

UPDATE



For the spirit of the city

2209 EAST GRACE STREET, RICHMOND, VA 23223

NOVEMBER 2018

TENDING THE SPIRIT

Hidden Treasures

There is nothing like a hip replacement, a significant birthday, and the birth of a great grandchild in the span of four months to remind one that integral to life are constant endings and beginnings — all of which contribute to the understanding that though bodies age and relationships shift, there is yet room for new insights to emerge and causes to celebrate.

Seventeen years ago, upon her return from a visit with family and friends in Korea, a friend gave me a gift she had purchased for me while there. Attached to a keychain was the tiniest drum I had ever seen. After explaining to me how women in her homeland would sometimes gather to celebrate life by participating in drum circles, she said she wanted me to have the gift to remind me to celebrate life. I took the gift to heart. For a long time, whenever I picked up my keys the drum was there as a reminder to celebrate life. At some point, the drum wore out, became frayed and had to be retired to my treasure chest. The spirit of the giver, the gift, and its message has stayed with me. The frayed retired drum remains a symbol of the endings and beginnings that are so much a part of life and deserve to be celebrated. Perhaps their very existence is there to offer us opportunities for change.

Contemplating the nuances of endings and beginnings is pretty prominent for me right now. This is especially true with the end of 2018 just a few weeks away and a new year on the horizon; my tenure as a resident and staff person here at Richmond Hill just a few months from its end and a new phase of life awaiting me; and a lifetime here on earth growing to-

wards its inevitable end and an eternity, that I don't yet understand, awaiting me. This may very well be a time to establish new habits, new relationships, new locations or a completely new way of life. But, it also means saying goodbye to what I have known, appreciated and loved. As these notable times come to a close in my life, I can see clearly that any acts of celebration are very much connected to the gifts I have been given, the things I have learned, and the gifts I would dare to give.

*Life itself continuously
seeks places to germinate,
which requires endings,
beginnings and time*

A recent article in *Renew* magazine encouraged its aging readers to consider what they would want their lives to look like in five years and to begin living as if that vision had already become a reality. With these endings and beginnings in mind, I have made an attempt to live into this encouragement. The complexity of the matter became clear almost immediately. This kind of exploration and self-reflection invites our heart's deepest longings to

be revealed. It requires that many things be put in order. Not always tangible, there are things to let go of as well as things to acquire. On a very personal level, it required me to acknowledge my own gifts, my fears, my strengths and my weaknesses. It required me to consider as well those things which can prevent me from standing in my own true power and fulfilling this vision.

Long periods of self-reflection can be very disconcerting. However, integrating this concept of celebrating life in spite of what's going on around you can help shift one's perspective and help find purpose and meaning in where you are and what's to come. It can help uncover what we value, what we believe in, what we care about, and what brings us joy and gives us hope and inspiration. Celebrating life highlights for us the importance of living our

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TENDING THE SPIRIT

lives with less effort and more ease rather than great effort, stress, and disease. It helps us reflect on what is really important in our lives and contemplate our spiritual environment, and maybe even how we fit into the bigger scheme of things.

These times of self-reflection have resulted in the re-visiting of a truth that has been presented to me more times than I can count but only recently offered me a greater degree of inspiration to consider. That truth being: "The kingdom of heaven is like a treasure hidden in a field, which someone found and hid; then in their joy they went and sold all that they had and bought the field." (*Matthew 13:44*)

It is in self-reflection that this seeking, finding and tending touches on that which we are all called to do in this lifetime. Perhaps it is the core of the law of nature and the core of God's call in all our lives. Perhaps it speaks to the truth that life itself continuously seeks places to germinate, which requires endings, beginnings and time. Perhaps in all endings and beginnings lie a hidden treasure — a seed of hope seeking to germinate, to flourish and produce a gift to be given. Perhaps it is simply there that we find the change we are all hoping to celebrate.

Rev. Janie M. Walker
Co-Pastoral Director

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REVIVE RICHMOND

Show up. Breathe. Serve.

Every Wednesday after Morning Prayer we open the gates at Richmond Hill for Ashley Williams, founder of *BareSOUL*, a mission-based initiative that bridges yoga, education and community building to cultivate wholeness and healing in metropolitan Richmond. Ashley is an advocate for self-care and social justice and devotes an hour a week to leading yoga for the residential community. She's really good. Yoga is too.

The other day we were unrolling our mats to begin, and I said to her, "I can't get over how simple this is." "Yay," she said smiling, "All you have to do is show up, breathe and serve."

Showing up is the important first step in anything. We have to be present and available to make a difference. Ashley has been showing up in our neighborhood as a wellness instructor to our public schools, for the juvenile justice system, and for various non-profits. She and her colleagues have recently teamed up with Bon Secours to offer Yoga for Living Well at the Sarah Garland Jones Center on Nine Mile Road. Classes explore the benefits of yoga and mindful movement, breathing practices and relaxation techniques to release stress and rejuvenate participants. Like Ashley, you have to show up.

Breathing, of course, is fundamental to life. It's the primary way we connect with this moment. Try it. Take a deep breath in...and out.... Our Ruah School for Spiritual Development is so named because ruah means spirit, wind and breath. When we breathe we are close to God who is, as the mystics say, closer than air. To breathe with intention helps us stay present, which Jesus said was important (Matt. 6:34). Worry about tomorrow is a distraction and regret about yesterday diminishes today. All we've got is right now. Breathe.

When Ashley mentioned serve to me, she meant it initially in regard to self-care. While serving others is key, we must also be willing to serve ourselves. Showing up on Wednesday morning is an act of self-care. I can certainly vouch for that. The stretching, poses, and, yes, the conscious breathing, are cathartic and meditative. It's like Centering Prayer in motion. I feel grounded, awake, present and unencumbered. All of those things are important for me to be at my best. I'm able to serve others when I've done that for myself.

Ashley's mantra makes me think of our shared mission here at Richmond Hill. Imagine if we each took it to heart and agreed right now to show up, breathe and serve. Metropolitan Richmond would revive.

Rev. Joel Blunk
Co-Pastoral Director

Pray for the Persons in Financial Need in Metropolitan Richmond.

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 2018

November 4, 2018. We pray for persons in financial need in Metropolitan Richmond: For the unemployed and underemployed, 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 11, 2018. 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 18, 2018. 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 25, 2018. We pray for persons in financial need in Metropolitan Richmond: For the inclusion of all (regardless of race, age, or residency) in the economic health of Metropolitan Richmond; for effective, affordable, regional public transportation to support job access.



Gift ideas:

**Prayer Books,
Beads, and
Blessing Bands**

*make thoughtful,
wonderful gifts...on
sale in the Richmond
Hill Bookstore*

Why not give that special someone you love a gift certificate to Richmond Hill? The certificate could be used for a retreat, a program, or for items from the bookstore. To get your certificate, contact Debbie Winans at 804-783-7903, ext. 22



ALP hits the ground running

The Armstrong Leadership Program has kicked off a new school year and the team has hit the ground running. The program recruited 20 new members, which brings our total roster to 43 team members. Back again this year, **Stagewrite** sessions will provide students with opportunities to write and perform their own stories. ALP has teamed up with our newest partners, **University of Richmond Peer Network** aimed to build relationships and assist the Leadership team in their preparation for post-high school.



The Leadership team is searching for volunteers and one-on-one mentors for many of the students for the upcoming year. Those being called to serve high school students may find ALP to be the perfect program to get involved in. Volunteering opportunities are available in the areas of tutoring, shadowing, facilitation, or assisting with college preparation, College Shower host, chaperoning, and many others. One-on-one mentoring requirements include: willingness and ability to foster relationship with a student, meeting in person at least once a month, and attending any social gatherings that ALP is hosting.

Congratulations to **Yvette Rajput** and **Marvin Roane** on their award from the **Bonner Center for Civic Engagement's First Annual Engage for Change! Awards** Gathering on September 11, 2018. Yvette and Marvin have been working with **Dr. Laura Browder** and **Dr. Patricia Hererra** to engage Armstrong High School students and alumni in researching and documenting *The Spirit of Armstrong*, a docudrama in an effort to share the rich and complex history of Richmond's oldest (and only surviving) black high school, and to put its current challenges in the context of educational policy debates that are taking place across the nation.

If you are interested in participating, please contact

Yvette Davis Rajput, Director
at work: 804-783-7903, ext. 13,

or cell 804-314-2622, or: yrajput@richmondhillva.org

Marvin Roane, Assistant Director
cell 804-484-0736, or: alp@richmondhillva.org

Like Us on Facebook @ ArmstrongLeadership

What is #GivingTuesday?

Thanksgiving Day is for giving thanks. Black Friday is for shopping for bargains. Cyber Monday is for finding bargains online.

#GivingTuesday is a global day dedicated to giving back.

On Tuesday, November 27, 2018, celebrate generosity and give to your favorite nonprofit organization. Richmond Hill hopes we will be yours.

**#GIVING
TUESDAY™**

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 Tue. 4 p.m.–Sun. 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 Mary Lewis, 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, 4:15 - 5:00 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 804-783-7903 or facilities@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.

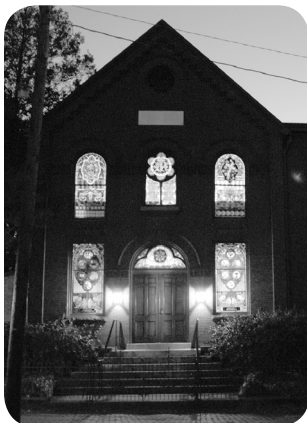
*Preregistration is helpful but not required.
Contact Mary Lewis at 804-783-7903 to register.*

NEW OFFERINGS

Church Hill 2018

Holiday House Tour

Sunday December 9th • Noon-5pm



From noon until 5 pm, on Sunday December 9th, Richmond Hill will open our doors to visitors, friends and neighbors during the Church Hill Annual Holiday House Tour. Spread the word and come by for a visit!

Tickets available at: Hill Cafe, Patrick Henry

Pub, Poe's Pub, Shops at 5807, Sub Rosa Bakery, Union Market, WPA Bakery



REQUEST A DISCERNMENT CIRCLE

Need help navigating a life transition? Richmond Hill is pleased to offer another practice to assist you with discerning God's direction for your life. Discernment Circles, or Clearness Committees as they are called in the Quaker tradition, offer safe space in the company of trusted others for listening deeply to what needs to be heard. Several from our Richmond Hill community are now trained in the process and available upon request to hold sacred space for you. To learn more, speak to one of our co-pastoral directors: Rev. Joel Blunk or Rev. Janie M. Walker at 804-783-7903.

To schedule a circle, contact DeBorah Cannady at 804-783-7903 or dcannady@richmondhillva.org.

NOW ENROLLING

== KOINONIA ==

School of Race & Justice

"CALLED TO BE RECONCILERS"

Day Seminar

Nov. 17

Sat. 9 am – 4 pm

Please join us for the second event in our annual Koinonia series of retreats and lectures focused on race and justice. On Nov. 17, we will walk the historic Richmond Slave Trail and discuss the impact of the experience together.

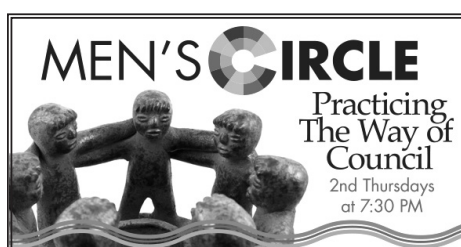
Koinonia is designed to equip people in three ways: by engaging in transformative, self-reflective work; by teaching dialogue skills for handling tough conversations; and by preparing participants for social justice engagement with the wider community.

Retreats and seminars include guest presenters, small group discussions, community engagement and time for personal reflection. Topics include the history and theology of race, recognizing the signs of systemic racism and implicit bias, and Non-Violent Communication.

This month we will be joined by Rev. Sylvester Turner and Nikki Fernandez.

Day seminar: \$50.

To register, call (804) 783-7903
or email retreats@richmondhillva.org.

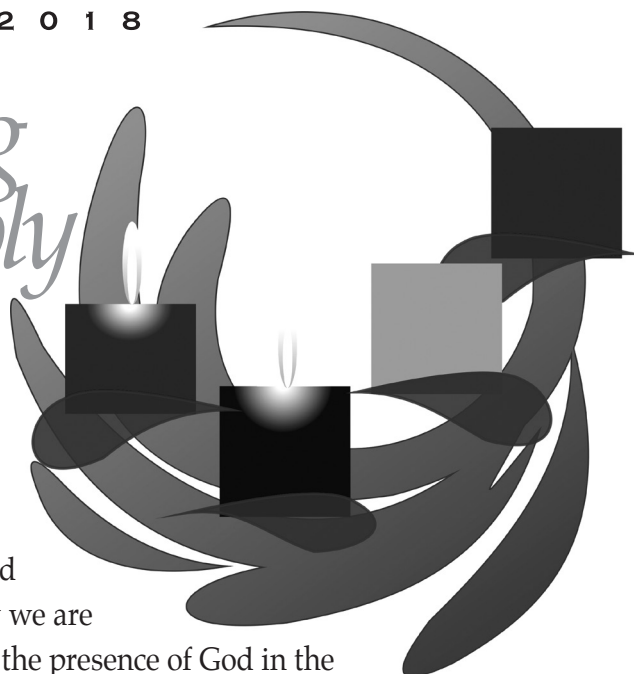


RETREATS

A D V E N T 2 0 1 8

Birthing The Holy

Advent is a time when we begin anew a year of focusing on God's holy intention for our personal lives as well as the world about us. Discerning how we are personally called to share the presence of God in the world is seldom easy. When each of us hears in our own hearts an announcement or an invitation to participate in the birthing of new life in the world, like Mary, we want to say "Yes."



Reflecting on the events of Mary's life from the annunciation to the birth of Christ, we will explore how the events of Mary's life called forth the attributes needed to birth something holy. Using various spiritual disciplines, including written reflections, periods of silence, lectio divina, music and storytelling, participants will be invited to contemplate what is being birth in their own lives. The retreat will end with a period of proclamation.

Facilitators: Reverend Janie M. Walker is Co-pastoral Director of Richmond Hill and long-term spiritual director, healing prayer minister and retreat facilitator. Ms. Elnora Allen, a spiritual director and retreat leader, has spent over 30 years accompanying individuals and communities through their journey of healing, both physical and spiritual healing. Janie & Elnora are both passionate about exploring how life's experiences bring meaning and purpose to our lives.

November 30 – December 1, 2018

Friday 4:00 pm – Saturday 4:00 pm

Suggested donation: \$110 per person

Contact: Mary Lewis at 783-7903 or retreats@richmondhillva.org

WORSHIP SERVICES

DAILY PRAYERS

Morning 7:00 - 7:15 a.m.

Noon 12:00 - 12:15 p.m.

Evening 6:00 - 6:15 p.m.

COMMUNITY WORSHIP

Every Tuesday at 5:30 p.m. - 6:30 p.m.

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

First Tuesdays at 7:30 p.m.

Jim Bennett, Leader

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 heart. 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 guest musicians and instruments.

SOAKING PRAYER SERVICE

DeBorah Cannady, Leader

1st Thursdays at 10:00 a.m. and 4th Tuesdays 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 Tuesdays 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.

MEN'S CIRCLE: PRACTICING THE WAY OF COUNCIL

2nd Thursdays, 7:30 p.m. - 9:00 p.m.

Rev. Joel Blunk, Leader

Men of all ages and stages of life are invited to participate in this monthly gathering at Richmond Hill to practice The Way of Council, an ancient spiritual practice of storytelling and deep conversation. The process is simple. Plenty of silence creates spaciousness for meaning—both spoken and unspoken—to be offered and received. We hold the space with intention. The time is closed with a prayer, a group gesture or a few moments more of silence.

IN DIRECTION

The world is about to turn

Transition and Renewal--the two words spoken to my spirit as I reflected on a new program year signaled by our annual community retreat in August of the residents, staff, and council of Richmond Hill.

TRANSITION. A new season. And with all things new, in every shift, there comes loss. Transition requires us to cast something aside. In every revolution around the sun, the maples tell us a cosmic truth: for something to live, something must die. The fashioner of all things wrote sacrifice into the universal script. For Richmond Hill, as for every life, time reveals the nature of this sacrifice.

RENEWAL. Every season offers a fresh expression. In this season, in this fresh expression of God and God's work at Richmond Hill, God invites us to clarify our vision so that we may walk intentionally into our harvest. It is time to pluck up that which has been planted in other iterations. We are preparing ourselves to come out of post-Pentecost ordinary time, the liturgical green season. It coincides with summer, a time of greening and evident life when the earth bathes itself in sun and rain. By nature, this color also connects us to our hearts and healing. The length of this season has offered us the opportunity to heal our hearts.

We will reap the harvest of the past months. Then, Autumn's fresh expression requires us to lay new fertilizer, to make new plans for the year ahead, and to settle into the deep sleep of Winter when we're drawn inward in various ways. Soon, Advent, the bright darkness, will mark another new beginning.

Can you feel it? Look at the moon ablaze in the night sky burning like the sun at noon. Glimpse the leaves at your feet as you jog. Turn, turn, turn. The world is about to turn...

Jabriel Hasan

Urban Service Corps

What legacy will you leave?

When you consider your legacy, you think of the people, lives and experiences that have shaped you, as well as the lives you have influenced. As you contemplate your legacy, please consider a bequest to Richmond Hill.

So many of us feel we can only afford to donate a limited amount to charity from year to year. But including Richmond Hill in your long-term plans may enable you to do more than you thought possible. In 1990, a friend of Richmond Hill bequeathed a generous legacy gift that was just recently received. While we mourn her passing, we also celebrate her life and her long-planned contribution to Richmond Hill.

Estate gifts are simple to establish and allow you the financial flexibility to adjust your plans depending on your needs. Your financial adviser can help you designate Richmond Hill as a beneficiary. Please be sure to send us a copy of any paperwork so we may know how to fulfill your wishes when your gift arrives.

Leaving a portion of your estate to Richmond Hill creates a lasting legacy. A legacy that will help tomorrow's spiritual leaders benefit from Richmond Hill just as you did. A legacy that will help shape metropolitan Richmond for the better.

To start a legacy conversation, please contact Debbie Winans at 804-783-7903 or development@richmondhillva.org.

Brother Lawrence

RETREAT

JAN 8-10

Tuesday-Thursday



Join us for 48 hours of monastic living in the spirit of Brother Lawrence who found the presence of God in the simple tasks of cleaning. The retreat will follow the normal rhythm of life at Richmond Hill including daily prayers, time for reflective work, meals together, and a comfortable place to sleep. Between prayers in the Monte Maria chapel, there will be an opportunity to prayerfully participate in simple tasks to help with our winter cleaning; sweep the kitchen floor, wash the refectory windows, dust the woodwork in the cloister.

Brother Lawrence, a 15th century Parisian monk, wrote in his letters, "that we ought not to be weary of doing little things for the love of God, who regards not the greatness of the work, but the love with which it is performed."

There is no cost for this retreat. Your service to Richmond Hill will cover your room and board while with us. *The retreat begins with Community Worship on Tuesday evening and concludes at 4 PM on Thursday.*

Space is limited. To apply please visit our website or contact Mary Lewis at 804-783-7903 or retreats@richmondhillva.org by **Friday, January 4, 2019.**



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www.richmondhillva.org

HELP THE HILL

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Thanks for your support!

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November 2018



**Metro
Richmond at
Prayer**

In November:

**Pray for the Persons in Financial Need
in 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: www.richmondhillva.org/subscribe/

You can find us, like us, share us: **facebook:** RichmondHillVa **twitter:** RichmondHillVa2 **instagram:** richmondhillva

