

2-Week Summer Sabbath
see page 6...



For the spirit of the city

2209 EAST GRACE STREET, RICHMOND, VA 23223 SUMMER 2017

TENDING THE SPIRIT

Balance

A propos to my ongoing reflection on the meaning of balance, a hummingbird showed up in the garden just outside the window of the chapter room where we were meeting. Those of us present for the meeting agreed that it might very well be the first hummingbird to show up this year. Hovering over the bright red canna lilies for some time, fluttering its tiny wings, it moved from branch to branch on a tree just above the lilies. Then, it rested a while on yet another branch before the next outbreak of fluttering. Captivated by its presence and movement, we stopped the meeting long enough to take pictures. For the enjoyment of those who were not present to see it, I even made a brief video of its fluttering and flying with my phone.

Now that we are in the midst of the summer and the program and retreat work here at Richmond Hill have slowed down enough for everything to move at a less hectic pace, it has been a good time to reflect on the notion of living a balanced life. This effort to reflect has been helped also by a sermon I heard preached here recently during a Monday night worship service, wherein the preacher made the point that contrary to what most of us think, the reality of balance in our lives is not keeping all things equal. Rather, it is the acceptance of the dance between periods of work and rest, or periods of busyness and slowing down.

This understanding is made real when I notice that, unlike two months ago, I'm not rushing down the back stairway to get to prayer on time, or rac-

ing down the cloister to the next meeting, or that I am able to hang around the reception desk a little longer than usual to chat with a much appreciated volunteer. It is made real when I can sit quietly in the garden and contemplate the next sermon or newsletter article, or just be quiet, expecting only to be disturbed by the meandering of a worm, an ant or some other crawling creature.

*Embrace the
balance that
comes with
living the
dance of life*

I am keenly aware that there are places in the world where summer and winter appear to divide the whole year, and still other places, like Richmond, VA, where summer, winter, autumn, and spring have historically been the seasons we enjoy and bring balance into our living.

The seasons teach us that real balance is not so much about things staying the same or being equal. Rather, nature's balance — real balance — is about each having its essential function and role to play in the overall scheme of life. Such balance is clearly in agreement with one of my favorite bible passages — "As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night, shall not cease." Genesis 8:22

Just as seasons differ from place to place and from time to time, so does balance in each of our lives. It's different for everyone, and something that each of us has to figure out for ourselves. Balance means finding peace in moving from one season to another, rather than expecting to find a season that feels great and expecting to stay there continually. Ultimately, balance has come to mean letting go of the idea of anything being perfect and forever continual.

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TENDING THE SPIRIT

So, a mantra such as “this too shall pass,” is good to hold on to whether living in a time of darkness or light. Life is full of contradictions and we are sometimes forced to manage situations that are not comfortable for us. We all have areas in our lives in which we are stronger or weaker by nature or temperament. And while we tend to lean to the stronger, the weaker is there to aid us in our development — to make us even stronger. Working towards balance by expanding into our weaker areas will help us to not only to be more centered and grounded, but it will also help us to become more and better rounded. We can all use more of that. It is especially helpful to practice such a mantra when the people with whom we have spent a joyful time have left our presence and we find ourselves in a place of solitude. Knowing that the solitude will end at some point, we also know that someone or something new will come again and joy will arise once more to be embraced and celebrated. Or, once again you have the opportunity to let go the concerns of your outer world and go inward and connect once again with that amazing life force that keeps you centered and not walking in chaos.

Knowing that few things are static and most are dynamic helps us to embrace the balance that comes with living the dance of life — trusting that we will always be brought back to the center, where we find peace.

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

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REVIVE RICHMOND

The River is Life

A friend recently told me that he likes to talk to the river. I can't say I blame him. Especially after the recent experience I had with a group of Richmond Hill guests.

They came from Oregon, Connecticut, Ohio, Boston and Florida as part of the Eco-StewardProgram(ecostewardsprogram.wordpress.com), which seeks to shape young people through place-based learning that connects faith and the environment. Their theme of Water Is Life focused on the sacredness of the James River Watershed and the region's journey toward justice.

My wife Kristen is a watershed restoration practitioner and was eager to help make their stay beneficial. She gave them a tour of Richmond Hill and set up a visit with Ralph White, longtime manager of the James River Park System and local environmental icon.

Ralph shared how the transformation of the James River is an example of the impact, negative and positive, human beings can have. We sat on edge as he recounted the Kepone spill that led to the near death of the river. He told us that at the time a health permit was required to get near the water. But the river came back, in part due to the sweat equity of countless volunteers and prolonged determination. Today, as you know, you can see people of all ages, colors and backgrounds enjoying the river together. The river's edge may be the most integrated neighborhood in the city, the James now one of the most popular urban recreational white water areas in the world.

We walked down to the Great Shiplock Park to see for ourselves. There we met Beth Roach of the James River Association and a member of the Nottaway Indian Tribe of Virginia. She shared stories of an annual river walk carried out by the women of her tribe. She taught us a native song and then walked us to the river's edge where we each made a traditional offering of tobacco and were invited to speak a blessing.

The river is life. In the words of the psalmist, its “streams make glad the city of God... (46:3).” I take comfort in that and am encouraged to continue to work for the healing of metropolitan Richmond like so many who've come before. The river is a model of hope and a sparkling example of the revival possible in this city. I'm grateful for that. The other day I told it so.

*Rev. Joel Blunk
Co-Pastoral Director*

Pray for the Workplaces & Businesses of Metropolitan Richmond.

Therefore, my beloved, just as you have always obeyed me, not only in my presence, but much more now in my absence, work out your own salvation with fear and trembling; for it is God who is at work in you, enabling you both to will and to work for his good pleasure.

(Phil 2:12-13)

August 2017

August 6, 2017. We pray for the workplaces and businesses of Metropolitan Richmond: For safe, respectful work environments, healthy work ethics and attitudes, and sufficient salary and benefits for all workers. For owners and managers: for servant leadership, civic responsibility and ethical decision-making.

August 13, 2017. We pray for the workplaces and businesses of Metropolitan Richmond: For financial institutions, healthy and constructive investment policies, and effective development efforts to benefit the entire community.

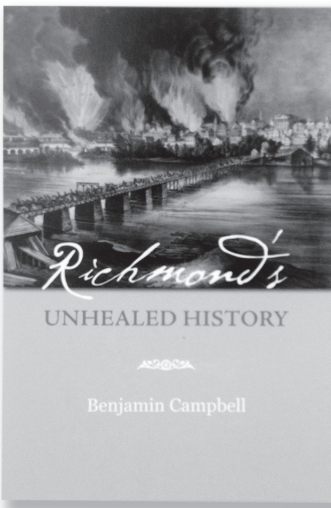
August 20, 2017. We pray for the workplaces and businesses of Metropolitan Richmond: For economic development in depressed portions of the city, for the establishment of businesses that will create new employment opportunities.

August 27, 2017. We pray for the workplaces and businesses of Metropolitan Richmond: For full employment opportunities for our young people and heads of families, for the long-term unemployed, and for the under-employed.

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.

Bringing a Great Year to a Close

As another school year came to an end, Armstrong Leadership finished on a high note. The closing month brought about a myriad of feelings and emotions. As we said goodbye to our seniors, we were encouraged how they left the program in good hands with the rising underclassmen ready to carry the leadership torch forward.

Students visited Martin Luther King Middle School and were excited to provide an orientation workshop for the rising 9th graders headed to Armstrong this Fall. Our students shared tips, facts and myths about attending Armstrong as they transition. Thank you to Ms. Natima Jones, Director of the Boys and Girls Club for creating a platform for our students to share the values of ALP and the rich legacy of Armstrong High School.

Year End Highlights

During the 2016 – 17-school year, students did an amazing job, earning numerous scholarships and awards: Some highlights include:

- Each student passed to the next grade level.
- 100% of the seniors graduated.
- Four students graduated in the top ten of their class
- Each of the graduates will attend either a 2 year or 4 year college in the fall
- Each graduate received a Certificate of Completion, a graduation medal, book scholarship and a College Shower in their honor.
- Two graduates received the Altria Scholarship of \$40,000.00
- 2017 Leadership Spirit Award recipient is Michael Allen
- 2017 Resilience Award Recipients are Fatiyah Nevell and Demetric Morgan
- 2017 Boys and Girls Scholarship Recipient is Major Ward Jr.
- 2017 AHS Class of 1974 Scholarship Recipient(s) Major Ward and Fatiyah Nevell
- William and Sheryl Pannell Scholarship Recipient is Christopher Bennett
- One student was awarded the Alicia Rasin Scholarship
- One student received the Richmond Redevelopment and Housing Scholarship
- One student was selected to attend the St. Christopher's Summer Institute on Leadership and Public Service
- One student was selected to attend the Randolph-Macon Convergence Youth Theology Institute

We extend a special appreciation to CHAT for transportation assistance and to St. Paul's Episcopal church for transportation support and for providing financial assistance for tuition for two students.

Mentors needed this Fall

If you like to support our efforts, we are recruiting new mentors this fall. Please share with your colleagues and friends: www.richmondhillva.org/serve/armstrong-leadership-program/

Lastly, we thank each of our volunteers, mentors, community partners, sponsors and staff of Richmond Hill for providing our students with another year of commitment and unconditional love and support. Please know that your every effort, however big or small, makes an incredible difference in the lives of our students. We look forward to sharing more with you in the fall.

Thanks for your love and support! Yvette and Marvin
Like Us on Facebook @ ArmstrongLeadership

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



Armstrong Leadership Program Closing Awards Ceremony, June 4, 2017

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.*

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

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



Fall 2017

- Saturdays, 9 am – 4 pm
- September 23, 2017
 - Saturday, October 28, 2017

Spring 2018

- Saturdays, 9 am – 4 pm
- March 24, 2018
 - April 21, 2018

Retreat

- Friday, 4 pm – Sunday, 4 pm
May 4 – 6, 2018

== KOINONIA ==

School of Race & Justice

“CALLED TO BE RECONCILERS”

Our KOINONIA School of Race and Justice is ready to begin its third year this fall with some significant modifications that we hope will make it possible for more to participate. The school is designed to equip people in three ways: to engage in transformative and self-reflective work around race; to engage in constructive dialogue regarding issues of race and justice; and to engage in the larger community to promote social justice.

This year's program will consist of four daylong seminars, two in the fall and two in the spring, and a 48-hour retreat to culminate the year. Gatherings will include guest lecturers, small group discussion, community engagement, and personal reflection time. We will explore broad topics related to race and justice, such as history, diversity, shame, grief, lament, trauma, privilege, class, education, and media.

The KOINONIA School of Race and Justice intends to be a part of God's ministry of racial

reconciliation and is grounded in the Christian tradition. We believe everyone can engage in reducing racism by being instruments of justice in their own sphere of influence. You may sign up for the entire year at a cost reduction or register for each retreat independently. All are welcome.

The day-retreats are scheduled for Saturdays from 9-4 on September 23, October 28, March 24, and April 21. The cost for each is \$50, which includes lunch. The weekend retreat will be held from Friday at 4 to Sunday at 4, May 4-6, 2018, at a cost of \$195. Tuition is \$350 to register for the entire year.

For further information, please contact Qasarah Spencer, Dean of the Koinonia School of Race and Justice, koinonia@richmondhillva.org.

To register for the September day-retreat or the entire year, please call the Richmond Hill office at (804) 783-7903 or 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: May 16th, July 25th and Oct 17th. For more information, call DeBorah Cannady at 783-7903.

COMMUNITY NEWS

2-Week Summer Sabbath

For two weeks in August Richmond Hill will slow down to recuperate from the previous program year and to prepare for the season ahead.

From Friday afternoon, August 4, to Friday afternoon, August 18, the residential community will take a much-needed rest from the routine of meetings and hosting guests.

The exception will be that the regular prayer times will be maintained along with the Monday evening worship and meal. All other meals and regularly scheduled meetings, worship offerings, or day retreats will not occur during that time.

Regular office hours will be maintained for staff from 9-5, and the gate will remain closed with the exception of Monday night between 5 and 7:30 for the community worship and meal. The chapel door will open daily at prayer times, 7 am, noon, and 6 pm., if you care to join us.

If you have any questions about the schedule for those two weeks or have a need during that time, please call (804) 783-7903.

Thank you for your support and understanding as we honor a time for rest and renewal.



The Recovery Eucharist is 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.

Each 4th Tuesdays at 7:30 pm in Chapel.

Leader: Rev. Herbert Jones

OUR CLARION CALL:

Pursuing
SHALOM
W

Save the Date!

Clergy Convocation 2017

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

Lisa 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?

"Then the LORD said to Moses, 'Why do you cry out to me? Tell the Israelites to go forward.'" —Exodus 14:15

The Fall Micah Kickoff



Micah

will be held **Thursday, September 14**

1st Presbyterian Church 4602 Cary St. Richmond VA

Doors open at 8:30 a.m.

Program from 8:45 a.m. 'til 9:45 a.m.

Break Out Sessions 10:00 a.m. 'til 12 noon (Training Sessions: Trauma

Informed Care, New Volunteers Training, and RPS Specialized Reading)

Lunch from 12 - 1:00 p.m.

Putting Our Children First

For the spirit of the city



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August 2017



**Metro
Richmond at
Prayer**

In August:

**Pray for the Workplaces and Businesses
of 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

If you would like to subscribe to eUPDATE, our email newsletter, go here: eepurl.com/cNLLbj

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