

# UPDATE

For the spirit of the city



2209 EAST GRACE STREET RICHMOND, VA 23223

NOVEMBER 2015

## TENDING THE SPIRIT

### Grateful

America's Thanksgiving Day Holiday, as it is quickly approaching, brings to mind a question that I am not sure I have given much thought to before now. That is: What is the difference between being thankful and being grateful? I suppose the question stems from a vibrant energy that has enveloped the community here at Richmond Hill. It expresses itself most often in our staff meetings.

Quite often when a staff person has no official staff report to offer, they say, "I'm grateful." Even those who give reports often preface or end their report with the same words — "I am grateful." We are grateful indeed.

According to most dictionaries there is no difference between grateful and thankful; they are perfect synonyms. They may mean the same things, but I don't think that we experience them as being the same. According to the way the terms have played themselves out in our present culture, I find that gratefulness carries more significance than being thankful. To offer thanks may not be a direct reflection of what one is feeling. To say "thank you" may be a polite way of acknowledging that one has done you a favor. That is good and important, but may or may not reflect a deep appreciation of the favor. It can be a mere external expression of a desire to give thanks or show gratitude. Grateful, it seems, is an internal emotion or a state of being that speaks to nothing less than joy and contentment in the soul.

Just a quick look through the lens of history, as it pertains to the origin of the Thanksgiving Day

Holiday, also begs the difference in these two words. An obvious debate arises when the question of when and where America's first Thanksgiving Day celebration occurred. Even though prayers of thanksgiving had been going on in this land thousands of years before colonists showed up, as Virginians we love to claim the historical account that credits Reverend Robert Hunt, one of the first English Colonists who arrived in 1607 for offering the first day of prayer and thanksgiving only a few

miles from Jamestown. Some of us would prefer to claim the credit attributed to the second group of colonists who celebrated with prayer and thanksgiving at the Berkeley Plantation, just a few miles from the present capital city of Richmond. New Englanders, however, would probably prefer to claim the 1621 date when an official 3-day festival was held by Pilgrims in thanksgiving for the end of a

draught, a plentiful harvest and the support of the Wampanoag people (Native Americans). Americans in general may very well give several Presidents (i.e. Washington, Lincoln or Roosevelt) or Congress credit for having passed several proclamations over a 150-year period to bring us to the point that we now celebrate the fourth Thursday in November as a national holiday to give prayer and thanks to God. Ironically, each proclamation followed a time of great difficulty and trials among the people of America. While I don't suggest we change the name of the holiday, there is nothing which fosters a spirit of gratefulness more than getting past life's difficulties.

In his book, *The Road Less Traveled*, which opens with the statement, "Life is difficult," Scott Peck

We are not alone; we are a part of a larger community of sharing and caring.

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## TENDING THE SPIRIT

makes the bold statement that "...once we truly see this truth, we can transcend it. Once we truly know that life is difficult-once we truly understand and accept it-then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters." That is to say, we get to a place of inner contentment; and we focus on that which is good and right and wholesome.

Everything around us is better when we choose to be stimulated by a spirit of gratefulness. Work becomes easier, life is more joyful and Community life is enhanced. Because we are choosing to live from a life-giving source within, one which connects us to one another, there we find joy and fellowship with one another. Establishing a sense of what it means to be grateful is important also because wisdom traditions throughout history have affirmed that the more grateful you are, the happier you are. When your state of being causes you to say, "I am grateful," you are more likely to give deep heart-felt thanks.

As we gather with family and friends this holiday, may the hope among us be that of retaining a state of gratefulness. Perhaps it will become truly evident that Thanksgiving is about more than just saying thanks. It is a time to acknowledge all that we are grateful to God for and to acknowledge that we too are no longer wandering exiles or pilgrims. Rather, we are those who have found a home in the Kingdom of Faith. We are not alone; we are a part of a larger community of sharing and caring. It is the place where we can embrace kindness and friendship. We can express the same. And, I am convinced that something good and wonderful will settle in our souls that we could call nothing other than gratefulness.

Reverend Janie M. Walker,  
Interim Pastoral Director

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## REVIVE RICHMOND

### Lighting the way

*"Jesus spoke to them, saying, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'" (John 8:12)*

For centuries, lighting candles has been a symbol of prayerful remembrance of Christ's words to us, His coming into the world to heal us, deliver us and make us whole. It has also been a symbol for prayerfully remembering our own past, our hope for the future and our many other intentions.

This advent season, we will light candles in each of our windows each Monday night during advent and on Christmas night. The lighting of the candles will commemorate our prayer intentions for healing the past and bringing hope for the future of our metropolitan city. It will also serve to reinforce our prayers of gratitude for the years past and the hope for our own future here at Richmond Hill.

On Monday, November 9th, our Council voted unanimously to offer Rev. Joel Blunk, a Presbyterian pastor from Pennsylvania, the position of Co-pastoral Director of Richmond Hill. Reverend Blunk accepted. He, along his wife, Kristen, and all of us, are looking forward to his coming to this position and their coming into residency during the first quarter of 2016.

This beacon of light called Richmond Hill, set upon this Hill 28 years ago, is yet burning bright. The grace and hope of its future is yet to be realized.

As Christ lights our way, please join us in prayer, faith and hope. You too can "light a candle for Richmond Hill."

*Residential Community: Brian, David, DeBorah, Heather, Janie, Linda, Richard, and Tony*



**Pray for Persons in Financial Need in Metropolitan Richmond.**

November 2015

*The Spirit of the Lord is upon me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim liberty to the captives and recovering of sight to the blind, to set at liberty those who are oppressed, to proclaim the year of the Lord's favor. (Luke 4:18-19)*

**November 1, 2015.** We pray for persons in financial need in Metropolitan Richmond: For the unemployed and under-employed, for suitable work, living wages, and fair benefits for all workers in this metropolitan city; and for sufficient employment to make healthy family life possible.

**November 8, 2015.** We pray for persons in financial need in Metropolitan Richmond: For the homeless and the hungry, for the provision of safe, affordable housing and low cost nutritious food, for the personal safety, dignity, and well being of those who are unable to work.

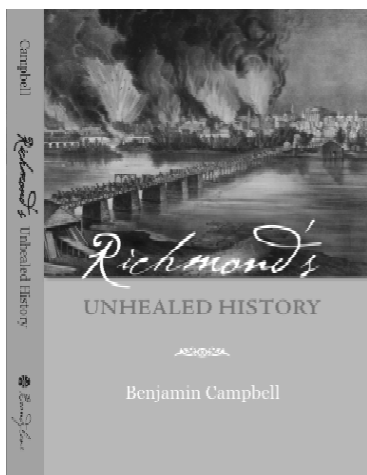
**November 15, 2015.** We pray for persons in financial need in Metropolitan Richmond: For healthy marriages; for constructive, safe, and caring households for the bringing up and nurturing of children and caring for the elderly.

**November 22, 2015.** We pray for persons in financial need in Metropolitan Richmond: For advocates who put their lives on the line for the sake of others; for all who fight for the rights of persons who cannot fight for themselves.

**November 29, 2015.** We pray for persons in financial need in Metropolitan Richmond: For the inclusion of all, regardless of race, age, or jurisdiction of residence, in the economic health of Metropolitan Richmond; for effective, affordable, regional public transportation.

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.

**The Spirit of Richmond Hill is Alive in its Facilities and Grounds**

At Richmond Hill, the Spirit often manifests itself in one person's life—and, then, others discover the same Spirit alive in them. Well, it's happened again—this time with a call to care for our facilities and grounds.

A generous donor has agreed to match donations to our capital budget up to \$25,000 if made by the end of 2015. \$6,550 has already been donated toward the cost of repairing a water-damaged wall in the chapel behind the altar; leaving us with \$18,450 more to go. The facilities committee has received estimates for 13 other repair or replacement projects ranging from \$250 to \$18,000. Another 10 larger projects are being assessed and estimates are being considered. Please help us make the most of this opportunity — your donations are needed to match every dollar! 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



**[3] Lecture: "Effects of Trauma" with Rev. Dr. Micah McCreary**

7:30 P.M. MONDAY, NOV. 23, 2015

This is an exploration of the residual effects of the trauma of slavery and racism as it relates to guilt, shame, and lament. About the lecturer: Rev. Dr. Micah McCreary is a psychologist and co-pastor of Spring Creek Baptist Church in Chesterfield, VA.

The 45-minute lecture will be followed by facilitated conversation and group processing time among the audience. Join us for worship at 5:30 p.m., dinner at 6:30 p.m., lecture at 7:30 p.m. A requested donation of \$20 includes both dinner and the lecture. To register, contact DeBorah Cannady at retreats@richmondhillva.org or by phone at 804-783-7903.

**Micah: Save-the-Dates!**



January 2016 Association Luncheon  
Thursday, January 21, 2016  
11:45am - 1:15pm  
Location: Jewish Community Center

~~~~~  
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

# Richmond Hill Studies in

Retreats    Classes    Groups    Schools    Retreats    Classes

## RETREATS

### INDIVIDUAL RETREATS

Richmond Hill offers individual retreats for persons who desire rest and time to seek God. Retreats may be taken in 24-hr increments between Mon. 4 p.m.– Sat. 4 p.m. In addition, more formal contemplative retreats are offered periodically on weekends for individuals who wish to be a part of a facilitated retreat rhythm. Spiritual guidance is available for any individual retreat.

*Recommended donations: Basic \$65 per 24 hrs. / Guided \$90 per 24 hrs.  
Contact Deborah Cannady, 804-783-7903 or retreats@richmondhillva.org*

### FIRST FRIDAY RETREATS

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

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

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

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

### LISTENING TO THE SILENCE

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

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

Suggested Donation: \$20 (includes Lunch) Facilitator: Rita Ricks, spiritual director

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

## GROUPS

### CENTERING PRAYER GROUPS

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

*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](mailto: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*



**OPEN STUDIO**  
*Color & Light: Stained Glass, Illuminated Manuscripts*

**January 16, Saturday 9-4 pm**

**Art & Spirituality**

*Suggested donation: \$30 per person.  
Contact: Deborah Cannady at 783-7903 or [retreats@richmondhillva.org](mailto: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.*

FAITH IN THE CITY

JANUARY 5 – 8, 2016

How do we talk  
about **sex,**  
**suffering &**  
**silence**  
as Christians?



**W**e will seek in this course to model the desire of God for human community. We come together not to destroy and defeat one another, but to seek life. We encounter one another with grace and Christian hospitality.

*Clergy and lay leaders are invited to come for all or part of these four days of specific study and training in the theology and practice of "Kingdom Ministry" in our time and place. This is a course for graduate academic credit, kingdom credit, or both. Lunch will be provided every day. The event will be held on campus at Virginia Union University.*

**Registration: please call 804- 257-5715 and speak to Yvette Goode, Faculty Secretary, Samuel DeWitt Proctor School of Theology at Virginia Union University**

*Co-sponsored by Richmond Hill*

NOW OPEN

4:00 pm Friday – 4:00 pm Saturday



**Dec. 5 – Dec. 6, 2015**

**C**ome to Richmond Hill for a 24-hour retreat as a way of preparing our hearts for the Christmas Season.

In this annual retreat Annie Campbell will provide a quiet, contemplative opportunity for reflecting on the year that is past and preparing for a new one beginning with the birth of our Lord.

Annie is a gifted storyteller, and loves family traditions. She loves Advent, and loves this as a quiet beginning before everything else happens.

This retreat will include time for listening, conversation, reflection, and quiet, at a pace you set for yourself, in the context of Richmond Hill's rhythm of life.

*To register, contact DeBorah Cannady, Guestmaster at Richmond Hill, at (804) 783-7903, or by email: [retreats@richmondhillva.org](mailto: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 heart of the matter**

In our present society old things have become popular. High prices are paid for antiques and collectibles to display and use with caution. Too often things in our relationship with Christ become just one more collector's item which we use only occasionally. "We have this treasure in clay pots so that the awesome power belongs to God and does not come from us" (2 Corinthians 4:7). We are these vessels in which God wants to dwell. He is at the heart of our life.

Think: Is He at the heart of our life, or, only an addition? If He abides in us we shall bring forth much fruit. We will be calm assured at rest. We will love and be at peace, not unrest. Nothing will fret us. All that we do will be effective. Let us sow in prayer, water by trust, bearing flowers in fruit, and, in joy saying: I love you.

It is God's peace that gives quietness forever. His peace that flows can calm rivers through dry land of life. It causes trees and flowers of life to spring forth and to yield abundantly. The ones who enter God's rest also rest from their work, just as God rested from His work.

The older I become the more I depend on God to lead me. I cannot stray I ask Him to let me walk with Him each day and to lead me in His righteousness. Every October as I celebrate my birthday I focus on grandmother's saying: "I was young and now I am old but I have never seen the righteous left alone not their children begging bread." (Psalms 37:25) (CEB).

I solicit your prayers for continued physical, mental, and spiritual health and strength to continue to serve as guided and directed by the Holy Spirit. My prayer today is to ask Lord to give me a childlike attitude — not to limit myself to friends who share common interest and background. To know no prejudice. May I receive the Kingdom of God as a little child a true child of God always caring sharing and showing God's love.

My travel through life takes me both up and down mountains. The secret to successful contented living is to recognize the beauty and enjoy whether we are struggling with the climb or coasting through the descent. Perhaps Paul said it best it in Philippians: "I have learned in whatsoever state I am therewith to be content" (Philippians 4:11). I can enjoy the beauty of God's love on the mountain top or in the valley below. God is in control and He never changes.

Rev. Dr. Alice W. Harris  
 Pastoral Counselor

**STABILITY**— *“Stabilitas”*: Pledging to pray and work for the permanent transformation of the metropolitan city.

When I ponder the Number of Man, I think about time. I look at the mark on our wrists where we keep our timepieces and I see the mark on our forehead where we carry our wandering thoughts of the world and its system. Nothing can stop us from moving to and fro, fretting where to go and what to do from here. We turn to the left and the right frantically, consumed with anxiety over what tomorrow will bring for us. We take on the world full throttle, never settling our quest for fame, fortune and prosperity.

It is a tiring drag on our Spirit that leaves our work unfinished and incomplete. The longing in our soul is never satisfied and our hearts are never filled with the joy our Savior offers us here on earth. A tragic shame and despairing waste of the gifts of God — I wonder how we will cry out when we see the lack of multiplication we bring before Him. This cannot be the way.

In gratitude, when I ponder the Spirit of God I think about the unseen place in our heart. I dig into the wall just like Ezekiel and I weep over the state of God’s own children. I see the mark of God on the hearts of men who do so.

My witness is that of the peoples of God working together to carry out His vision. We wait on the Lord’s word looking intently at His face. We hear His voice speaking that the days are near when every vision will be fulfilled. No more delay. No more tarrying. We place our hands to the plow and push forward with the work of God. Never stopping or ceasing; bricks in one hand, sword in the other. I marvel at the purposes of our Lord being shared with us and the hopeful assurance of hearing “Well done, though good and faithful servant!”

Stability is crucial in these times. Pledging to pray first, and work for the permanent transformation of the city to which God has sent us. Where is your mark? Do not look to your wrist or forehead. Look at your heart. Dig in the wall. Weep for the people. Cry out to God and He will say to you and to us, “None of my words will be delayed any longer, what I speak shall be fulfilled.” The Sovereign Lord declares it TODAY!

*Brian Lamm  
Urban Service Corps*

*Brian Lamm arrived in the Richmond Hill community in August this year when he joined the Urban Service Corps Class of 2015-16. He is a member of Movement Church in Richmond.*

## Leadership In Action

Thanks to all who attended, our Autumn Social Gathering was a huge success! The event brought together mentors, volunteers, support staff, administration and the dynamic students from Armstrong High School. The retreat is an opportunity for our new students and returning students to bond with one another, develop friendships, while experiencing workshops and “wrap” sessions pertaining to their experiences.

**Volunteering At The Peter Paul Center:** Several Leadership students participated in the Growing Great Schools Info Feast at the Peter Paul Development Center. The students participated in fun, age-appropriate activities. Additionally, students greeted and served dinner and drink to the parents as well as talked about what kind of schools they wanted their future kids to attend. Their ideas and recommendations were shared with the audience.

**University of Virginia College Tour — Fall Fling:** We are excited to announce that on Saturday, November 14th, several students will attend the UVA’s Fall Fling event in Charlottesville, Virginia. This annual Open House event is for prospective African American high school juniors and seniors and their families. This event will give our students a chance to learn about all the academic and cultural opportunities available at the University of Virginia. We are excited and looking forward to the future possibilities this experience may provide for our students.

**Fall Retreat — Jamestown 4-H Center Educational Center Williamsburg, Virginia:** We are gearing up for our weekend Annual Fall Retreat on November 20-22nd 2015. Our students will enjoy interactive workshops and group sessions from our Lead Facilitator Karen Donegan-Salter, Mr. James Rodgers and the Richmond Peace Education Center. Additionally, the retreat will serve as an opportunity for our students to experience nature, relax, reduce stress, pray and learn more about themselves. We look forward to a peaceful and productive weekend.

**Thank You Supporters —** We send a warm thank you to our volunteers, supporters and donors who have jumped in over the past month to assist us. (Mr. Hugh Jones and the staff of the Salvation Boys and Girls Club, St. Paul’s Episcopal Church, Peter Paul Development Center, St. Peter’s Episcopal Church and Grace and Holy Trinity Episcopal Church.) And we would like to send a special thank you to the staff of Richmond Hill for their unwavering support and assistance in providing meals, transportation assistance for our students during our gatherings and fellowship activities.

*Yvette Davis Rajput, Director, and  
Marvin V. Roane, Assistant Director*



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November 2015



Metro  
Richmond at  
Prayer

*In November:*

## Pray for Persons in Financial Need 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 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](http://www.metrorichmondatprayer.org)  
or call (804)783-7903.