

## TENDING THE SPIRIT

### Passing the Baton

Just a few months ago when anticipating the change of leadership in our nation's most prominent role, conversations about the climate of our nation became commonplace. Since January 20th, when President Barak Obama passed the baton of presidency to our 45th President, Donald Trump, such concern permeates nearly every conversation. It leaves me wondering if passing the baton is an appropriate metaphor for the exchange. The metaphor commonly refers to a comparison between Life and a Relay Race. I suppose a 400-meter relay race is indeed a powerful metaphor to consider when examining what the exchange might mean to the citizens of this country and our nation's relationships around the world.

Basic guidelines for a 400-meter race help us to understand that the baton is only passed to: contenders in the race; those who have been present for the practices; and those who understand that the objective of the race is to keep the baton moving in a forward direction. The objective is never about any single runner or team position. Typically, the runners are compelled to: practice in all of the positions on the team in order to allow for more flexibility; practice until the handover of the baton becomes instinctual; learn to trust one another to make the best exchange possible, even under pressure. Ultimately, the last runner is carefully chosen because there is no one else left to whom the baton can be passed. The last runner tends to be an adrenaline runner who maintains a form that enables them to hit the finish line at full speed.

Consequently, it behooves each new president to view himself or herself as a last runner. It also behooves each citizen of this nation to consider the baton we are challenged to take hold of and what it means for each of us to take up that baton in our own time. President Obama gave us a good sense of what it might mean in his farewell speech:

"For 240 years, our nation's call to citizenship has given work and purpose to each new generation. It's what led patriots to choose republic over tyranny, pioneers to trek west, slaves to brave that makeshift railroad to freedom. It's what pulled immigrants and refugees across oceans and the Rio Grande, pushed women to reach for the ballot, and powered workers to organize. It's why GIs gave their lives at Omaha Beach and Iwo Jima; Iraq and Afghanistan — and why men and women from Selma to Stonewall were prepared to give theirs as well. So that's what we mean when we say America is exceptional.... All of this depends on our participation; on each of us accepting the responsibility of citizenship; regardless of which way the pendulum of power swings."

On January 21st close to a million women marched in Washington demonstrating their commitment to citizenship and remaining vigilant against oppression of any kind. Watching clips, each speaker I heard conveyed a determina-

tion to: upholding laws relevant to moving forward as a nation, making lives better and not worse; defending our democratic process, which ensures equal opportunity and access to all; ensuring that the game is not fixed against particular people groups.

All who have made such a resolve express the first and foremost requirement to receiving the baton - you must be in the race. No need to draw back in fear. If you falter or drop the baton, according to the guidelines, it does not disqualify the runner. You need only to pick it up and keep moving forward. The challenge though is to rise above individualism and become a member of the team, a broader community — a Beloved Community.

Dr. Martin Luther King, Jr., a strong proponent of the Beloved Community, more than sixty years ago, delivered an address at the 94th Anniversary Celebration of the Emancipation Proclamation entitled, Facing the Challenge of A New Age. Dr. King said in that message: "The struggle is

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*We must  
remember that  
hope is always  
before us*

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## TENDING THE SPIRIT

not over.... For we have come a long, long way it is true, but we have a long, long way to go. And we ask for your continued prayers.... I want to try to talk about something that I hope will serve as a ray of hope to all of us as we work together for our first-class citizenship.... It is an exciting age, filled with hope.... We stand today between two worlds: the dying old and the emerging new. Now I am aware of the fact that there are those who would contend that we stand in the most ghastly period of human history."

It is in our own time that we must remember that hope is always before us; though some would deem the most ghastly period of American history. If Dr. King were here today, he would likely remind us, as he did the audience that day, "this is a momentous time, filled with the hope of something new, even amidst that which appears ugly and difficult, and as uprisings and discontentment spread across the world."

I can imagine that Dr. King might even bring to mind some of the concluding words of President Obama's farewell speech: "It falls to each of us to be those anxious, jealous guardians of democracy; to embrace the joyous tasks we have been given to continually try to improve this great nation of ours. Because for all our outward differences, we all share the same proud title: Citizen."

You may find it difficult to embrace the challenge to get in the race, or stay in the race, from a citizenship perspective. I would venture to put us in remembrance of a spiritual challenge to the followers of Christ that was put forth over two thousand years ago, "...let us rid ourselves of every burden and sin that clings to us and persevere in running the race that lies before us while keeping our eyes fixed on Jesus, the leader and perfecter of faith." (Heb 12: 1b-2a NAB).

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

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## REVIVE RICHMOND

### Unearthing the Truth

This is not the article I thought I'd write. I thought it would be about Truth, Racial Healing and Transformation and the National Day of Healing Interfaith Gathering held here last month. Central that evening was the powerful testimony of Janet Burke and Thomas Haynesworth. Thomas was wrongly accused in a rape case over thirty years ago and spent 27 years in prison before DNA evidence revealed the truth of his innocence. Without bitterness and full of faith, Thomas expressed his forgiveness, and Janet her gratitude. We were all inspired to identify unfinished stories of hurt from our own lives and continue the work of healing.

I was going to tell you more about that, but this morning I had breakfast with Chalton Askew. Chalton is from LaGrange, GA, here at Richmond Hill for the Initiatives of Change/Hope in the Cities opening retreat. LaGrange was on the front page of the *New York Times* not long ago (1/27) under the headline: White Police Chief Apologizes for 1940 Southern Lynching. Initiatives of Change/Hope in the Cities, a long-time Richmond Hill partner, was instrumental in the conversations that lead to that event. Chalton was a part of it too. He spoke with deep faith and conviction as he told me prayer also played a part. He's been praying with others for a long time for the healing of his city.

It's been 77 years since Austin Callaway was dragged out of jail by a band of masked white men and shot in the street. According to the *New York Times*, the events of that day were covered over by "time, fear, professional malfeasance and a reluctance to investigate the sins of the past." The current police chief of LaGrange stepped forward on Thursday to offer a public apology. "I sincerely regret and denounce the role our Police Department played in Austin's lynching," he told a crowd of hundreds that included Chalton. "I'm profoundly sorry. It should have never happened."

"The blood speaks," Chalton calmly told me. "The voices of our ancestors will not rest until the truth is told and the wrongs of the past are reconciled." My mind went to Shockoe Bottom and the African American burial ground. I thought of Lumpkin's Jail. Richmond's slave market. I've been here a year now and I, too, know it's true the blood speaks. And prayer makes a difference.

I walked out of the refectory and picked up today's *New York Times*. On the cover, and prevalent throughout, were multiple discussions of false claims and "alternative truths." I took solace in Chalton's words, Janet and Thomas's example, and the power of prayer. I walked to my office to write it down.

If we ever hope to know healing in our city and throughout this land, the truth must rise to the surface. Only then, as Jesus told us, will we be free.

*Rev. Joel Blunk  
Co-Pastoral Director*

## Pray for the Coming of God's Kingdom in Metropolitan Richmond.

*Pray then like this: Our Father who art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done. On earth as it is in heaven. (Matthew 6:9-10)*

February 2017

**February 5, 2017.** We pray for the coming of God's Kingdom in Metropolitan Richmond: For a spirit of unity and cooperation among all people in all jurisdictions. Fill us with your compassion for our natural environment. We pray that all would earnestly seek the common welfare of this metropolitan city.

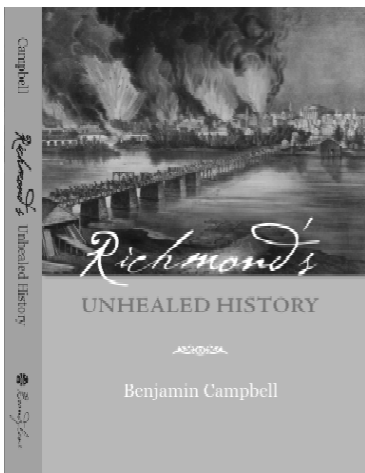
**February 12, 2017.** We pray for the coming of God's Kingdom in Metropolitan Richmond: For healthy economic development, which enhances the Metropolitan community, employs the unemployed, and contributes to the common good.

**February 19, 2017.** We pray for the coming of God's Kingdom in Metropolitan Richmond: For redemption of the divisions, prejudices, pettiness, despair, and discrimination of the past.

**February 26, 2017.** We pray for the coming of God's Kingdom in Metropolitan Richmond: For enhancement of our common life in Jesus' Name through the Holy Spirit, and for the resurrection of metropolitan Richmond as a modern metropolitan city of hope for the world.

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# Richmond's Unhealed History



by Benjamin Campbell

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[richmondhillva.org](http://richmondhillva.org)

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## A New Year Filled With Promise

The Armstrong Leadership Program began the new year with renewed hope for a bright future and promise of our student leaders. During the winter break, it was such a blessing to see so many of 2016 graduates at our annual **Alumni Luncheon**. The gathering brings together our recent graduating class to share ideas, experiences and most of all fellowship. The students were excited to reconnect with one another and shared exciting news of their freshman college experiences and life.

**Lydell Poag**, a recent graduate now attending Old Dominion University stopped in to share with current students a very informative 20-minute presentation on the *Do's and Don'ts* of attending college as a freshman. The sharing of experiences is at the heart of the program, which develops and strengthens our bonds and supports the family atmosphere and overall connectivity. This process allows students the opportunity to share, taking pride in the role and giving the opportunity to give back to their community. Additionally, our students participated in a session on Goal Setting, Time Management and The Healing Box. These activities are critical to reinforcing and developing skills, values, healing and reconciliation, while placing a strong emphasis on starting a new year with motivation and organization.

We began the New Year with *"Tutoring on Tuesdays,"* providing much needed math tutorial assistance for our students. The subject areas include: Geometry, Algebra I and II, Calculus and Trigonometry. The second phase of the program will begin in the second and third weeks of the month with peer tutoring. Students will assist one another and a variety of subjects while earning community service hours. We would like to thank **Dr. Steven Powelson** for volunteering his time to tutor our students in math.

Lastly, we would like to thank our many volunteers, mentors and supporters who offer time, energy and resources to the success of our program. We want to let you know that your efforts are appreciated! *Peace & Blessing— Ms. Yvette and Mr. Marvin*

LIKE US ON FACEBOOK @ ARMSTRONGLEADERSHIP

Learn more about Armstrong Leadership Program through Yvette Rajput at 804-783-7903, ext. 13, or, [alp@richmondhillva.org](mailto:alp@richmondhillva.org)

## Micah Association News

The Micah Association met Thursday, November 10 at St. Elizabeth Catholic Church with special focus on Overby Sheppard Elementary School. Assistant RPS Superintendent Abe Jeffers, who oversees OSES, offered remarks about the school and the work being done on behalf of students by RPS. Principal Kara Lancaster-Gay focused her remarks on the importance of "Resilience" and used a power point to give specific examples at Overby Sheppard. Attendees from the City-Wide Micah Initiative took time to share their successes and challenges while enjoying Sally Bell box lunches.

For more information about the Micah Association, contact Program Director Qasarah Spencer at 783-7903 ext. 14.



# 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 \$80 per 24 hrs. / Guided \$100 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](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 FOR 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.

## Koinonia School of Race & Justice: Re-Imagining Public Education

Finding Grace in Race:



*A public lecture series designed to encourage open and honest dialogue around issues of race and justice.*

**Re-Imagining  
K-12 Public  
Education**  
*using a Panel  
Discussion*

**Feb.27**  
**Monday**  
**7:30 pm**

This lecture will feature a panel of experts addressing and envisioning some emerging possibilities in the landscape of K-12 public school education.

*In the Spring these lectures are scheduled on the last Monday of the month, as follows:*

**Monday, February 27**  
Re-Imagining Public Education

**Monday, March 27**  
Media Bias & Race

**Monday, April 24**  
Justice System & Race

*The lecture will be followed by facilitated conversation and group processing time among the audience. Join us for worship at 5:30 pm, dinner at 6:30 pm, lecture at 7:30 pm. Your donation of \$20 includes both dinner and the lecture. For more information or to RSVP, please contact DeBorah Cannady at 804-783-7903, or by email: [retreats@richmondhillva.org](mailto:retreats@richmondhillva.org)*

SPECIAL UPCOMING PROGRAMS

# CENTERING IN CHRIST THE BENEDICTINE PATH TO JOY

## A Special 24-HOUR RETREAT

Friday, March 31 –  
Saturday, April 1, 2017



JANE TOMAINE, DMIn, author and Episcopal priest, lives in Mountainside, NJ. She is a nationally known retreat leader and workshop leader on the Rule and spirituality at monasteries, parishes and retreat centers. Learn more about Jane and her work at: [www.stbenedictstoolbox.org](http://www.stbenedictstoolbox.org)

Date & Time: 4 pm, Friday, March 31 — 4pm, Saturday, April 1, 2017

Facilitator: Reverend Jane Tomaine | Suggested Donation: \$110

RETREAT LEADERSHIP CO-SPONSORED BY PRESENCE PLACE, RICHMOND, VIRGINIA

**PRE-REGISTRATION REQUIRED. Register online: [www.richmondhillva.org](http://www.richmondhillva.org)**  
or contact DeBorah Cannady at 804-783-7903, or by email: [retreats@richmondhillva.org](mailto:retreats@richmondhillva.org)

### 2017 SUMMER INSTITUTE

## The Evolving Enneagram

Monday, July 17, 4:00 p.m.  
through Friday, July 21, 2:00 p.m.



*Registration is limited to 40 people.*

Registration must be confirmed by June 15, 2017. RUAH Alumni Association members must register by April 15, 2017 to qualify for reduced registration cost. **A non-refundable payment of \$200 at time of registration is required to consider registration confirmed.** The balance must be paid before start of institute. *Some scholarships may be available upon request.* Register during a visit to Richmond Hill. Ask at reception desk or office. Register online: [www.richmondhillva.org](http://www.richmondhillva.org)

At the heart of this 5-day retreat, participants will experience stillness, silence, and working from the “ground of our existence up” as we journey together. Symbols and movement will invoke an embodied foundation for reconnection with the infinite wealth of information of innate wholeness within each of us.

The Evolving Enneagram Institute will provide the foundational steps of the conscious journey towards fully embodying, embracing and empowering our lives — living deeply, and becoming fully alive.

## 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

*Jim Bennett, Leader*

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 candlelit chapel. The songs express a basic reality of faith, quickly grasped by the mind. The hope is this reality will gradually penetrate one's whole being; thus the meditative singing becomes a way of listening to God. Our practice of Taizé includes singing, prayer for Metropolitan Richmond, and a period of silence. Jim Bennett, a skilled musician, leads this time of worship with a variety of instruments.

### SOAKING PRAYER SERVICE

*DeBorah Cannady, Leader*

1st Thursdays at 10:00 a.m. and 3rd Mondays at 7:30 p.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.

### GENERATIONAL HEALING SERVICE

5th Mondays at 7:30 p.m.

*Rev. Dr. Paula O. Parker, Leader*

Once a quarter, Richmond Hill offers a service for Generational Healing. This is an opportunity to invite God's healing into your family, including generations that have gone before, as well as generations that will come after you. Participants are encouraged to bring the blessings as well as the pains and traumas of their ancestry written on a piece of paper (not to be shared). However, careful preparation of your personal genogram will help you pray more specifically for your family members.

For those who might find it helpful, 2-hour preparation sessions will be facilitated by Rev. Parker on the following Tuesdays during 2017: Jan 17th, May 16th, July 25th and Oct 17th. For more information, call DeBorah Cannady at 783-7903.

## COURSES



# Cleansing and Healing Streams

SESSIONS MEET  
7:30 PM  
THURSDAY ON  
THESE DATES:

MARCH 2, 2017  
MARCH 9, 2017  
MARCH 16, 2017  
MARCH 23, 2017  
MARCH 30, 2017  
APRIL 6, 2017

## Reviving the Real You

7:30 pm on Thurs. March 2 – April 6, 2017

During the 2017 Lenten Season, Cleansing and Healing Streams is offering a 6-week course on "Reviving the Real You." During this time we will continue our growth and development in: *Our Walk in the Spirit; Renewing Our Commitment with God; The Importance of The Words We Speak; The Process of Sanctification; Entering The Cleansing Waters* and ending with *Our Continued Growth in Christ (While Helping Others)*. Come join us during this 6-week course of study and reflection and plan to leave renewed.

**Facilitator:** DeBorah Cannady, Coordinator of Healing Ministry

**Co-Facilitators:** Rev. Sylvia King and Donna Slaughter

**Suggested donation:** \$30.00 (dinner and materials included)

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



## recovery EUCHARIST Tuesday Feb. 28

Fourth Tuesdays 7:30 pm

Introducing the Recovery Eucharist — a service devoted to healing and personal transformation found within 12-step spirituality and embodied in the Eucharist. A special invitation is extended to those recovering from any addiction and to those who desire to support people in recovery.

Starting on January 24, 2017, on 4th Tuesdays at 7:30 pm in Chapel.

## 10 things you can do

The idea of healing metropolitan Richmond can seem like a daunting task. There is so much to be done, it can be hard to know just how to begin. And so we offer 10 things you as an individual can do to be a part of the healing. Healing begins with each of us making a commitment to take a first step.

1. Talk with your neighbor or someone in your neighborhood you don't know; reach out to someone of a different racial, religious, or political background.
2. Refrain from re-posting partisan social media posts.
3. Recognize your own biases — we all have them! Try taking the Harvard Implicit Bias Test.
4. Focus on what is right rather than who is right in approaching contentious issues.
5. Resist stereotyping and look for the good in each person.
6. Learn about our history: walk the historic Slave Trail; visit the Black History Museum & Cultural Center, the Valentine, the Virginia Holocaust Museum, or the American Civil War Museum.
7. Read a book that helps you to learn more about the legacy of racism in this country, e.g. *Just Mercy* by Bryan Stevenson; *When the Fences Come Down: Twenty-First-Century Lessons from Metropolitan School Desegregation* by Genevieve Siegel-Hawley; *Something Must Be Done About Prince Edward County* by Kristen Green; *Trustbuilding* by Rob Corcoran; *Richmond's Unhealed History* by Benjamin Campbell.
8. Start a small dialogue group in your neighborhood, organization or workplace, and honor the life story that each person brings.
9. Analyze the racial diversity within your neighborhood, workplace, local school, house of worship, etc., and initiate conversations about where and why there might be lack of inclusion.
10. Imagine what a healed Richmond metropolitan community would look like and commit personally to some work for racial healing and equity; volunteer for an organization that focuses on healing and equity such as Hope in the Cities, Richmond Hill, Virginia Center for Inclusive Communities, or the Richmond Peace Education Center.

Please consider sharing your own story of healing for publication at: [www.HealingRVA.org](http://www.HealingRVA.org). And join the larger community for a special gathering on Tuesday 1/17/17, 7:30 pm, at Richmond Hill

## Signs of the season

What to keep, what to toss? What to take on? And what to let go?

That's where my *UPDATE* article left off last month. And now it's no longer Epiphany, yet not quite Lent. In my pre-Lenten spirit the question of the Resurrection is beginning to bud, like these shrubs shaking off their winter mantle all around me.

This is a crazy time, an unsettled time. Signs of change are appearing, not all of them welcome, some quite bewildering in fact. When distractions abound, it's hard to stay focused on the real work at hand.

So then, what's the real work at hand? One idea coming to me is this question: what does life transformed look like? Good question. And, an even better one — how might this transformation in my life be taking place?

My best friend loves to read, maybe as much as I do. The other night she shared a passage with me from Gail Godwin's *Father Melancholy's Daughter*. "You have to go on and find out what you are in the human drama, or body of God. The *what* beyond the *who*, so to speak..."

This profound concept was the musing of a priest preparing his Easter sermon in a work of fiction. But I believe this passage has relevance in our lives, right here, right now. It holds a key truth about transformation, about our own resurrections.

The resurrection was the Big Bang beginning of a huge transformative event. Echoes of this event are going on all around us today. As believers in our Lord's resurrection, I think we are tasked to find out what we are supposed to do to help participate in the transformation — the coming of the Kingdom.

So, what might my "what" look like? Might it be a thing I am uniquely configured for, a task fitted specially for me? Is it a one-off event? Or, is it an on-going engagement?

This is all about purpose. Finding purpose happens by asking questions. Big questions, such as: What are we doing here? Why are we here? What is the work you or I have to do? Or, what is the unique task that we get to do?

Wrestling with these questions is an activity perfectly suited for this upcoming Lenten season. Here are a couple of suggestions to keep in mind as we grapple and grope for some answers: Keep the faith. Toss the doubt. Take on the challenge. Let go of the fear.

And with God's blessing and a little sweat, here's hoping we'll see each other in transformation. After all, it is the season.

Richard Rumble  
Communications Director





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**February 2017**



## Metro Richmond at Prayer

*In February:*

### **Pray for the Coming of God's Kingdom in 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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