

UPDATE

For the spirit of the city

RICHMOND
HILL

2209 EAST GRACE STREET RICHMOND, VA 23223

JANUARY 2017

TENDING THE SPIRIT

Another Epiphany

Our middle son is in Ethiopia serving in the Peace Corps. We hoped to visit over the holidays but recent unrest there made the trip untenable. Andy is fine, but we'll have to wait at least until June to see him now.

We were hoping to visit his village, learn about his work in sustainable agriculture, and experience Coptic Christianity first hand. There, Epiphany is an honored Christian feast day commemorating the visit of the Magi to the Christ Child and the revelation of God the Son as a human being. We celebrate Epiphany here, too, but often with less fanfare than they do in the Ethiopian Orthodox Christian tradition.

For me the real significance of Epiphany is the reminder of the more general occurrences of divine revelation that happen everyday. If Christ is born into the world already (*and not even death could quash it!*) then Christ is among us still, newly born and freshly alive. That's what I believe. The question then becomes, do I expect to see evidence of this regularly, and not just on assigned holidays or special occasions?

Nineteenth century English religious philosopher, James Martineau, wrote that "the incarnation is true, not of Christ exclusively, but of [Human Beings] universally, and God everlastingly." He attempted to make clear that God's presence and love isn't limited to one occasion or even one life. Rather, Christ lives on in a million places and faces. As St. Paul put it in one of my favorite scripture passages, "And the secret is simply this: Christ in you! Yes, Christ in you bringing with him the hope of all glorious things to come." (Colossians 1:27, J.B. Phillips)

So where do I see Christ in the world today? Can I accept that Christ is alive even in me? Do I recognize Christ in others and treat them as if I do?

At our Richmond Hill Advent retreat early last month, we spent time with a number of quotes from German mystic and theologian, Meister Eckhart. One that particularly grabbed me and continues to catch my imagination as the Christmas season wanes is this:

*What good is it to me if this eternal birth
of the divine Son
takes place unceasingly
but does not take place
within myself?*

*And what good is it
to me if Mary is full of grace
and if I am not also full of grace?*

*What good is it to me
for the Creator to give birth
to his/her Son*

*if I do not also give birth
to him in my time and
my culture?*

*This, then,
is the fullness of time;
When the Son of God
is begotten in us.*

— *Meditations with Meister
Eckhart, as translated by
Matthew Fox*

*Christ is born
in you and me
and in this fair
city even now*

Accepting that — Christ is born in all of us — changes everything. There are huge implications in the work of racial reconciliation when we accept that Christ is in each one of us. Can we see Christ in one another regardless of our background, income level, skin color, or belief? We talk about reconciliation as our collective work, and it is. It's what Jesus and Paul and countless other disciples have known to be the heart of God's work for millennia. And God is reconciling the world to God's Self through Jesus Christ even now. It's exciting to be a part of that and aware of its potential for bringing change, healing, and wholeness in a time of growing division and brokenness. We need it more now than ever!

What is born of God in the world is revealed in each one of us and binds all things together. God's presence is cosmic in scope inviting a response. If Christ is in me, I have the chance to be Christ for another. If Christ is in you, I have an obligation to treat you well. If Christ is in the moon and stars and all that God has created, I have a

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TENDING THE SPIRIT

responsibility to care for it all as God would. There is no end to the opportunity to serve in such a circumstance.

Hope is found in the revelation that God is with us, though we are often too busy and self-absorbed to notice. At best we're skeptical, at worst oblivious. I don't know about you, but I need to slow down again and again to keep it straight, to remind myself to pay attention, to stay awake, to look for God and evidence of God's goodness all around. When I do stop to notice, I am rarely disappointed.

Now is a good time to expect the unexpected and to have hope, which I've heard described as believing in spite of the evidence then, watching the evidence change. God is at work here and now in the likes of us. Faith involves accepting the mystery of that and living accordingly.

As this new year gets under way, I want to live more in wonder of what God is doing and be wide-eyed for evidence of Christ's presence right here in this city. For those times I'm likely to overlook it, these three questions can help, a modern Daily Examen of the likes Ignatius could appreciate: What surprised you today? What moved or touched you? When were you inspired? The answers just may reveal where and when God was at work and Christ present.

I'm sure that Christ is in our midst and God's Realm at hand (Luke 10:11) right here in metropolitan Richmond. We pray and work for it daily at Richmond Hill. I want to wake up to that epiphany and maintain a fresh celebration of Christ's birth continuously. It isn't necessary to travel to Ethiopia to experience it. Christ is born in you and me and in this fair city even now.

Rev. Joel Blunk

Co-Pastoral Director

REVIVE RICHMOND

Journey toward healing

"*Koinonia*" is a Greek word whose primary meaning focuses on the act of fellowship and the sharing of community, where people come together in love, faith and encouragement." This was the opening sentence in an op-ed article in the July 11, 2016 edition of the *Richmond Times Dispatch*. In the article, Jeanette Fleming and Roy Hoagland shared their collective transformative racial healing stories after journeying through the first class of Richmond Hill's newest school — the Koinonia School of Race & Justice. The stories speak to how ten months of journeying together, listening, exploring and reflecting contribute to the healing and community building that can happen when intentionality is a prevailing principle.

In early November, the entire inaugural class, which Jeanette & Roy were a part of, arranged for the current Koinonia class to tour parts of the city. The well-organized three-hour bus tour was designed to promote understanding, connection and healing; and so it was. Though the inaugural class had completed their course of study in May, their own transformative experience prompted a generous desire to enhance the journey of the class which followed them. With the tour, they not only fulfilled that desire, but also created an event that served to be a great enhancement to the school itself.

The tour included a bus ride through Hillside Court, Woodland Heights and Jackson Ward, as well as listening sessions from residents and special presenters. These were three very distinct communities in which people associated with the Koinonia School had grown up. Through a historical overview of the creation of these communities and stories shared by individuals who grew up in them, participants on the tour learned first-hand how the socio-economic make-up of each community and their structures impacted the lives of residents and ultimately life in Richmond. The stories provided a reality to the complexity of relationships in our city, both past and present. It's a reality that can only be denied if the choice is made to do so.

The bus tour had a profound and personal effect on me; one that I was not able to fully discern for several days after the tour. I could not shake (not that I wanted to) an overwhelming sense of gratitude for the tour. I found myself continuously brining the tour up in unrelated conversations; and often with tears of gratitude. After much reflection, it became clear to me that the degree of intentionality and generosity of heart on the part of the first class, in order to provide a transformative experience for their successors, was phenomenal. It was impressed upon my heart how important the combination of intentionality and generosity is to the healing of a life and a city.

Taking time from their busy schedules to write of their experiences, tell their stories, and to arrange for others to experience a transformative event (and expect nothing in return), this inaugural class provided added ingredients to a blend of others that is already being created to fill the heart and soul of Metropolitan Richmond with joy, gratitude and healing.

Rev. Janie M. Walker

Co-Pastoral Director

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Pray to overcome in Christ's name the heritage of racism in Metropolitan Richmond.

January 2017

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 1, 2017. 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 8, 2017. 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.

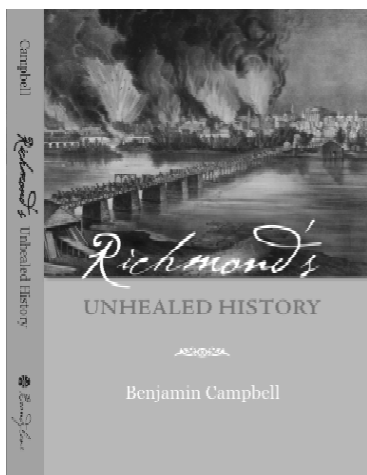
January 15, 2017. We pray to overcome in Christ's name the heritage of racism: To experience the victory of Jesus' resurrection over all personal and institutional results of racism and racial inequality in this metropolitan city.

January 22, 2017. 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 29, 2017. We pray to overcome in Christ's name the heritage of racism: To proclaim in word and deed the establishment of a beloved community in Metropolitan Richmond.

AVAILABLE NOW from the RICHMOND HILL BOOKSTORE

Richmond's Unhealed History



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.

Celebrating the Holiday Season

As the Thanksgiving holiday break was upon us, our student leaders in partnership with the **Armstrong Priorities Freshman Academy** were able to attend a well-delivered session on ways to cope with grief during your adolescent years, led by **Andrea Kelley**. Ms. Kelley is a counselor and pastor with many years of experience in the field. The grief session has given our students tools to cope with grief, anger, disappointment, loss and sadness. "This session was beneficial for me especially with all that I'm feeling right now and will help me all the year long" said one student. Within the month of December, we experienced a full calendar of holiday splendor starting with an evening at the **Richmond Symphony** for the "Let It Snow" concert compliments of **Jane Terry**. Each year, we visit the **Gardenfest of Lights** at **Lewis Ginter Botanical Gardens** before heading over to **Pine Camp** for the **Annual Open House** to share an evening of art, theatre, music and song with our volunteers and mentors. It is our hope that the memories we create together will last for a lifetime. The month would not be complete without giving back to the community. Therefore, the student leaders jumped in to decorate the **East End Family Resource Center** and prepared food baskets for those who are in need during holidays. We were able to sing a few Christmas carols at the **Hearfields Assisted Living Center** before enjoying prayer and fellowship at Richmond Hill. As this year comes to an end, we are looking forward to sharing exciting news and many adventures with you! On behalf of the ALP team and the staff, we would like to thank our donors, sponsors, mentors and volunteers for being instrumental in providing our students with opportunities and experiences to learn, grow, and give back.

Peace & Blessing—

Ms. Yvette and Mr. Marvin

Armstrong Leadership Program

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Learn more about Armstrong Leadership Program through Yvette Rajput at 804-783-7903, ext. 13, or, alp@richmondhillva.org



Above: ALP student leaders jumped in to decorate the East End Family Resource Center and prepared food baskets for those who are in need during the holidays.

At right: ALP enjoyed an evening at the Richmond Symphony for the "Let It Snow" concert, compliments of Jane Terry.

Special notification of a change in requested donation for overnight retreats: Beginning January 2017, recommended donations are as follows: Basic Retreat \$80 per 24 hrs. Guided Retreat \$100 per 24 hrs.

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

Contact DeBorah Cannady at Richmond Hill to register 804-783-7903 or 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
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

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

COMING IN SPRING 2017

CENTERING IN CHRIST THE BENEDICTINE PATH TO JOY



Most of us take the six weeks of Lent to reflect on our lives to see if our values and priorities are in line with God's desires for us. Since most of us find that we've wandered from the Christ-centered path we desire to travel, Lent offers us another opportunity to return to God with our whole heart.

In the sixth century, when the Roman Empire was breaking apart and politics, cultural life, and even the Church were in disarray — tumultuous times not unlike our own — Benedict of Nursia designed what he termed “a little rule” that showed monks the way to peace as they learned to prefer Christ above all things. The “Rule of Benedict” offers timeless and practical tools for living a Christ-centered life today.

The Reverend Jane Tomaine will facilitate this 24-hr retreat focused on how the Rule of Benedict can provide practices to strengthen leadership, community and living from the Spirit. Using tools from her book *St. Benedict's Toolbox: The Nuts and Bolts of Everyday Benedictine Living*, Jane will offer ways of praying and being in relationship that can open our hearts to Christ's love and help us journey joyfully to the Resurrection.

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

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
or contact DeBorah Cannady at 804-783-7903, or by email: 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

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

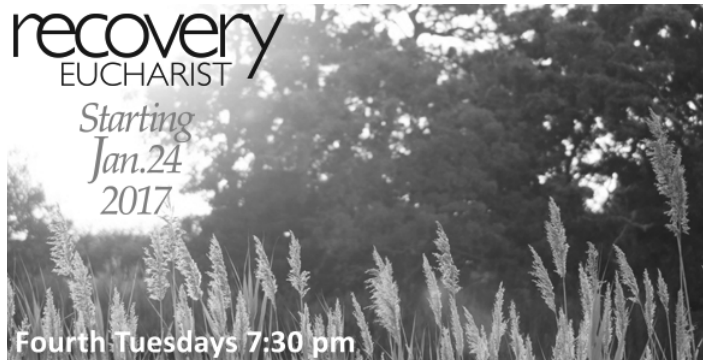
During the 2017 Lenten Season, Cleansing and Healing Streams is offering a 6-week course on "Reviving the Real You." During this time we will continue our growth and development in: *Our Walk in the Spirit; Renewing Our Commitment with God; The Importance of The Words We Speak; The Process of Sanctification; 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



recovery
EUCHARIST

Starting
Jan. 24
2017

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. And join the larger community for a special gathering on Tuesday 1/17/17, 7:30 pm, at Richmond Hill

When wandering is done

It's a new year. It's that time in the annual cycle to pause and examine things. Take stock of where I've been, what I've done, and, of course, what I've left undone. Take a look around and adjust accordingly. What to keep, what to toss. What to take on. And what to let go.

I've arrived at a place I never thought I'd see, at least not for a long while. My wandering days are over. Is this because I am finally waking up? All of a sudden, am I getting smart?

During a process of moving from one apartment here to another, I had a chance to thumb through some of my old journals. I'm not sure I should laugh or cry. I could see how lost I was in those pages. And I could see how long — how painfully long — it can take for me to learn anything new. I'm developing a personal appreciation for the Israelites spending those forty years in the wilderness.

Where (and how) does awakening occur? Sometimes it's when you can open your eyes and see the light of truth. Sometimes it is truth that you hear. And other times, it's truth that you feel in very marrow of your bones. For me, whichever way it's acquired, a little bit of truth goes a long way.

I don't know if I'm getting smarter, but I like to think I can still learn. Two of my favorite teachers I am grateful for: repetition and pattern recognition. "Could you repeat that one more time? Thank you! Hey, I'm beginning to see a pattern here..." It happens again and again. Maybe this is why, when it comes to spirituality, it's called practice.

Now is a time of Examen. St. Ignatius prescribed this as a daily practice. Right now, I use it annually. Maybe this year I could try applying it monthly? Then, bi-weekly, weekly... well, you get the idea.

When you wander, it is motion, not progress, which is important. Wandering is an active form of waiting. Unlike journeying or pilgrimage, there is no known end in sight. When one's attention moves from wandering to wondering, a significant shift has occurred. Wondering how long until we see some fruit is a fundamentally different question from how much longer are we staying out here?

So here's a new lesson I've learned. In order to bear fruit, one needs roots. And time. And, a particular plot of ground. Without some dedicated time and place, roots don't grow. How could they?



My hope is that for me 2017 is the year of the farmer. I release the need to wander. I embrace this place as home. I'll dig in. Let's see what fruit I produce.

Richard Rumble
Communications Director



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January 2017



**Metro
Richmond at
Prayer**

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 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
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