachers and other adults. Brief speeches by all of the honorees, based on their own personal stories, attested to the fact that great (not just average) things can happen when all students are given sufficient and equal opportunity.

An understanding of a transforming equality, which “damps down” the equality we presently know, is captured in a verse from Maya Angelou’s poem, *Equality*, written in 1990:

*“Take the blinders from your vision,
take the padding from your ears,
and confess you’ve heard me crying,
and admit you’ve seen my tears.”*

Along with this verse and the poem’s refrain, “Equality, and I will be free,” Maya Angelou’s voice can still be heard. Taking us beyond policies and procedures, we are reminded that when things are out of balance, all of creation cries out. However, the solution is there for the taking—the manifestation of the children of God. When those whose minds and circumstances have been infused by the greater light of a transforming equality, they will hear the cry to be free as a need to be equally seen, heard, and catapulted to excel. Any insufficient equality presently being experienced is “damped down.” The greater equality illumines minds and hearts. The greater humanity comes alive; and it is what God calls “good.”

*Rev. Janie M. Walker,
Co-Pastoral Director*

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REVIVE RICHMOND

How Cool Is That?!

The youth of our Armstrong Leadership Program are redefining what it means to be cool. In fact, they have started a campaign to spread the word and change its meaning.

Campaign Cool, as it’s called, is an effort by students to invite their peers, teachers, and an even wider circle of people to embrace a renewed understanding of what it means to be fully alive. Their efforts are providing hope and possibility for change right here in Metro Richmond.

Bucking the typical trend of fitting in at all costs, *Campaign Cool* calls for something more: an affirmation of one’s unique gifts and a willingness to “give back to the world.”

I got to see it on display not long ago when I attended a StageWrite performance at the Virginia Repertory Children’s Theatre. Professional theatre artists worked with the Armstrong youth for several months to develop leadership skills and self-confidence through writing and stage experience. That culminated with a stage production that included the dramatic reading of original poetry, quotes from Langston Hughes, video productions, music and dance. The Armstrong kids performed with a confidence and ease that I know I lacked at their age. When it came to getting on stage at 16, I was anything but cool.

Following the program, there was an open forum for the youth to reflect on their experience in the course. They were courteous as they thanked their mentors and then the audience for attending. They mentioned finding courage, developing new skills, having fun. Dashawn Winston, a junior at Armstrong, said he didn’t know he had it in him. When he heard himself reading, and then reciting by heart the words he’d written, he surprised himself. Now that’s cool.

We say the children are our future, and it’s true. If the Armstrong Leadership Program is any indication, that future is bright. These are the kids who spoke out when their school was recently threatened with closure. These are the kids who marched around City Hall. These are the kids who got on stage again to teach about gentrification in the East End and spark needed discussion. These are the kids who invite us now to rethink what it means to be cool.

I don’t know about you, but for the sake of the revitalization of Metro Richmond, that’s a campaign I’m willing to join.

*Rev. Joel Blunk
Co-Pastoral Director*

*For more information about Campaign Cool
and the Armstrong Leadership Program, contact
alp@richmondhillva.org*

Pray for the Churches and Religious Institutions of Metropolitan Richmond.

May 2016

For just as the body is one and has many members, and all the members of the body, though many, are one body, so it is with Christ. For by one Spirit we were all baptized into one body, Jews or Greeks, slaves or free, and all were made to drink of one Spirit. For the body does not consist of one member but of many. (1 Cor. 12:12-14)

May 1, 2016. We pray for the Churches and religious institutions of Metropolitan Richmond: That the true light of the Gospel of Jesus Christ may awaken and heal every heart in every corner of Richmond, Chesterfield, Hanover, Henrico, and the surrounding counties and towns.

May 8, 2016. We pray for the Churches and religious institutions of Metropolitan Richmond: For all pastors, ministers, missionaries, and servants of Christ.

May 15, 2016. We pray for the Churches and religious institutions of Metropolitan Richmond: For all religious communities, abbeys, orders, brotherhoods, sisterhoods, religious societies, and para-church organizations.

May 22, 2016. We pray for the Churches and religious institutions of Metropolitan Richmond: For seminaries, bible colleges, and schools training persons for vocations in ministry; for the students, faculty, and staff of these institutions.

May 29, 2016. We pray for the Churches and religious institutions of Metropolitan Richmond: For a spirit of unity, mutuality, cooperation, reconciliation, reform, and common ministry among the Christian community.

Now enrolling for Fall 2016



Fall 2016 Semester
 8/26-28: Opening Retreat (48-hr)
 9/26: Monday Lecture 1
 10/1-2: Weekend Retreat 1 (24-hr)
 10/24: Monday Lecture 2
 11/5-6: Weekend Retreat 2 (24-hr)
 11/28: Monday Lecture 3
 12/9-10: Weekend Retreat (24-hr)

Spring 2017 Semester
 1/21-22: Opening Retreat (24-hr)
 2/27: Monday Lecture 4
 3/4-5: Weekend Retreat 4 (24-hr)
 3/27: Monday Lecture 5
 4/1-2: Weekend Retreat 5 (24-hr)
 4/24: Monday Lecture 6
 5/5-7: Closing Retreat (48-hr)

KOINONIA School of Race & Justice

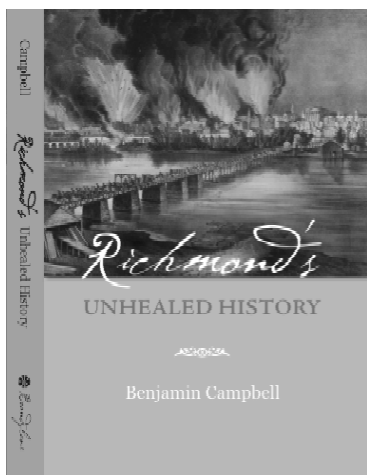
"CALLED TO BE RECONCILERS"

Koinonia means sharing in community. This School of Race and Justice provides safe space and tools to address racism in ourselves and to build justice in our city. **Lecture Topics include:** History, diversity, shame, grief, lament, privilege, class, poverty, media, and law. **Process Groups:** These intentional small groups process each lecture personally and its implications for the city. **Retreats:** The retreats are designed to build community and delve deeper into our issues of race.

The deadline for applications is June 1. Cost: \$1200. Some scholarship is available. For further information, please contact Rev. Janie Walker (804-783-7903), email: jwalker@richmondhillva.org

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Richmond's Unhealed History



by Benjamin Campbell

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Your order from the Richmond Hill Bookstore supports Richmond Hill.

ARMSTRONG LEADERSHIP IN ACTION

Hidden in plain sight

This semester, a few University of Richmond sophomores got another perspective on gentrification when they began meeting with students from Armstrong High School's Leadership Program.

Together they developed a play that provided an opportunity to show a side of Church Hill that doesn't get included when the neighborhood attracts national media attention for its history, architecture and restaurants. It was their chance to highlight what's often hidden in plain sight: the public housing communities, the families that move because rent gets too high, and the vast differences in life experiences from one block to the next. Armstrong students, including Chelsea Trammell, wrote original poetry that was a part of the play.

The future's unreasonable. It can give us good, or it can give us bad. It's up to the people, the community, the families, the neighborhoods, to bring us justice. Will we run or will we fight? Fight for our memories, for our history, for the love that we share for our name. It's all in our hand, to create our own future. — Chelsea Trammell

Following the performance of *Church Hill: a Changing Neighborhood*, neighborhood residents lead a panel discussion. The focus of the discussion was to help break down walls and shatter assumptions, in an effort to learn about others' stories and to encourage inclusiveness and active listening. The communities engaged in conversations about their future. For *Virginia Currents* story visit this link: <http://ideastations.org/radio/news/students-explore-gentrification-through-documentary-drama>

Yvette Rajput, Director & Marvin Roane, Assistant Director

RETREATS

INDIVIDUAL RETREATS

Richmond Hill offers individual retreats for persons who desire rest and time to seek God. Retreats may be taken in 24-hr increments between Mon. 4 p.m.– Sat. 4 p.m. In addition, more formal contemplative retreats are offered periodically on weekends for individuals who wish to be a part of a facilitated retreat rhythm. Spiritual guidance is available for any individual retreat.

*Recommended donations: Basic \$65 per 24 hrs. / Guided \$90 per 24 hrs.
Contact Deborah Cannady, 804-783-7903 or retreats@richmondhillva.org*

FIRST FRIDAY RETREATS

First Friday of Each Month | 9 a.m. - 4 p.m.

A day for quiet reflection and spiritual renewal. Structure and guidance will be provided for those who want it as well as the option for one-on-one spiritual direction, or you can simply spend the day in silence—your choice.

Suggested Donation: \$20 (includes Lunch) Facilitator: Mimi Weaver, spiritual director and life coach. She can be reached at www.GraceMoves.com

Contact DeBorah Cannady at Richmond Hill to register 804-783-7903 or retreats@richmondhillva.org
Please register in advance. Space is limited.

LISTENING TO THE SILENCE

Second Tuesday of Each Month | 9 a.m. - 4 p.m.

Arrive at Richmond Hill at 8:45 to begin this spiritual experience. Lunch and chapel are included. Bring your Bible and your journal but leave the cell phone in the car.

Suggested Donation: \$20 (includes Lunch) Facilitator: Rita Ricks, spiritual director

Contact DeBorah Cannady at Richmond Hill to register 804-783-7903 or retreats@richmondhillva.org
Please register in advance. Space is limited.

GROUPS

CENTERING PRAYER GROUPS

Tuesdays, 4:45 - 5:45 p.m.

Deborah Streicker, Facilitator

Tuesdays, 7:30 - 8:45 p.m.

Jerry Deans, Rev. Vallerie King, Facilitators

Centering prayer is an ancient prayer method designed to facilitate the development of contemplative prayer by preparing us to cooperate with this gift. Each group is open to newcomers regardless of experience.

Contact: Deborah Streicker at 783-7903 or dstreicker@richmondhillva.org

DROP-IN GRIEF GROUP


Monthly, 4th Fridays, 10 - 11:30 a.m.

Sandy Gramling, Ph.D., Facilitator

Share experiences and obtain support from others who are experiencing a loss in a flexible group format. Discussion and reflection on the impact of loss, coping, meaning-making, etc. follows the brief presentation.

Preregistration is helpful but not required. Contact DeBorah Cannady at 804-783-7903 to register.

Workshop: Prayer, Spiritual Journaling and Art



Art & Spirituality
Prayer,
Spiritual
Journaling,
and Art

May 21, 2016 | 9 am–3 pm

This retreat is about spending time in quiet reflection, prayer, or meditation while listening for God in your life.

This time of prayer can be guided or on your own as long as you remain in silence. At a designated time you will be asked to journal about your private prayer experience. What were your thoughts, insights, or inspirations? What did you sense or learn in your time of silence? Once you have written all you want to say, sit with your words and visualize them in a colorful design or image. How would your reflection expressed in your words look as a your work of art?

Come and enjoy for a day the beauty and the sacred space of Richmond Hill. *Pray, Write, Create.*

Brenda Giannini, facilitator. Suggested donation \$30. includes lunch and art materials, (note: you may want to bring your own journal). Sign-up: DeBorah Cannady at 804-783-7903, or email: retreats@richmondhillva.org

NOW ENROLLING

RUAH XV

SCHOOL OF SPIRITUAL GUIDANCE

*New Class Begins in
September 2016 for Clergy
& Church Professionals*

Richmond Hill will begin a new weekday session of the RUAH School of Spiritual Guidance in September, 2016.

This weekday design is particularly intended to make the program available to clergy and other church professionals for whom Sunday classes are impossible.

The two-year program is composed of two 48-hour retreats and eight 24-hour retreats for each of two years. The 24-hour retreats are held on the third Monday evening and Tuesday each month; the 48-hour retreats extend from Monday supper through Wednesday.

The program consists of monthly retreats in the context of the rhythm of life of the Richmond Hill Community. Prayer and faith sharing are a part of the discipline of all participants. Books are assigned each month on the upcoming topic.

Acceptance in RUAH XV is primarily limited to clergy and church professionals. If you are interested in this program, please inquire immediately to the Rev. Janie Walker.

Revised deadline for applications is June 1. Some scholarship assistance is available.

*For more information or an application,
please contact Rev. Janie Walker,
Co-Pastoral Director, at Richmond Hill.
(804)783-7903 or email:
jwalker@richmondhillva.org*

Vocare

School for Vocation

Apply now for Sept. 2016

Vocare means to call or to summon. This school is intended to provide tools, space, and community for discerning God's call in each of our lives.

Fall Tuesday Workshops: Tuesday workshops are designed to move you from your personal inner-work towards outward engagement with the wider community.

Spring Discernment Groups: These small groups meet monthly. The meetings will take place on the last Tuesday of each month. Each session will provide opportunity for a participant to discern vocation in community as guided by the Holy Spirit.

Applications are due June 1.
To inquire or apply, please contact Rev. Janie Walker at (804-783-7903) or email: jwalker@richmondhillva.org



Urban Service Corps

The Richmond Hill Urban Service Corps provides a rare opportunity to gain understanding of how the Holy Spirit engages with both the people and the social structures of a City as well as how the life of a Christian community can provide a powerful witness for the possibilities of reconciliation and healing in a metropolitan area.



The Richmond Hill Urban Service Corps is a one year commitment beginning in August of each year. Typically, we will have four servant-leaders in the Community per year.

Applications are due to Richmond Hill by June 1.

*To inquire or apply, please contact
Rev. Janie Walker at (804) 783-7903 or
jwalker@richmondhillva.org*

Save The Dates!

Sunday, May 22, 2:00 pm

PASTORAL CARE & COUNSELING GRADUATION

Dr. Alice Harris is the Speaker for the Commencement Ceremony.



Sunday, June 5, 2:00 pm

ARMSTRONG LEADERSHIP PROGRAM ANNUAL CLOSING CEREMONY

This is a great opportunity to fellowship with staff, parents, mentors, partners and celebrate all of the students. We will say farewell to our seniors as well!!!

WORSHIP SERVICES

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.

PRAYING WITH THE SONGS OF 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.

SOAKING PRAYER SERVICE

DeBorah Cannady, Leader

3rd Mondays at 7:30 p.m. and 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

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 DeBorah Cannady at 783-7903.

RETREATS

CREATING PATHWAYS THROUGH

Grief

A Day Retreat

9:00 am – 4:00 pm, Friday, May 13

The expressive arts have long been helpful in processing our grief. It is often restorative to bypass the intellect and work with our hands and heart. We can express our grief and find new insights about the journey. People are often amazed by what unfolds from their creative efforts. The retreat also includes an opportunity to share what has been created with other retreatants. Other expressive art opportunities will also be available including a dream work exercise, a choice of various writing exercises and an art for "stuck points" in the grief journey exercise.

Activities include:

- Collage (Vision Board)
- Writing (various exercises)
- Create a Mandala

Facilitator: Sandy Gramling, Ph.D., Spiritual Director and Coordinator of Grief Ministries at Richmond Hill.

Suggested donation: \$20.00 (includes lunch)

To register, please contact DeBorah Cannady, at (804) 783-7903 or by email: retreats@richmondhillva.org

together in SILENCE

A 24-hr. Retreat | May 14, Saturday, 4 pm – May 15, Sunday, 4 pm

This retreat is about spending time in quiet reflection, prayer, or meditation while listening for God in your life. This time of prayer can be guided or on your own as long as you remain in silence. Come and enjoy for a day the beauty and the sacred space of Richmond Hill.

David Vinson, facilitator. Suggested donation \$90

To register, please contact DeBorah Cannady, at (804) 783-7903 or by email: retreats@richmondhillva.org

God knows our needs

When seen from an airplane even large items seem tiny. Cars appear like ants. Farmland is just a patch quilt. It can make us feel insignificant in comparison. Yet God sees each one of us and loves us as individuals. Can we imagine looking down at a five acre spread and knowing exactly how many stalks of grain or blades of grass it holds? That is an impossible task in human terms but God knows the very number of hairs on our head. He loves us enough to know all the amazing details about each of us. God knows our every need.

In Jesus's parable of the sower some seed fell among thorns. Jesus explained: "Those which fell among thorns are those which when they have heard, go forth and are choked with cares, riches and pleasures of this life, and bring no fruit to perfection" (Luke 8:14) (NKJV). We can respond to the pressures of this world in two ways. We can be choked by them or we can be challenged to fight against them. As Christians, we must be on guard continually against the weeds of disharmony and the thorns of gossip. Let us prove to be good soil and bring forth fruit.

Life does not turn out as we planned. A winter vacation to the beach may be dampened by cold weather. A marriage may be destroyed by unfaithfulness. Whatever the disappointment, great or small, we can tell God about it for He knows and cares about it. This is not to say we must let go and move on without our mourning for our losses. The healing process often takes time. Eventually the cold winds of disappointment will give way to the warm breeze of God's Love.

Children cry for many reasons. They cry when they are hungry, when they are sad and when they are hurt. What makes us cry? Surely our own hurts and frustrations will occasionally make us feel like crying. What about for others? Do we cry for their pain? God calls us to bear one another's burdens. This call is for more than a casual prayer for them as we drift off to sleep. Bearing one another's burdens means trying to lift and carry part of the weight no matter how little we think we can help. Pray, "God, help me to look beyond myself so I can see the burdens I might help to bear this month."

In a country that treasures freedom, we build monuments to honor those who gave their lives in the fight for freedom for the citizens of our country and the world. Yet the monuments are not built for the dead. They are built for us — for we never forget the price that was paid. A great price was also paid for our freedom from sin. "For you are bought with a price: Therefore glorify God in your body, and in your spirit, which are both God's (1 Corinthians 6:20) (NKJV). Victory and freedom are offered. They are ours to receive. God knows all our needs.

Rev. Dr. Alice W. Harris
Pastoral Counselor

Living by the rule

In April, I took some time for a silent retreat at the Holy Cross Abbey, a Trappist monastery in Berryville, Virginia...1400+ acres of rich farmland located on the west bank of the Shenandoah River. I think John Denver was correct in his lyric: "...almost heaven, West Virginia." They got the "almost," because we've received the real thing — the eastern Blue Ridge mountains in spring must surely be the foothills of Heaven itself.

In the summer of 2012, an important question arose within the first three months of me moving into the residential community here at Richmond Hill: "Where does one go on retreat when one lives at a retreat center?" I'd encountered a similar Zen-like *koan* many years ago as I was leaving VCU to find a break into the advertising business: "We don't hire students. Come see us when you've got some experience." Good thing I love a good puzzle.

Initially, I was simply too busy learning and living into life in the community to slow down and take a retreat. So much to do, and all of it Kingdom work. Wow! What's not to like? And, it was all good, until I found myself getting testy with my colleagues in community. When I was rude to some guests about making coffee, I knew it was time to pull back. That's the definition of retreat, right?

Seven years ago, my spiritual director posed a question about my Rule of life. As I had no idea what he was talking about, he recommended I do some work around that. Well, I love a good project. So, I wrote, and then re-wrote, my rule. And item no.4 of my Rule said: "Go on retreat (3x/year). Walk the labyrinth quarterly." Since the Jerusalem Mile is just outside my back door, I've made many a good turn on the labyrinth. But I regularly ignored taking a retreat. For all the usual excuses: too busy, too expensive, too tired...plus, I didn't know where to go...



When it came to obeying the Rule, I was being, well, unruly. The Rule, as I am finding out, is a lot like the Sabbath. That is, it is not something we feel we *have* to do. Rather, it should be something we *want* to do — because it gives us back our lives. It restores us, not restricts us. My reluctance to go on retreat was not so much out of ignorance. Rather, it was more out of fear — fear of being caught by God in the silence, far away from all my familiar distractions, with nowhere to hide. And He caught me. Thanks be to God!

Richard Rumble
Communications Director



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May 2016



Metro Richmond at Prayer

In May:

Pray for the Churches and Religious Institutions of Metropolitan Richmond.

Share your comments, or sign up to receive our monthly *UPDATE* newsletter
by emailing us your contact information: rrumble@richmondhillva.org

Richmond Hill is an ecumenical Christian fellowship and intentional residential community who serve as stewards of an urban retreat center within the setting of a historic monastery. Our Mission is to seek 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
others. All who work in construction.
Hospitals and nursing homes: patients,

residents, and staff; all who provide health
care. Victims of violent crime; all who
commit 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
persons or situations for which our prayers are
requested. Call us at 804-783-7903.*



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