



TENDING THE SPIRIT

Making room in the heart

Hospitality is one of the twelve sacred disciplines we have opportunity to examine or reflect on daily as we attempt to live out a commitment to the Rule of Life here at Richmond Hill. Hospitality is also a key principle commonly addressed in the hotel and restaurant industry. The distinction for us has to do with sacredness. So, the question then becomes, *“What makes hospitality sacred?”*

This discipline as defined in the Rule of Life at Richmond Hill is: *Living one’s life in service of others, in a commitment to welcome guests in love and a spirit of prayer.* Henri Nouen, in his book, The Wounded Healer, describes hospitality this way: *“the ability of one to be so at home in her own house that a friendly space is created for others to feel free to come and go; to be close or distant; to rest or to play; to talk or to be silent; to eat or to fast. ... hospitality asks for the creation of an empty space where guests can find their own souls.”*

A demonstration of this kind of sacred hospitality happened recently when six year old Frances asked me, *“What part of the wedding did you enjoy the most?”* It was no question in my mind that this delightful child was inviting me into a memory that she had experienced and held in her heart as a joy-filled one. The starkness of the invitation came as such a surprise to me that my immediate response was, *“Let me think about that for a moment.”* In addition to buying time to think of an honest answer to the question, the pause gave me a moment to overcome the surprise of the question as well as to reflect on the fact that the wedding ceremony had been such a sacred experience throughout.

After coming to the end of what seemed like an endless pause, *“I enjoyed every moment of the wedding,”* I said. *“But, I was most impressed that the first thing David and Lindsey did as husband and wife was to serve the communion wine to their guests. I felt a lot of joy in*

my heart over that.” Without much of a pause at all, Frances shouted, *“That was special and I got to participate!”*

Thoughts of a newly wedded couple who opened their hearts in service to others, a delightful open-hearted child who created space for conversation, and my own commitment to the sacred discipline of hospitality are great thoughts to carry into this Lenten season. With one hand still touching the revelations and inspirations of Epiphany, and the other reaching forward to Resurrection Sunday, this Lenten journey may very well be one in

which the traditional “giving up of something” may simply be letting go of things that will hinder others from being themselves in the space we share. It may very well be a deepening of a spiritual practice or making room in the heart for the building up of the beloved community as God would have us do so.

Whether in family, neighborhoods, faith communities, or other intentional communities, it’s this kind of openness which contributes to the building and

strengthening of Community. It’s this kind of listening to one another’s stories that we find pathways into prayers for one another, learning from one another, communing with one another, and ultimately bringing healing and wholeness to one another and to the larger Community. Such sharing promotes further inquiry, and often time calls for deepened questions and explanations. What might otherwise be merely a common dialogue quickly becomes a trialogue, because an open and sacred space has been created and the Spirit has been welcomed to take its place in the conversation.

I question whether or not little Frances has an intellectual understanding of what it means to give way to the Spirit in a way that creates such a grace-filled encounter — one that makes hospitality sacred. What I do know, based on previous encounters with Frances, is that she knows all too well how to practice this sacred

The gracefulness or the sacred spiritual sensitivity of the individual is key to the overall sacred sensitivity of the community.

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TENDING THE SPIRIT

discipline, even if she doesn't know how to name it. Graceful shifts in the rhythm of conversations tend to happen so easily when Frances is around.

Having observed over the years how each community has a unique rhythm created by the movements of its members' comings and goings (their work and play, their greetings and partings, their celebrations and even their dissensions), the rhythm of interchange in community can be life-giving or it can be stifling. It can be liberating or oppressive. Individuals in community have their own personal rhythms, and those rhythms contribute to the overall rhythm of the collective Community. Some individuals thrive on contact with others, while some prefer a more solitary or contemplative life. Some devote their lives to the daily maintenance of the community; while others breathe life into the Community through their gifts, talents and passions. Then there are those who find themselves in an altered relationship with the community because they have moved to the peripherals of its daily life, or even outside of it all together. Therefore, the gracefulness or the sacred spiritual sensitivity of the individual is key to the overall sacred sensitivity of the community.

Ultimately, our ability to offer or experience sacred hospitality is best encountered when room has been made in the heart to follow the rhythm of the Spirit as it moves in and among us. Frances does this so well.

"How very good and pleasant it is when kindred live together in unity!"
(Psalm 133:1)

"...and a little child shall lead them." (Isaiah 11:6b)

Reverend Janie M. Walker,
Interim Pastoral Director

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REVIVE RICHMOND

A house of wisdom

When the Sisters of the Visitation arrived on this Hill in August of 1866, they came to pray for the healing of the city. First, they established a house of prayer here. Then, they built a schoolhouse. And those two activities, prayer and study, form the strands of spiritual DNA that makes Richmond Hill what it is today.

This emphasis on spiritual formation began with **RUAH** — the flagship of all our schools of study. We are now accepting applications for enrollment in RUAH XV, a 2-year intensive course in understanding spiritual guidance and direction. The program, which begins in September, is being offered on Mondays and Tuesdays. This is to accommodate the needs of clergy and church professionals who work weekends and cannot participate in the weekend RUAH program.

The **SOZO School of Christian Healing Prayer**, first held in 2000, is being re-vitalized in focus, format, and content since its redesign in 2009. This school is offered for those who seek healing and wholeness in mind, body, spirit, and relationships. Stay tuned for information about applying for the new session this fall.

The **Vocare School for Vocation** is designed to provide tools, space, and community for discerning God's call in each of our lives. Through prayer, study and reflection, individuals seek the guidance of the Holy Spirit, utilizing the power of small group discernment. Now is the time to apply for the 2016-17 session.

The **Richmond Hill Urban Service Corps** provides a rare opportunity to gain understanding of how the Holy Spirit engages with both the people and the social structures of a City as well as how the life of a Christian community can provide a powerful witness for the possibilities of reconciliation and healing in a metropolitan area. Urban Service Corps is also taking applications for the fall.

To learn more, look at pg. 5 of this issue. Pick up a flyer or brochure when you are up at Richmond Hill. Or speak with Janie Walker or DeBorah Cannady, in person or at 783-7903.

Lifelong learning is a call. And the schools and programs of Richmond Hill might help you find your answer.

Richard Rumble
Communications Director

Pray for the Coming of God's Kingdom in Metropolitan Richmond.

Pray then like this: Our Father who art in heaven, Hallowed be thy name. Thy kingdom come. Thy will be done. On earth as it is in heaven. (Matthew 6:9-10)

February 7, 2016. We pray for the coming of God's Kingdom in Metropolitan Richmond: For a spirit of unity and cooperation among all people in all jurisdictions. We pray that all would earnestly seek the common welfare of this metropolitan city.

February 14, 2016. We pray for the coming of God's Kingdom in Metropolitan Richmond: For healthy economic development, which enhances the Metropolitan community, employs the unemployed, and contributes to the common good.

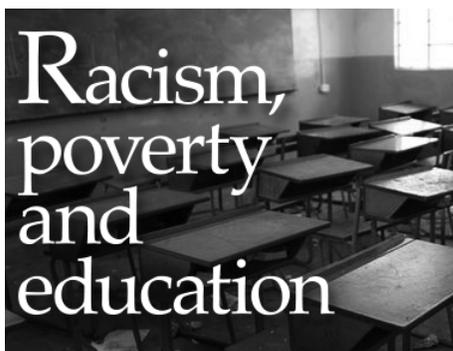
February 21, 2016. We pray for the coming of God's Kingdom in Metropolitan Richmond: For redemption of the divisions, prejudices, pettiness, despair, and discrimination of the past.

February 28, 2016. We pray for the coming of God's Kingdom in Metropolitan Richmond: For enhancement of our common life in Jesus' Name through the Holy Spirit, and for the resurrection of metropolitan Richmond as a modern metropolitan city of hope for the world.

February 2016

Arrivals and departures

By the time you are reading this (hopefully and prayerfully!) we eagerly await the arrival of Joel Blunk and his wife Kristen as new members of the residential community. Joel will serve as Co-Pastoral Director, along side Rev. Janie Walker, our Interim Pastoral Director. We are also announcing the departure of Heather Peterson, a member of the Urban Service Corps here, who will be leaving community mid-February to pursue other options. Please be sure to hold all of us in your prayers as we move through these transitions.



== KOINONIA ==
School of Race & Justice
Dr. Genevieve Siegel-Hawley
Mon. Feb. 22 at 7:30 pm

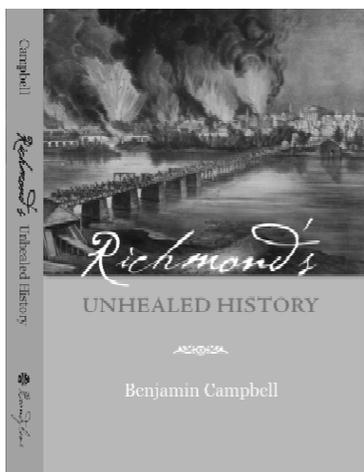
Dr. Genevieve Siegel-Hawley will explore the residual effects of racism and the correlation of education and poverty. Join us for worship at 5:30 pm, dinner at 6:30 pm, lecture at 7:30 pm. Your donation of \$20 includes both dinner and the lecture.

About the lecturer: Dr. Genevieve Siegel-Hawley's research focuses on examining school segregation and resegregation in U.S. metropolitan areas, along with strategies for promoting inclusive school communities and policy options for a truly integrated society.

Contact DeBorah Cannady at retreats@richmondhillva.org or by phone at 804-783-7903 to register.

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.

Leadership In Action

RPEC /ALP Conflict Resolution Training

We are excited to announce that the New Year has gotten off to a fast start. In the month of January our students focus has been in the area of service. The service project oriented and focused on leadership training and development. They worked in conjunction with RPEC to co-facilitate and provide conflict resolution training to the 16 students within the Armstrong Freshman Academy. The training was facilitated RPEC Richmond Peace Education Iman Shabazz and co-facilitated by ALP's Djimon Waddy and Michael Allen. This collaboration of the two school entities is a step toward increased communication, togetherness and school unity. A total of 5 training sessions were conducted in the month of January. It's a positive start and we are looking forward to future opportunities to have our students lead the effort to build a better school and community.

Yvette Rajput, Director & Marvin Roane, Assistant Director

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

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
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

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.

“Pray without ceasing” – 1 Thessalonians, 5:17



Suggested donation: \$30 per person.

Contact: Deborah Cannady at 783-7903 or retreats@richmondhillva.org

Do you have a favorite scripture that gives you hope or that you read for inspiration? Do you ever want to share words of courage and strength with others but can't find the right cards or words?

Come for a day where you can tap into your own creative spirit as you make a *Message of Hope* for another or yourself. You can decorate your own works of art to help others on their journey using your favorite Bible verse, poem, prayer or your own personal message of hope.

Bookmarkers, prayer strips, prayer cards, prayer lists are just some of the many ways you can express your message to another. Your personal creation is a wonderful way to send a message of hope, courage, or inspiration to another. It is also a great way to deepen your own prayer life and to be open to God through the creative process.

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

NOW ENROLLING

RUAH XV SCHOOL OF SPIRITUAL GUIDANCE

*New Class Begins in
September 2016 for Clergy
& Church Professionals*

Richmond Hill will begin a new weekday session of the RUAH School of Spiritual Guidance in September, 2016.

This weekday design is particularly intended to make the program available to clergy and other church professionals for whom Sunday classes are impossible.

The two-year program is composed of two 48-hour retreats and eight 24-hour retreats for each of two years. The 24-hour retreats are held on the third Monday evening and Tuesday each month; the 48-hour retreats extend from Monday supper through Wednesday.

The program consists of monthly retreats in the context of the rhythm of life of the Richmond Hill Community. Prayer and faith sharing are a part of the discipline of all participants. Books are assigned each month on the upcoming topic.

Acceptance in RUAH XV is primarily limited to clergy and church professionals. If you are interested in this program, please inquire immediately to the Rev. Janie Walker.

The deadline for applications is May 1. *Some scholarship assistance is available.*

*For more information or an application, please contact Rev. Janie Walker, Interim Pastoral Director, at Richmond Hill.
(804)783-7903 or email:
jwalker@richmondhillva.org*

Vocare School for Vocation

Apply now for Sept. 2016

Vocare means to call or to summon. This school is intended to provide tools, space, and community for discerning God's call in each of our lives.

Fall Tuesday Workshops: Tuesday workshops are designed to move you from your personal inner-work towards outward engagement with the wider community.

Spring Discernment Groups: These small groups meet monthly. The meetings will take place on the last Tuesday of each month. Each session will provide opportunity for a participant to discern vocation in community as guided by the Holy Spirit.

Applications are due May 1.

*To inquire or apply, please contact Rev. Janie Walker at (804-783-7903) or email:
jwalker@richmondhillva.org*

ENROLL NOW!

The Richmond Hill Urban Service Corps provides a rare opportunity to gain understanding of how the Holy Spirit engages with both the people and the social structures of a City as well as how the life of a Christian community can provide a powerful witness for the possibilities of reconciliation and healing in a metropolitan area.

The Richmond Hill Urban Service Corps is a one year commitment beginning in August of each year. Typically, we will have four servant-leaders in the Community per year.

Applications are due to Richmond Hill by May 1.

*To inquire or apply, please contact Rev. Janie Walker at (804) 783-7903 or
jwalker@richmondhillva.org*



LENTEN RETREAT



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

As 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.

Challenges

Some challenges are intrinsically beautiful: charting a course through untouched snow, developing an already outstanding talent for God's use, or building a loving relationship with the partner God has given. Some challenges seem not so lovely. Think of raising a handicapped child, recovering from a divorce, or living with cancer. Seeing the beauty in the challenges requires no rose colored glasses but seeing through God's eyes. Although God does not send these difficulties our way, He does use them to help us grow and to teach us how to trust when we have already used every ounce of faith we possess. Let us remember: "Who so ever is born of God overcomes the world even our faith." (1 John 5:4) (NKJ). In God's sight all challenges are beautiful. We must ask God to help us see the beauty in our lives.

Pressure shapes us. Our lives are bent and formed like clay on a potter's wheel. As Christians we are at the mercy of the unkind fate of circumstances. God is the master potter and He makes no mistakes. When life bends us too far from God He takes our misshapen forms and make them beautiful. At times we may seem uneven and we may feel as if we will never turn out as we are suppose to. Yet how do we see what God can do with a challenge.

Trains are often switched to different tracks at large switch yards with numerous workers and electronic devices. In remote locations however, a small signal and hand lever do the job. The crossroads in our lives do not always occur at large switch yards accompanied by lots of attention and planning. Many times the small actions in our lives change our course of direction. What may seem only a minor crossroad at the time may turn out to be a major intersection where the wrong choice can lead us far away from our intended goal. Challenges cause us to turn to: "The Lord will guide you continually and satisfy your soul when in drought, and strengthen your bones. You shall be like a watered garden, like a spring of water whose water does not fail." (Isaiah 58:11).

A safe's contents are protected for the few who know the combination. God's treasures are different. They are readily available to all who need them. A great verse of the Bible is John 15:5. *Come share the treasures of peace, joy, love and hope through our Lord who abides in us and bears much fruit — for without Him I can do nothing.*

Rev. Dr. Alice W. Harris
 Pastoral Counselor

CONVERSION OF LIFE — *Living one's life as a conversation with God, in a commitment to personal spiritual disciplines.*

We have left the season of Epiphany and now move into Lent. Growing up Catholic in the fifties, in my tradition, Lent was a time to sacrifice things — to experience going without, to sacrifice things that might stand in the way of our drawing close to God. It was de-cluttering, as a spiritual activity.

Now, I'm in a different place. But I'm still having a conversation with God around what I might do to draw closer to Him. I'm searching for something here. What are the things that might help put me in better touch with God?

Instead of giving up, what might I take on?

And is what I take on a one-shot deal? Or, is it something repetitive and regular? We're talking discipline here — and for me, discipline takes practice. Spiritual disciplines can come and go. When you take a look at your life as a whole, you get a different perspective than when you try focusing on just one thing.

One good way to integrate your personal spiritual disciplines is to establish a Rule of Life. If you want to live a focused, intentional life, having a rule is a huge help.

St. Benedict discovered the holistic value of living by a Rule back in the 6th century, and monastic communities have followed suit ever since. Here at Richmond Hill, we live by a simplified Benedictine Rule that consists of twelve elements. Each week at evening prayer, we take time to reflect on one aspect of the rule.

If you are interested in learning more about the Rule of Life here, please, come join us on Thursdays this Lent. Each Thursday, from 9 a.m. until 3 p.m. we offer a time for talk, prayer and reflection on our particular rule. We want to see how it helps shape our relationships: with God, our selves, our neighbors, and our environment. Here's the schedule:

THURSDAYS IN LENT 2016

2/11	<i>Conversion of Life</i>
2/18	<i>Simplicity, Humility</i>
2/25	<i>Ecumenism, Community</i>
3/3	<i>Stability, Prayer</i>
3/10	<i>Hospitality, Obedience</i>
3/17	<i>Healing, Racial Reconciliation</i>
3/24	<i>Christian Social Transformation</i>

This Lent, with practice, may you find God drawing you into a richer, deeper, and more profound conversation.

Richard Rumble
Communications Director

A story of forgiveness

We live in a broken world filled with broken people. But forgiveness is a powerful tool for healing what ails us all: sins committed against one another either by omission or commission. Someone wrongs us and we become angry; resentment develops where we may feel unfairly treated or even victimized.

In contrast, perhaps it is we who have committed a wrong. As practicing Christians, we go to God with a repentant heart and ask for forgiveness. We hope we will receive forgiveness, as we have in the past.

But, if someone wrongs us, it is usually more difficult for us to forgive. After all, we are human. This reminds me of an event in my own life where my world was shattered by the act of another human being. In February 1997, my brother, David Roy Craighead, was killed by a police officer in Southwest Virginia. I was devastated. I went through a grieving process. But, my heart was filled with hatred and bitterness. I let it rule my life. I wanted this officer to be punished in the most severe way possible. This rage was corrosive to my spirit and it made me ill, as well. I became sick from my own unforgiving heart.

After a year of this suffering, I couldn't take it anymore. I wanted to be free of the pain. I was ready to forgive. I looked to the spiritual disciplines for help. In my case I found the 12 steps to be useful: prayer, surrender to God's will, moral inventory, confession, repentance and forgiveness.

I owned and I confessed my resentments and the sin of unforgiveness. I went way down deep inside where I faced myself. I realized the effect that unforgiveness was having on my relationship with God, my loved ones and the world in general. The Light of God's love shone on the dark recesses of my heart. A "spiritual surgery" by the Great Physician excised the brokenness that was destroying my life. I felt free, cleansed and joyful. I started to feel forgiven by God. I accepted that my brother was gone and perhaps I would see him again in the next life.

I was no longer ruled by hatred. I was a new creation in Christ. I was able to forgive the police officer, and pray for him. Yet, forgiveness did not negate the consequences of the death of my brother for that police officer. I still wanted justice for David through the court system.

The police officer was acquitted in both the criminal and the civil courts. Today, he is now an agent for the federal government. David has yet to receive justice on earth. But, the officer will have to make an accounting of his actions when he stands before his Maker.

It's been nineteen years now and much of the woundedness has been healed. But, I will forever feel a void in my life where my David used to be.

Recently, I have become interested in social transformation for the oppressed and the oppressor. I am in a school, at Richmond Hill, where I am getting background information, before I attempt to help others. I will graduate in May.

"Peace I leave with you, my peace I give to you... do not let your hearts be troubled and do not let them be afraid." (John 14:27).

Marvette Craighead
Koinonia School of Race & Justice



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Return Service Requested

February 2016



Metro
Richmond at
Prayer

In February:

**Pray for the Coming of God's Kingdom 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.



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