

# UPDATE



For the spirit of the city

2209 EAST GRACE STREET RICHMOND, VA 23223

SUMMER 2016

## TENDING THE SPIRIT

### Remember Who You Are

My parents regularly reminded my sisters and me to “remember who you are” throughout our growing up years. It was code for: know where you come from, know who your people are, know to whom you belong. It was about faith.

As we grew and ventured out more and more on our own, our folks would call out to us, “Remember who you are!” Like many teenagers, I didn’t always appreciate hearing their reminder, nor did I always keep it in mind. But I knew to my core that it had something to do with being loved.

In the early 2000s, Val, a member of our church’s youth group, began to post flyers around town, “Looking for a foster family.” She had been a resident in a shelter not far from our church for over a year and was ready to be out from under the thumb of institutional living. Children and Youth Services would not allow her to return to her parents’ homes and while we were neither qualified nor knowledgeable about parenting teenage girls, we fell in love with her, and with the blessing of our three sons, Val came to live with us. Those were challenging years, fraught with teenage (yes, and parental) angst, but somehow we all survived. Many times through those years, Val heard me say aloud “Remember who you are!” after quietly reminding myself of the same.

Stories are told of Martin Luther, the famous church reformer, who would, from time to time, place his hand gently on his own forehead, and in a voice loud enough that others could hear say, “Martin, Remember your baptism!” In doing so,

he recalled his identity in and with Christ, reminding himself that God loved him. He knew it was true, but he also knew how easily it is to forget. We all need this grace.

I love the image of Jesus joining John in the river, just one more in a long line that day who had come to get their lives on track. I don’t mean to imply that Jesus had gone astray — everything led him to that day when the heavens opened and a voice proclaimed, “Behold, my beloved son in whom I am well pleased!”

Can we hear those words for ourselves? We, too, are heirs of God’s love and beloved members of God’s own family (*see Romans 8*). Our identities are wrapped up in God’s embrace, God’s hope for us, God’s constant love. What a good place to start, and return to time and time again when we forget who we are and to whom we belong.

Once we remember how much we have in common with Jesus, it becomes easier to walk like him into the world.

Internationally renowned priest and author, Henri Nouwen said that to follow Jesus doesn’t mean that we do everything that Jesus did exactly as he did it. Instead, we are called to live our lives “as authentically as Jesus lived his.” We must be true in our own ways to God’s unique expression in each one of us. Love becomes our common bond, our common aim. How is God’s love revealed in you? What will it mean for Metropolitan Richmond for you to not only embody the good news that you are beloved, but that God loves our city, too? In what tangible ways are you a reconciler; are you a healer? How will we embody this together?

*Continues on page 2*

What a good place to start, and return to time and time again, when we forget who we are and to whom we belong

## Richmond Hill Council Members

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### Armstrong Leadership Program

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Marvin Roane

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Marvette Craighead

## TENDING THE SPIRIT

These are important questions we seek to hold and explore at Richmond Hill through our community commitment to prayer, hospitality, spiritual development and racial reconciliation. It begins with remembering who we are. As one of my fellow residents reminded me recently, it's easy for us to focus on the "what" and "how," but we must begin by remembering "why." Because we are loved.

Last fall, the church I served since 1994 held a celebration in thanksgiving for our shared ministry ahead of our departure for RVA. The sanctuary was full. At one point in the evening, people were invited to the mic to express their gratitude and blessings. I looked over and saw Val waiting her turn to speak. I was surprised. I hadn't seen her in quite a while. She is now the mother of two and living in another town. She stepped forward and eloquently thanked our family and the church community for taking her in at a critical time in her life. Then she said something that shocked me. She said that she recalls hearing many times over the course of her teenage years living with us, "Remember who you are." She looked at me and smiled. "I didn't understand back then," she added, "but I just want you to know that now, I get it."

Maybe all we really need is to remember that we are loved. It seems simple enough. And then act on that good news.

*Rev. Joel Blunk,  
Co-Pastoral Director*

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## REVIVE RICHMOND

## We Can Do This

Early in 2015, Richmond Hill was invited to become a partner with Richmond Symphony, Bon Secours, City of Richmond 7th District Council Office and other community organizations to host an inclusive community celebration to highlight the diverse neighborhoods and unique quality of Richmond's East End. In the very first meeting I attended, I experienced a spirit of unity which was only surpassed by the joy of hearing that all proceeds from the event would go to support and enhance music education in Richmond Public Schools in the East End.

During future meetings, Councilwoman Cynthia Newbille was commonly heard saying: "We can do this." This phrase of encouragement produced evidence of its intrinsic truth as the community came together over months of planning, meeting and implementation around the recent festival held in East End's Chimborazo Park May 6-8 2016. Despite the showers and cool weather that weekend, the RVA East End Festival: "The Gift of Music" drew approximately five thousand attendees over the 3-day period.

Richmond Symphony's idea of using its Big Tent to foster such unity was embraced by 11 other organizations and agencies to sponsor this event. Approximately 38 partners, 10 merchants, 23 vendors, 12 volunteer groups, and numerous individual volunteers rallied to support the event. 33 individual and group artists, including youth from Richmond's East End Schools, joined the ranks of performers. As festival goers stood, sat in lawn chairs and on grass all over the park, local first-time performers joined some of Richmond's renowned performers in the line-up. The line-up showcased talent that Richmond's East End has produced and is still producing. Such an opportunity for enjoyment and performance by both youth and adults!

Richmond Hill was privileged to lead an ecumenical worship and unity celebration at the close of the 3-day celebration. Inviting the audience to take part in a sand ritual at the close of the ceremony marked the community's ability to appreciate diversity and find meaning in the unity found in Community. Councilwoman Newbille was called to the stage to receive the apothecary vase containing the various colors of sand to be placed in her 7th District office as a reminder to her, and to all of us, that together "We can do this." David J. L. Fisk, Richmond Symphony's Executive Director, joined her on stage and in his final remarks announced that the goal of \$100,000 had been met.

Yes, "We can do this." We did it!

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

**Pray Governments and Governing Bodies of Metropolitan Richmond.**

*He has showed you, O man, what is good. And what does the LORD require of you? To act justly and to love mercy and to walk humbly with your God. (Micah 6:8)*

July 2016

**July 3, 2016.** We pray for governments and governing bodies of Metropolitan Richmond: For the Mayor and City Council of Richmond, the City Manager, and all city employees.

**July 10, 2016.** We pray for the governments and governing bodies of Metropolitan Richmond: For the Boards of Supervisors, Councils, Administrators, and employees of Charles City, Goochland, New Kent, Powhatan, Ashland, Petersburg, and Hopewell.

**July 17, 2016.** We pray for governments and governing bodies of Metropolitan Richmond: For the Supervisors of Chesterfield County, the County Administrator, and all county employees.

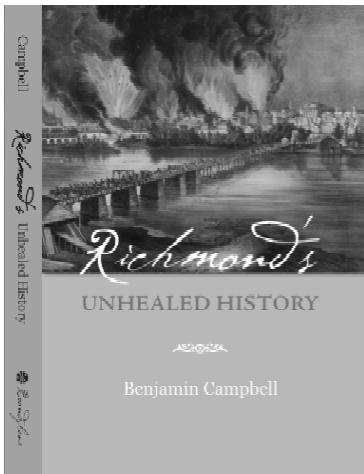
**July 24, 2016.** We pray for governments and governing bodies of Metropolitan Richmond: For the Supervisors of Henrico County, the County Administrator, and all county employees.

**July 31, 2016.** We pray for governments and governing bodies of Metropolitan Richmond: For the Supervisors of Hanover County, the County Administrator, and all county employees.

AVAILABLE NOW from the RICHMOND HILL BOOKSTORE

**Richmond's Unhealed History**

by Benjamin Campbell



Ben's book is available in a Kindle version for \$5.99 at Amazon.com

\$15.95 plus tax at Richmond Hill or \$18.50 postpaid, tax included, by mail from Richmond Hill.

Order by telephone (783-7903) or on the web richmondhillva.org

Your order from the Richmond Hill Bookstore supports Richmond Hill.

**ARMSTRONG LEADERSHIP IN ACTION Celebrating 15 Years!**

On Sunday June 5, 2016, Richmond Hill's Armstrong Leadership Program celebrated 15 years of service to the Armstrong High School community. Starting in 2001 as the Orita program, ALP continues to flourish and uplift the lives of students by shaping, transforming and inspiring each participant. We give God all the praise and glory for the opportunity and another successful program year. We appreciate all of our mentors, volunteers, sponsors, alumni and families who have assisted in "Cultivating a Generation... Today!" Please join us in applauding our team and the graduates in the Class of 2016.

This year, 18 students have applied for the College Showers Initiative, so we are in need of additional hosts (churches, organizations, corporations, etc.). The College Shower is an opportunity to shower one college-bound student with dorm room essentials as they transition. Also, it's a great opportunity to build a supportive relationship in the process of matching students with hosts. Individuals, churches, organizations and corporations are welcome to participate in assisting our students' transition into college life.

If you'd like to be a part of the College Showers Initiative, please contact Yvette Rajput. We are still recruiting mentors for the upcoming school year. Please contact Marvin Roane, Assistant Director @ (804) 484-0736 or alp@richmondhillva.org, if you are interested in becoming a mentor/volunteer.

And remember: "Service to others is the rent you pay for your room here on Earth" — Muhammad Ali

— Yvette Rajput, Director & Marvin Roane, Assistant Director



Shown above: Students, staff and mentors, Armstrong Leadership Program. Seen below: Graduating Seniors, ALP 2016



We offer special thanks to Rev. Janie Walker, Rev. Benjamin Campbell and Warren Kennedy for their vision and planting the seeds. Also, we appreciate Rev. Joel Blunk, Karen D. Salter, Corey Brown, and Dr. Howard Hopkins, our key note speaker.

# Richmond Hill Studies in

Retreats Classes Groups Schools Retreats Classes

## 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](mailto: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](http://www.GraceMoves.com)

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

## GROUPS

### CENTERING PRAYER GROUPS

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

*David Vinson, 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: David Vinson at 783-7903 or [hospitality@richmondhillva.org](mailto:hospitality@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.

## Save these August Dates and Come Join in Our Celebration!

*Sisters of the Visitation  
at Monte Maria  
And Richmond Hill*

1866 - 2016

**Celebrating & Honoring  
150 Years  
of Prayer and Work  
for the City**

**August 19 - 21**



This summer Richmond Hill will mark the arrival here of the Sisters of the Visitation in August 1866, 150 years ago.

This time of celebration will be marked and synchronized with our regular daily prayer cycle over a three day period. Join us at 7:00 a.m. for Morning Prayer and breakfast **Friday, August 19**. Come for Noon Prayer and lunch in the Garden **Saturday August 20**. Hear special stories along with Evening Prayer and a reception **Sunday August 21**.

Come, worship, celebrate, and join us as we give thanks for the courage, sacrifice and blessing of the Sisters of the Visitation, as well as for the beauty and the sacred space Richmond Hill is today.

For more information or to RSVP, please contact DeBorah Cannady at 804-783-7903, or by email: [retreats@richmondhillva.org](mailto: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 July 15.** *Some scholarship assistance is available. CEU's are also available for this program.*

*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](mailto: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.

CEU's are available for this program.

**Applications are due July 15.**

*To inquire or apply, please contact Rev. Janie Walker at (804-783-7903) or email: [jwalker@richmondhillva.org](mailto: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 July 15.

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

**CELEBRATING  
REV. DR. ALICE HARRIS  
AND 26 YEARS OF  
PARTNERSHIP & MINISTRY**

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**Sunday, July 10, 2016  
3:30 p.m. at Richmond Hill**

You are invited to join Richmond Hill in thanksgiving and celebration of Rev. Dr. Alice Harris and her 26 years of ministry and partnership through Holistic Pastoral Counseling Services.

**Sunday, July 10, 2016, 3:30 p.m. – 5:30 p.m. at Richmond Hill**

*Please RSVP to DeBorah Camnady, 804-783-7903, ext.10; or email: [retreats@richmondhillva.org](mailto:retreats@richmondhillva.org)*

## 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, Sat. August 27

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](mailto:retreats@richmondhillva.org)**

## Now enrolling for Fall 2016



Apply now  
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 July 15. Cost: \$1200.

Some scholarship is available. For further information, please contact Rev. Janie Walker (804-783-7903), email: [jwalker@richmondhillva.org](mailto:jwalker@richmondhillva.org)

**ECUMENISM** — *Honoring all expressions of Christian faith, respecting in Jesus's name all persons of other religions and faiths.*

Jesus fed the five thousand. His only instruction to them was being seated. He saw their need and empty stomachs and He did what a loving, compassionate God would do—fill their hunger.

I spent over a decade in the hospitality industry. There was only one thing on my mind when I first started. M-O-N-E-Y. How much could I make off this table? How should I act to this elderly couple to help them see my worth as their servant? Does this particular type of person tip more than another? There are probably a hundred stories I could share of my poor attitude towards a guest who I felt would not show me what I felt was my due. Did they not understand how hard I was working for them — or that they were not the only people who had my attention? I began to classify and organize the people into categories that deemed them more or less worthy of my gracious service. How unfortunate. I wonder how many interactions I missed out on by glazing over someone's outward appearance or ability to give generously.

In the light of Jesus feeding the multitudes I see my own shortcomings. Jesus did not classify. Jesus did not expect in return. He gave and He gave abundantly. He saw that all had food and did not bother them with standing in lines, with filling out surveys, or with complimenting Him on His ability to keep up with the crowds.

It is time to reassess my standards of service once again. It is time to show the love of God to the multitudes of guests that make the venture to experience Jesus at Richmond Hill. Whatever political hot-button issue is trying to divide or classify us into smaller and smaller minorities needs not to hold a weight in my heart. My eyes need to see one thing only — an empty stomach of a weary traveler. Regardless of background, social or economic status, my hands need to bring the fresh daily bread to the daily and break it over them giving thanks to the Father of Lights from which every good and perfect gift comes. I am sure that as to Peter he says unto me, "Brian. Feed my sheep."

Brian Lamm  
Urban Service Corps

## Wayfinding on the way

On a hot Sunday, June 12, Vocare III class held its commencement ceremony in the cool of the Chapel here at Richmond Hill. The word commencement was chosen over graduation. Because, when it comes to discernment, one is never done — with that process, there are no endings. Just a bunch of new beginnings.

Here are a few words about the Vocare School. It began in the fall of 2013. The School was created in response to recurring conversations with folks who spoke of finding themselves at points in their lives where they wondered: "Am I in the best place for me at this phase of my life? Is this all there is? What else could God have in store for me?"

These are excellent questions. Questions which can be challenging to tackle. It takes time, energy, space, and the Holy Spirit to answer questions of this sort. Richmond Hill had space and we made room on our calendar. Folks committed their energy. And the Holy Spirit showed up. Through a process of deep listening patterned on a Quaker clearness circle, doors opened (or closed), and folk found their respective way.

When we came to the end of the program, of course we experienced sadness, grief and loss. The bonds formed during the experience are strong and deep. Walking away is difficult. But walk away we must, as we engage in our own work and pursue our own path.

As we navigate the journey, it's good to pay particular attention to the spiritual geography surrounding us. In finding one's way to an unconditional "Yes" in life, you can look to the points of the compass.

**EAST:** The direction of the rising sun (*beginnings*): What new energy / movement is starting to emerge in you? Are you aware of issues / areas in need of healing or change? **SOUTH:** The direction of the sunny exposure (*imagination, spontaneity*): Where is your energy being called forth? How do you nurture yourself? **WEST:** The direction of the setting sun (*endings, letting go*): What or who needs to be released or shed? What maps no longer work for your life? **NORTH:** Your guiding light (*spiritual values, stabilizing force, mentors*): What images of God nurture and sustain you? Who are your spiritual guides and dearest friends?



Anyone can steer the ship. Who's charting the course? That's the big question.

Richard Rumble  
Communications Director



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## Summer 2016



# Metro Richmond at Prayer

*In July:*

## Pray for Governments and Governing Bodies of Metropolitan Richmond.

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