

# UPDATE



For the spirit of the city

2209 EAST GRACE STREET, RICHMOND, VA 23223

OCTOBER 2017

## TENDING THE SPIRIT

### Finding a Rhythm that Works... and Rests

Before moving to Richmond Hill a year and a half ago, I planned a retreat with Jim Donovan, founding member and lead percussionist with the multi-platinum band Rusted Root. Jim regularly leads drumming workshops to enhance wellness and social connection. We entitled the retreat, *The Wisdom of Rhythm*, drawing inspiration from an Irish blessing by poet and priest, John O'Donohue, who wrote that there are many indications that "we have fallen out of rhythm with life." It's easy to do.

Rhythm is at the heart of life at Richmond Hill. We talk about it a lot. Even more, we strive to live it. Practically speaking, it involves praying the Hours morning, noon, and night, seven days a week. When guests come into the house it's one of the first things we tell them, "We invite you to participate in our rhythm of life while you are here." It means we'll be getting up early in the morning to pray, that we'll stop what we're doing at noon and 6 PM, again to pray, and that we'll share a common meal together in the refectory when we're through. It means there will be popcorn and juice in the refectory at 9:30 and that the gates will close at 10. And it means so much more.

On the southeast corner of the Richmond Hill facility there is an inverse sundial. It faces due south and, therefore, on any clear day is exposed to the sun as it shines over metropolitan Richmond. It marks the passage of time and serves as a reminder that the hours we track are not our own, but belong to the maker of heaven and earth. As the psalmist says, "You created the day and the night, O God; you set the sun and the moon in their places...you made summer and winter" (Psalm 74:16-17). There is a natural, God-ordained rhythm to things.

It's easy, even at Richmond Hill, to find our selves out of sync with that natural rhythm. The daily prayers call us back again and again, but busyness can pervade even the most intentional of communities. It seems there is always more to be done and, of course, the work of healing metropolitan Richmond never ends. To be in it for the long haul, though, requires that we find a rhythm that is sustainable.

St. Benedict laid out an ordered life in his classic rule that he believed followed a divine pattern. The pace of the day, which varied seasonally depending on the amount of sunlight available, determined when the faithful would pray or work or recreate or eat or sleep, etc. Balancing those things, he said, was key. In a phrase often quoted, St. Benedict reminds us even now that discipline has its limits. When it comes to the formation of a school devoted to the service of the Lord, which Richmond Hill hopes to resemble, it's necessary to demand "nothing harsh or burdensome" (*RB, Prologue*).

*We need time and space  
in which we can distance  
ourselves enough to see  
what God is doing*

Finding a healthy rhythm of work and rest so the community can function with energy and purpose is critical. It is possible to live in responsive obedience to the pattern God designed for us. It's why Sabbath is so important in the rhythmic scheme. Pausing to rest is as important rhythmically as the beat itself. There was a reason God rested on the seventh day and asked us to do the same. It enables our lives to find their meaning in something greater than ourselves again and again. Sabbath helps us remember that only God is god and that there is nothing we do or can do to make God love us more. Sabbath is important for grounding us again and again. "Like a path through the forest," writes Wayne Mueller, "Sabbath creates a marker for ourselves so, if we are lost, we can find our way back to our center."

For some time, 4 PM on Sunday to 4 PM on Monday has been Sabbath at Richmond Hill. While good in theory our practice recently has been less consistent. We've experienced severe program creep with *continues on page 2*

## Richmond Hill Council Members

President  
Don Cowles

Vice President  
The Rev. Phoebe Roaf

Secretary  
Latrice Jeffrey

Treasurer  
Tim Holtz

Dominic Barrett  
Andrea Berger  
The Rev. Joel Blunk  
Adeline Clark  
Terry Dolson  
Brenda Giannini  
The Rev. Larry Johnson  
Mary Lewis  
Rev. Melody Porter  
Rita Ricks  
Richard Rumble  
Tim Timmons, Jr.  
David Vinson  
The Rev. Janie Walker  
The Rev. Tiont Williams  
Davis Wrinkle

## Community and Staff

### Co-Pastoral Directors

The Rev. Joel Blunk  
jblunk@richmondhillva.org  
The Rev. Janie Walker  
jwalker@richmondhillva.org

### Interim Administrator

Mary Lewis  
richmondhill.administrator@richmondhillva.org

### Spiritual Guidance Coordinator

Brenda Giannini  
bgiannini@richmondhillva.org

### Guest Master

Deborah Cannady  
retreats@richmondhillva.org

### Development Director

Debbie Winans  
development@richmondhillva.org

### Communications Director

Richard Rumble  
rrumble@richmondhillva.org

### Hospitality Coordinator

David Vinson  
facilities@richmondhillva.org

### Hospitality Assistant

James Byrd

### Garden

Heather Watt

### Librarian

Carol Parke

### Musician

Jim Bennett

### Urban Service Corps

Vicky Bethel Betty Jane Hagan  
Jabriel Hasan Hoonie Kwon

### Residents

Kristen Saacke Blunk  
Wayne Lewis  
Mary Lou Rumble  
Lindsey Vinson

### Armstrong Leadership Program

Yvette Rajput  
Marvin Roane

### Micah Association

Mary Hetzel

### Front Office Assistant

Marvette Craighead

## TENDING THE SPIRIT

Mondays being committed to more and more things. In addition to evening worship and a common meal, Monday nights have also included Taize songs and prayer, monthly council meetings, public lectures, healing prayer services, and retreats. As a result, the need to prepare during the day on Monday for Monday nights has increased and our Sabbath observance has declined.

Eugene Peterson reminds us that Sabbath is critical. He says we desperately need “uncluttered time and space in which we can distance ourselves from our own activities enough to see what God is doing.” We have to be intentional for that to happen. Scripture demands it. I dare say life depends on it.

In response, last winter the residential community began to discern what it might look like to reclaim Sabbath and create a healthier communal rhythm. We landed on a plan to move Monday evening’s worship and meal to Tuesday, providing a few more hours of rest and some additional time for residential community building and formation. We’ll take turns preparing dinner for one another, too, sitting down to a “family meal” together on Monday evening. I remember as a boy my mother saying no, on occasion, to friends coming over for dinner because we needed to have at least one meal a week with just the immediate family. Makes sense to me now.

Moving the Community Worship Service to Tuesday won’t happen until January of next year, but we hope that you will join us in preparing for the change. We’ve already begun to move the extra Monday activities to other days and evenings of the week. Honoring Sabbath by maintaining a rhythm that works...and rests... is important for all of us.

Sometimes we need to step back in order to move ahead. Keeping rhythm within God’s time is both faithful and wise.

*Rev. Joel Blunk  
Co-Pastoral Director*

## TABLE OF CONTENTS

### Departments

1-2 Tending the Spirit,	6	Opportunities for
Revive Richmond		Retreat
3 Richmond at Prayer,	7	Celebrate the Spirit,
Community News		In Direction
4-5 Retreats, Schools,	8	Prayer Cycle
Groups, and Classes		

## REVIVE RICHMOND

## A Call to Action

**P**ursue Shalom Now: Our Clarion Call, the theme of our upcoming Clergy Convocation. I wonder what a godly response to such a call might mean in our own time.

Such pondering calls for a turn to the gospel message lived and taught by Jesus. Ched Meyers, in *Binding the Strong Man*, writes that the Jesus of Mark’s story is called to action out of a quest to empower and motivate the oppressed people of Judea. According to Meyers, Mark shows how Jesus 1) renews and re-appropriates old cultural symbols and stories, 2) encourages people to imagine (even while he demonstrates) a fully just and inclusive community of God, and 3) engages in a war of myths.

Jesus chose to go to the river’s edge, outside the city of Jerusalem, to find answers. Being with the people he sought to empower, I imagine he spent time listening to their stories, identifying their needs, and discerning their requests. Perhaps, he gained a sense of how they expressed empathy for one another and encouraged one another. They may have been instrumental in helping him believe that a beloved community was indeed possible.

According to the gospel message, a call to action would not be limited to the oppressed or those who reside in one particular part of town. Those who may have been living comfortable lives would have been called to respond as well. Their social status begs the questions: How likely would they have been to go among the oppressed, or listen to charismatic desert men like Jesus or John the Baptist preach about their need to repent?

It was not so much Mark, but Luke who explicitly addresses the response of those who tended to live comfortably “... the people asked him, ‘What then should we do? ... Even tax collectors came ...and Soldiers asked’...” (Luke 3:10-11) Like the twelve called to follow Jesus, many called were employed, property owners, and had families to consider. They were not excused from responding.

Ultimately, the call to action for all of us is a call to walk with Jesus in his quest to re-appropriate old cultural symbols and stories, to imagine a fully just and inclusive community and to confront the myths of our own age. As ordinary people, listening through the gospel message, we are given hints of the attachments and the thought patterns that are common stumbling blocks to responding openly and honestly to a call to action. The gospel message also offers a place to go for further clarity and empowerment to go forth.

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

**Pray for Public, Non-profit, and Religious Social Service Work and Ministries in Metropolitan Richmond.**

October 2017

*For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me. (Matthew 25:35-36)*

**October 1, 2017.** We pray for public, non-profit, and religious social service work and ministries in Metropolitan Richmond: For all in need of social services, all social service departments and caseworkers; for a partnership between the church and other institutions serving the needy.

**October 8, 2017.** We pray for public, non-profit, and religious social service work and ministries in Metropolitan Richmond: For all in need of mental health services, all mental health workers, counselors, and treatment facilities.

**October 15, 2017.** We pray for public, non-profit, and religious social service work and ministries in Metropolitan Richmond: For all who suffer from addiction, dependency or co-dependency of any sort, for twelve-step programs, recovery programs, therapists, and addiction counselors.

**October 22, 2017.** We pray for public, non-profit, and religious social service work and ministries in Metropolitan Richmond: For emergency shelters, women’s shelters, clinics, and feeding programs; for recreation programs, youth programs, juvenile counseling, and young people’s shelters.

**October 29, 2017.** We pray for public, non-profit, and religious social service work and ministries in Metropolitan Richmond: For advocates who fight for the rights of persons who cannot fight for themselves.

**Community Worship Service Moving to Tuesdays**

**B**eginning in January 2018, our weekly Community Worship Service will move from Monday to Tuesday evenings. This change will provide our residents with a few additional hours of Sabbath rest and needed time together as “a family.” The shift will happen on Tuesday, January 2. The service will continue to be held in the chapel at the same time as before, 5:30 PM, and be followed by a community meal in our refectory. We hope the change will not be an inconvenience and that you will plan to join us then as now, as we continue to work and pray for the healing of metropolitan Richmond.

**Armstrong Leadership Program’s response to the recent rise in community violence.**

**A**rmstrong Leadership Program’s mission is to challenge, develop, stimulate and grow student leaders physically, mentally, emotionally and spiritually. To ensure students acquire skills in the areas of Personal Development, Leadership Training, Mentoring, Post Graduate Preparation and Cultural Exposure in an effort to prepare students for success during and after high school.

Recently we had the opportunity to attend the Youth Violence Prevention Focus Group held at Six Points Innovation Center. One student said, “ALP welcomes our opinions and make us feel important.” He was compelled to share his thoughts about ALP’s impact.



*Polyte Davis, Class of 2018*

“If you are reading this, believe in the Armstrong Leadership Program. Believe in the people that are here. ALP is a monument that was built to stand tall, empowered by God to overcome any obstacle or situation that comes in our path. That’s why we are here to be in the community trying to make a difference. We want to make the world a better place.

Every day people are killed through gun violence, through beatings on the street. ALP gives us an opportunity to not let those kinds of negative influences dictate our path. I dictate my own path! We don’t let those impulses lead to doing something bad. I know for many it may seem hard in the moment, but it will get easier as we work through it.

From an outside viewpoint, Armstrong Leadership Program may seem to be nothing but an excuse to hangout with friends and get free food, but in reality it is much more than that. Leadership is a vital part of my life: ALP is a program where there is no judgment or prejudice towards anyone. You will discover who you are as a person. I can open up about my life and receive helpful comments and advice from my peers. It is a place to meet new people that go to my school. That alone is amazing; it makes me realize how connected we are even in a school. ALP also provides an opportunity to network with people from other places in our community like Capital One, Travelers, and so much more. ALP takes us on college tours; as a senior that really makes me realize how many opportunities are available. Most importantly, ALP is a program that has helped me break out of my shell and exposed me to the real world and empowers me to be the productive young man I am today.”

— Polyte Davis, President of the Armstrong Leadership Program, Class of 2018 and a resident of Fairfield Court Public Housing Development

We thank you for your continued support of Armstrong Leadership Program and facilitating us with the means to provide our students with the opportunities they deserve. *Learn more about Armstrong Leadership Program through Yvette Rajput at 804-783-7903, ext. 13, or, alp@richmondhillva.org*

**Like Us on Facebook @ ArmstrongLeadership**

## 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](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 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.*

## The Art & Spirituality 2017-18 Series begins with a day in the studio...



Facilitator: Brenda Giannini opens us to the sacred dimensions of our lives through the gifts of the visual arts. Suggested donation: \$30.00 (includes lunch) To register, please contact DeBorah Cannady, at (804) 783-7903 or by email: [retreats@richmondhillva.org](mailto:retreats@richmondhillva.org)

Take a break from the rush and hurry of your busy day and join us in a creative retreat in the inspiring, prayer-soaked walls of Richmond Hill. Slip into the spiritual rhythm of prayer and quiet here. Enjoy personal time with your creative self. Our art space provides a perfect place for you to connect with your inner spirit while using your creativity. We look forward to having you with us!

SCHOOLS ENROLLING

Participate in the continuing conversation:

# [G]RACE Finding Grace in Race

*A one-day seminar series to encourage open and honest dialog around issues of race and justice.*

**=KOINONIA= School of Race & Justice**

## [2] "History of Race"

— *Rev. Ben Campbell* This seminar explores the historical underpinnings of race in our city. *About the lecturer:* Rev. Ben Campbell is Pastor Emeritus at Richmond Hill and the author of *Richmond's Unhealed History*.

**October 28**  
*Saturday*  
**9 am – 4 pm**

The day-long seminar includes a lecture, large group discussion, small group conversation and an introduction to Nonviolent Communication strategies and techniques.

The seminar is from 9-4 here at Richmond Hill. A \$50 donation is requested to cover the program and lunch. Call 804-783-7903 or email [retreats@richmondhillva.org](mailto:retreats@richmondhillva.org) to reserve your spot.

2209 E. Grace St. Richmond VA 23223 | 804.783.7903 | [www.richmondhillva.org](http://www.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

*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: May 16th, July 25th and Oct 17th. For more information, call DeBorah Cannady at 783-7903.

## URBAN SERVICE CORPS

### Meet Vicky Bethel, the new Micah Coordinator

This year's Micah Fall Kickoff was a resounding success, as over 100 volunteers, school staff/administrators, and faith community representatives came together at First Presbyterian Church Richmond to sing, celebrate, be inspired, and prepare for a new year of service in Richmond's public elementary schools. The focus was on George Mason Elementary School and the successes achieved there over the past year. Participants heard powerful, positive messages from a number of speakers, including Rose Ferguson, Principal of George Mason, and Tommy Krantz, Interim Superintendent of Richmond Public Schools.



*Rev. Vicky Bethel  
Micah  
Coordinator*

Following the program, attendees met in breakout sessions, with three modules offered: New Mentor Training, Trauma Informed Care, and Reading Instruction. The workshops were well-attended and well-received.

The morning concluded with a delicious and filling box luncheon, as returning volunteers and newcomers became acquainted and reacquainted, and shared their enthusiasm with one another.

Thank you to the Richmond Public Schools, First Presbyterian Church, Virginia Mentoring Partnership, Child Savers, Communities in Schools, and Cuisine a la Carte for coming together to make this a great Kickoff. A special thank you goes to Mary Hetzel, Tassie Madden, and all of those who worked so hard to make this event happen!

Rev. Vicky Bethel, an ordained Presbyterian minister who last served as a Chaplain at the University of Virginia Hospital, moved into Richmond Hill as a resident this September. Vicky is now a member of the Urban Service Corps and is acting as the Micah Coordinator. We are grateful for her presence and her leadership.



**Richmond Hill's 30th Anniversary**  
An Evening of Song & Celebration  
*How Can I Keep From Singing*  
**Thursday, November 30, 7:30-9:00 pm**  
*Richmond Hill Chapel*

OUR CLARION CALL:

Pursuing  
SHALOM  
W

**Sign Up Now!!**

**Clergy Convocation 2017**

Thursday, November 2 | 8 a.m. – 2 p.m.

**L**isa Sharon Harper, author of *The Very Good Gospel*, will join us in November for the Clergy Convocation to facilitate a training that would help us consider our role as faithful citizens in today’s political climate. The training would seek to answer the following questions: How do we organize? How do we advocate for change? How do we mobilize in ways that influence public policy and address core issues constructively? How do we embody “shalom” together and make faith real in today’s world? As Christ Followers, how do we understand our call to activism now?

Sign up now! [www.richmondhillva.org/clergy-convocation-2017-pursuing-shalom-now/](http://www.richmondhillva.org/clergy-convocation-2017-pursuing-shalom-now/)



**Free to Ride**

**J**oin us at the Richmond premiere of “Free to Ride,” a recent documentary about the intersection of public transportation and civil rights in Dayton, Ohio. It raises key issues about the important role public transportation plays in our communities so that all have access to what they need to thrive. A discussion about the film will follow.

“And your ancient ruins shall be rebuilt; you shall raise up the foundations of many generations; you shall be called the repairer of the breach, the restorer of streets to dwell in.” — Isaiah 58:12

Thursd... 10 PM  
Second Baptist, ... Chester, VA 23831  
Cost: Free!

For the spirit of the city



1987 2017

Non-Profit  
Organization  
U.S. POSTAGE  
**PAID**  
Richmond, VA  
Permit No. 1318

2209 East Grace Street  
Richmond, Virginia 23223  
(804) 783-7903  
www.richmondhillva.org

**October 2017**



**Metro  
Richmond at  
Prayer**

*In October:*

**Pray for Public, Non-profit, and Religious  
Social Service Work and Ministries in  
Metropolitan Richmond.**

**RICHMOND HILL MISSION STATEMENT**

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 addiction, 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 metropolitan 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 metropolitan 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 metropolitan 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 businesses. 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.*

Share your comments, or sign up to receive our monthly printed UPDATE newsletter here: [rrumble@richmondhillva.org](mailto:rrumble@richmondhillva.org)

If you would like to subscribe to eUPDATE, our email newsletter, go here: [eepurl.com/cNLLbj](http://eepurl.com/cNLLbj)

You can find us, like us, share us: **facebook:** RichmondHillVa **twitter:** RichmondHillVa2 **instagram:** richmondhillva

