TENDING THE SPIRIT

The Inspiration of Epiphany

A recent flight to Phoenix, Arizona to attend my daughter's graduation from ASU, followed by my arrival in Las Vegas, Nevada three days later to celebrate Christmas with family and friends, gave me a new appreciation for the image of journeying. Something about my own journey called my attention to how the future before us is always unfolding. Step by step, from the ride to the airport to the

boarding of the plane, and with each airport regulation or procedure encountered, I was impressed to remember that what was happening was moving me to the next phase of the journey. I was also impressed to remember that, ultimately, I would arrive at my destination and fulfill the purpose and meaning of my journey.

This moving from place to place with purpose and meaning also gave me a deeper insight into why Epiphany is an especially meaningful season for individuals as well as organizations in transition. The journey image captured in the story of the Magi traveling from the east, bearing gifts for a new born king, reminded me that in this life we are all "on a journey." We are journeying in and toward God's unfolding future.

The gospel readings in the lectionary texts for this season of the year lift up images and stories that speak to journeying. They begin with the journey of the Magi and Jesus's baptism and conclude with the journey to the Mount of Transfiguration. We read of the three wise men following a star, bearing gifts for a new born king; of those who arrive at a wedding in time to witness a miracle; of a journey to the temple for the blessing of a young Jewish boy; and of

Him, Jesus, after declaring, "The Spirit of the Lord is upon me," beginning his ministry with a journey into the wilderness. All of these things stir the imagination and opens for us the great gift of wonder for deep reflection. All of these things offer opportunity for growth and new life.

As we consider closely the historical accounts of the events surrounding Jesus' birth and life, the image of journeying as a part of life also leads us to a deeper appreciation for the many epiphanies

> which occurred in the first Christmas story and beyond. And, hopefully, we gain a deeper appreciation for the many epiphanies in our own lives. While Epiphany is celebrated only for a brief time in our Christian year, the truth of the matter is, epiphanies are a part of our common life experiences. The "revelations," "appearances," or "manifes-

tations" we commonly attribute to the season and meaning of Epiphany all have one key ingredient that we all hope, pray and live for. That is inspiration. Inspirations came to the learned and the unlearned, to the poor and the wealthy, to the Jew and the gentile.

As challenging as journeys and transitions can be, it is the moments of inspiration during the ebbs of life that we find a way and a cause to do the next best thing. By inspiration we find a way to new vision, new life and new growth. When travel itself seems void of enjoyment, inspiration helps us to keep moving. When communication is strained and relationships are frayed inspiration helps us to find a way to reconciliation. When dollars and people resources seem inadequate to meet the needs of the organization, inspiration helps us to discern and

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Micah Association Qasrah Spencer

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TENDING THE SPIRIT

listen more intently to the wisdom of God's Spirit and presence.

Just as the gospel readings in the lectionary texts speak to the image and importance of the journey and its purpose and meaning, the epistles readings, in particular, speak to the many gifts and joy individuals bring to the journey. In these texts people of faith are encouraged to journey with one another, honor one another, support one another, all for the sake of the gospel of Jesus Christ. The journey images and stories of the early years of our faith inspire us to look to others on the journey to share their wisdom, their understanding and gifts. All of which speak to our continual need of one another for spirit-infused inspiration. All of which speak to the importance of every single individual's potential contribution to ministry efforts and initiatives, as well as the fulfillment of our Creator's overall purpose. Ultimately, they speak to the great joy in knowing that the inspiration of epiphanies was not, and is not, limited to any one individual, group or class of people. Together we have so many inspirations to share and so many gifts to offer many of which are not tangible but nec-

The Divine One has come to everyone without distinction — an Epiphany indeed!

essary — prayer, presence, compassion,

grace, hope, dreams, faith, light, love

May we ever be inspired to journey together.

> Reverend Janie M. Walker, Interim Pastoral Director

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and so much more.

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Ministry, Retreats, Schools, In Direction Prayer Cycle

REVIVE RICHMOND

BRT needs **Your** voice

The push for metro-wide transit is enterlacksquare ing a critical season. As many recall, the city of Richmond, Henrico County, and GRTC earned a \$24.9 million federal grant in 2014 for a bus rapid transit (BRT) line running along 14 station stops between Willow Lawn and Rocketts Landing. With foothold endpoints in Henrico County, the BRT is set to move across the city east to west along our densest corridor, not only making trips on this route more reliable and swift, but also accelerating connections wherever one might be going via transit in the city, thereby enhancing equality of access, quality of life, environmental care, and economic development.

Yet the Pulse is only a foundation, a spine in need of further flesh and bones. One of the most exciting things presently afoot is three complementary studies and plans that will enable this BRT to reach its full potential as a significant boon and reconciling game changer for us all. In brief, the studies are: 1) The Comprehensive Operational Analysis Study, re-imagining and revamping the GRTC system of routes in the city so that they flow more effectively and connect excellently with the Pulse; 2) The Broad & E. Main St. Economic Development Plan, setting the stage for increased economic prosperity along the corridor, and 3) The Richmond Regional Transit Vision Plan, providing a framework for expansion of BRT metro-wide. Each of these studies entails a crucial public input component, in which your voice is needed, and the dates for these upcoming meetings this winter and spring will be shared widely as they are announced.

In the interim, your voice is also very much needed with City Council members to express how now is the time to march forward with this project and not delay it, as some in the city have been seeking. City Council will likely be voting on the final contract to construct the BRT line at its meeting on Monday, January 25, starting at 6 pm. At that meeting and leading up to it, it is critical for them to hear the broad voices of support for metro-wide transit and our first step in the GRTC Pulse. For more info on how to join in or any of the above, please see www.rvarapidtransit.org and www.metrocrt.org.

> Nelson Reveley, Co-Organizer Clergy Committee for Rapid Transit

Pray to Overcome in Christ's Name the Heritage of Racism in Metropolitan Richmond.

There is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female; for all of you are one in Christ Jesus. (Galatians 3:28)

January 3, 2016. We pray to overcome in Christ's name the heritage of racism: For racial reconciliation and healing in Metropolitan Richmond; for an end to all racial prejudice and discrimination, beginning with what is in our own hearts.

January 10, 2016. We pray to overcome in Christ's name the heritage of racism: For the elimination of discrimination in living patterns, public education, employment, political jurisdiction, transportation, and churches in Metropolitan Richmond.

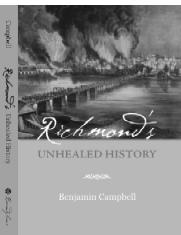
January 17, 2016. We pray to overcome in Christ's name the heritage of racism: To experience the victory of Jesus' resurrection over all personal and institutional results of racism and racial inequality in this metropolitan city.

January 24, 2016. We pray to overcome in Christ's name the heritage of racism: To overcome ignorance, indifference, resentment, and bitterness with regard to race in both private and public life.

January 31, 2016. We pray to overcome in Christ's name the heritage of racism: To proclaim in word and deed the establishment of beloved community in Metropolitan Richmond.

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.

Things are looking up for Facilities & Grounds



2016

Generous donors helped secure the match for \$25,000 by 2015's year end. Work has now begun repointing mortar joints on the north and west walls of the original office area where the spiritual direction rooms are located. Are you called to join this "community of caring" for Richmond Hill's facilities and grounds? This is a great opportunity!

For more information, please contact Debbie Winans at 783-7903, ext. 14 or email:

development @richmondhillva.org



"The Power of Forgiveness"

SOZO Cleansing Stream Workshop

9 A.M. – 4 P.M., SATURDAY, JAN. 23, 2016

These retreats are based on teachings from the Cleansing Stream Ministries, Van Nuys, California, and are an introductory study in inner healing and transformation. The teachings will provide an understanding of how our image of God, forgiveness and words affect our lives; as well as provide a means by which to draw us closer to God, through Jesus Christ, to heal and be set free from inner wounds.

Suggested donation, per session: \$20. (includes lunch)
Contact Deborah Cannady at Richmond Hill to register at 804-7837903 or email retreats@richmondhillva.org

Micah: Save-the-Dates!



January 2016 Association Luncheon

Thursday, January 21, 2016 11:45am - 1:15pm

Location: Jewish Community Center

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**Key Coordinator Summit** 

Tuesday, February 16, 2016

10am-11:45am

Location: Richmond Hill

For more information, please contact Qasarah Spencer at 783-7903, ext. 24 or email: micah@richmondhillva.org

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

#### FIRST FRIDAY RETREATS

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

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

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

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

#### LISTENING TO THE SILENCE

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

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

Suggested Donation: \$20 (includes Lunch) Facilitator: Rita Ricks, spiritual director Contact DeBorah Cannady at Richmond Hill to register 804-783-7903 or retreats@richmondhillva.org Pleas register in advance. Space is limited.

#### GROUPS

#### **CENTERING PRAYER GROUPS**

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

Deborah Streicker, Facilitator
Tuesdays, 7:30 - 8:45 p.m.

Jerry Deans, Rev. Vallerie King, Facilitators

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

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

#### **DROP-IN GRIEF GROUP**

Monthly, 4th Fridays, 10 – 11:30 a.m. Sandy Gramling, Ph.D., Facilitator

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

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

Light reveals to us the spirit and living soul of the world through color. — Alma Thomas



Suggested donation: \$30 per person.
Contact: Deborah Cannaday at 783-7903 or retreats@richmondhillva.org

Bring a fresh look and light into your spiritual life through the color, symbolism, and richness of stained glass and illuminated manuscripts.

Our art room becomes a modern day *scriptorium* as we investigate the history, significance, and beauty of light and color in both art forms. Once you look at some examples of each and meditate on the stained glass windows in the Chapel, you will spend the day creating your own inspired work on paper.

Consider your favorite scriptures, poems, quotes or symbols that help you center yourself or pray. Then come have fun and fellowship with others on their faith journey using your sense of color and wonderment to create your personal work of color and light.

Note: You can participate in the activity described above or you can also bring your own project to work on and supplies.

Groups

Schools

Retreats

 $C\ l\ a\ s\ s\ e\ s$ 

Groups

Schools

NEW THIS SPRING

# When Dreams Die MAKING MEANING FOLLOWING A MAJOR LOSS March 19-20, 2016 Sat. 4 pm – Sun. 4 pm

ave your dreams for the future been shattered by the experience of a major loss? Perhaps a loved one has died or you've lost a meaningful relationship from other circumstances. Perhaps disability has forced you to give up on a dream. When dreams die there is grief and a tug to find new purpose and meaning.

The When Dreams Die Retreat explores avenues of resurrection and meaning-making for those who have experienced a major loss.

The retreat will follow the contemplative rhythm of Richmond Hill. Additionally, retreatants can enjoy the beautiful gardens, walk the labyrinth, reflect in the library, and meditate in our historic chapel at Richmond Hill.

Check the web for more details: www.richmondhillva.org

#### ABOUT THE FACILITATORS:

Sandy Gramling, Ph.D., LCP, FT, coordinator of Grief Ministries at Richmond Hill. A graduate of RUAH IIII, she is a spiritual director and healing prayer minister at Richmond Hill. She is a faculty member in the VCU Department of Psychology, specializing in grief processes.

Elianah Jordan, MDiv., JD, lead chaplain at Bon Secours Richmond Health System. She is a spiritual director and has served on the faculty of the RUAH School of Spiritual Guidance. An excellent presenter, she has facilitated retreats for more than 20 years.

The cost of the retreat is \$90. To register, please contact DeBorah Cannady at (804) 783-7903 or by email: retreats@richmondhillva.org

NOW OPEN

# LENTEN RETREAT



4 pm Sat. – 4 pm Sun. Feb. 27–28, 2016

s we prepare to follow Jesus through his Passion and his Resurrection ▲ during this Lenten season, you may find that it is a time for simplifying and slowing down. Perhaps a time to even ask ourselves, "What is really important?" and "What keeps me from it?" Based on Jesus' teaching, the Church has prescribed three disciplines to be practiced by those who follow him, which we rededicate ourselves to during Lent: prayer, fasting and almsgiving. We will look at each of these disciplines (while admitting that we could spend years exploring each and still have more to learn!) through scripture, stories, prayer, music and silence. Please bring a Bible and a journal.

Denise Bennett is a graduate of Richmond Hill's Ruah School for Spiritual Guidance, as well as Union Presbyterian Seminary. She has served as a chaplain at the Hermitage in Richmond for over ten years. Denise is also a storyteller, musician, and teacher who has led workshops and retreats for churches from Four Square Gospel to Unitarian Universalist.

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

Suggested Donation: \$90 per person

#### **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.

#### The year's agenda

As we start the New Year let us take time to make an agenda for the year to increase our relationship to God, self and others. To better understand God's will for us, let us take a good look at ourselves — to see what God requires of us and to build better relationships with others by allowing them to see the Holy Spirit at work within us.

Our eyes must be on the work of the Spirit to win the prize God offers each of us. Let us accept God's gift of the New Year with thanksgiving in our heart instead of instead of focusing on uncertainties. Let us think of many new opportunities with greater commitments to live each day as God's children rejoicing. "For it is God who works in us both to will and to do for His good pleasure." (Philippians 2:13).

A student reflected during an individual retreat: " ... See the work of God when it is raining and very cold thinking the snow is not far behind. This was a time of renewal of the spirit and reenergizing the body to have a get away from the busy self. After prayers in the Chapel there was a visit out in the garden to look at the various plants and trees. With a smile my thought was: God made nature like He made people, different colors and shapes. Yet He looks after all of them. This gave a good feeling. I will try to look at nature and thank God for the joy and peace it brings. Just myself and God's glory on the way back indoors after walking the Jerusalem Mile I saw a bug the same color as the life. I smiled and thought only God could do that. The song 'Nobody Greater' came to mind. On this retreat my needs and expectations were met away from the phone, family and friends. I received much needed peace."

Do you have a hero? Is there someone you admire and respect whom you try to emulate? The footsteps our heroes leave may seem too large for us to fill and yet we continue to try and follow. What about the footsteps we are leaving? Are we aware that someone may be watching us as intently as we watch another? Paul admonished the Romans to let go: "Therefore let us not judge one another anymore but rather resolve this not to put a stumbling block or a cause to fall in our brother's way". (Romans 14:13).

The New Year is for improving our minds, our bodies and our spirits.

Rev. Dr. Alice W. Harris
Pastoral Counselor

#### CHRISTIAN SOCIAL TRANSFORMATION —

Praying and working for the coming of the Kingdom of God in metropolitan Richmond [in the season of Epiphany]



| The wind blowing        | (blowing)  |
|-------------------------|------------|
| The stars glowing       | (glowing)  |
| All people see together | (together) |
| God in his glory        | (glory)    |
|                         |            |

| Cry aloud. Shout. | (shout)    |
|-------------------|------------|
| No God but God.   | (God)      |
| God. Love.        | (love)     |
| Emmanuel.         | (Emmanuel) |

| Wheat to bread     | (bread)    |
|--------------------|------------|
| My soul to God     | (God)      |
| Grapes to gladness | (gladness) |
| O God, my God      | (my God)   |

| Inhabitants, cry aloud      | (aloud)    |
|-----------------------------|------------|
| Sing out sing out           | (sing out) |
| You are found in your Maker | (Maker)    |
| His claim, exclaim          | (exclaim)  |

| Joyful joy in tents        | (tents) |
|----------------------------|---------|
| When a wandered comes home | (home)  |
| Wild joy wild yet sweet    | (sweet) |
| A moon becomes the sun     | (sun)   |



Deborah Streicker Spiritual Director

# **Leadership In Action**

Commitment, respect, listening, tough love, caring, honest sharing, willing to risk, sense of humor and having fun are just a few of the words that describe the kids in the Armstrong Leadership Program. As an ALP volunteer for the past three years, I have been overwhelmed with respect for the program and for the accomplishments of each class.

Students learn a wide variety of "practical life skills" including job interviewing, resume writing and learning the essentials of good nutrition. College preparation is also an important element of the program.

Behavior modification is dealt with openly with roleplaying activities covering conflict resolution. Class presentations are informal, allowing for a lot of honest discussion and interaction. The kids are encouraged to share their feelings which they do in a lively, but



respectful, environment. Classes meet after school twice a week at Richmond Hill or at Armstrong High School in a designated "ALP" classroom that provides a safe haven.

The participatory nature of the program was taken to a new level this year with the election of class leaders; president, vice-president, secretary, and a public relations representative, allowing the students to have a greater input to class material and activities. In addition to class work outside trips are taken to broaden their experiences. Trips may include concerts, performances, shopping excursions, and visits to businesses, industries, and colleges.

With the full schedule these kids have with school work, activities, athletics, not to mention their part time jobs, I continue to be amazed at the volunteer service activities, they perform. I don't know where they find the time and energy to give so much!

As a volunteer I feel blessed and rewarded to have the opportunity to share some of their stories and to be able to give some encouragement and support to the program. The Program is very fortunate to have the present program directors Yvette Davis Rajput and Marvin Roane for their commitment to the program and for making each student feel loved and important.

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

Return Service Requested

January 2016



In January:

Pray to Overcome in Christ's Name the Heritage of Racism in Metropolitan Richmond.

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

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

# RICHMOND HILL'S DAILY CYCLE OF PRAYER

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

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



Show your support with a Metro Richmond at Prayer bumper sticker Order online:

www.metrorichmondatprayer.org or call (804)783-7903.