

# UPDATE



For the spirit of the city

2209 EAST GRACE STREET, RICHMOND, VA 23223 AUGUST / SEPTEMBER 2019

## TENDING THE SPIRIT

### Ancestors in Training

**A**ncestors in Training was a workshop offered at the Mystic Soul conference held in Chicago in June of this year. The Mystic Soul Project is a nonprofit whose mission is "to engage the wisdom, teaching, resources, and voices of People of Color (POC) at the intersections of spirituality, activism, and healing. Spirituality, activism, and healing, especially in communities of color, are inextricably interconnected, and each one can function in its fullness only with the full engagement and embodiment of the other two parts."

My focus in ministry is healing generational trauma, so the title caught my attention and the description even more. "How can we live lives that our descendants and the next seven generations can be proud of? How can we walk with integrity in the face of an uncertain future?" The questions intrigued me because these are questions usually asked by those in their second half of life or in "The Third Chapter" as Sara Lawrence-Lightfoot describes, but not by a millennial. But the leader talked about descendants and legacies to a group who had at least 2/3 of their lives ahead of them, still in the throes of completing college/graduate school, establishing careers, finding meaningful relationships, partners, and creating families. The questions broadened my understanding and scope of just how vital healing is and generational healing in particular.

The seventh generation principle comes from the Constitution of the Iroquois Nation, "In every deliberation, we must consider the impact on the seventh generation... even if it requires having skin as thick as the bark of a pine." This philosophy is not unique to just the Iroquois nation. Many Native American nations and tribes and other indigenous people around the world have and still do live by this philosophy. The clear message of "seventh generation" living is to think seven generations ahead and act in ways that benefit and not sacrifice future generations, specifically the seventh generation after us.

The seventh generation principle is not stated explicitly in scripture; however, several verses indicate how actions can impact future generations.

"You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the Lord your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments." *Exodus 20:4-6*

"It was because the Lord loved you and kept the oath that he swore to your ancestors, that the

Lord has brought you out with a mighty hand, and redeemed you from the house of slavery, from the hand of Pharaoh king of Egypt. Know therefore that the Lord your God is God, the faithful God who maintains covenant loyalty with those who love him and keep his commandments, to a thousand generations," *Deuteronomy 7:8-9*

"Because of the sins that you have committed before God, you will be taken to Babylon as exiles by Nebuchadnezzar, king of the Babylonians. Therefore when you have come to Babylon you will remain there for many years, for a long time, up to seven generations; after that, I will bring you away from there in peace." *The Letter of Jeremiah 6:2-3*

For the past ten years I have witnessed a growing awareness of the impact of trauma on the minds, bodies, and spirits of people. Trauma has become the hot topic of study across all disciplines once confined to the medical field and physical trauma, e.g., "blunt force trauma to the body" and then expanded to the military veterans' experience of physical and psychological trauma, e.g., "post-traumatic stress disorder" (PTSD).

Currently, there is research on Adverse Childhood Experiences (ACEs), Post Traumatic Slave Syndrome (PTSS), complex trauma, collective trauma, chronic trauma, historical trauma, systemic trauma, generational trauma and epigenetics. Concurrently there are studies on trauma-informed care, resilience, resistance, surviving and thriving.

Dr. Shelly Rambo, author of *Spirit and Trauma* and *Resurrecting Wounds*, names the current condition of our society as a society of shrinking souls. "How do we," she

*continues on page 2*

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## Community and Staff

### Co-Pastoral Director

Rev. Joel Blunk

jblunk@richmondhillva.org

### Administrator

Tim Holtz

administrator@richmondhillva.org

### Community Relations

Aria Kirkland-Harris

akirkland-harris@richmondhillva.org

### Individual Ministries Coordinator

DeBorah Cannady

dcannady@richmondhillva.org

### Retreat Host

Mary Lewis

retreats@richmondhillva.org

### Office Coordinator

Debbie Winans

office@richmondhillva.org

### Communications Coordinator

Richard Rumble

rrumble@richmondhillva.org

### Facilities Coordinator

David Vinson

facilities@richmondhillva.org

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## TENDING THE SPIRIT

asks, "address spiritual exhaustion in an era of cumulative trauma? How do we keep our hearts open? How do we know our compassionate heart won't get eaten up? How do we interpret the impact of violence and suffering? As caregivers, how do we carry stress and trauma?"

Prompted by Dr. Rambo's questions, Rev. Dr. Sandi Kerner and I gathered together thirteen healing prayer ministers at Richmond Hill last month and listened to their concerns. There were many: racism, white supremacy, community violence, polarized conversations, not being "heard", domestic violence, sexual abuse, spiritual abuse, moral injury, environmental abuse, aging, lack of self-care, forgiveness, grief, loss, letting go.

Guided by their voices and others in the community, Sandi and I are prayerfully designing RAPHA (the Hebrew word to heal) a course in contemplative healing prayer designed to help us pray into Shelly Rambo's questions and more. RAPHA is a seven-month course consisting of three retreats and four (4) six-week sessions. The course begins in September 2019 and concludes in April 2020.

Using multiple resources such as books, videos, articles, music, movement, presentations, prayer rituals, and guest speakers, we seek to create a supportive healing community. We will 1) examine and experience healing for our own personal, family, generational, and community trauma; 2) illuminate, validate and inspire inherited resilience and creative resistance to revive ourselves, family, and community; 3) seek radical wholeness at the center of ourselves, at the seat of our souls, in the most rooted part ourselves.

If you feel led to join this inaugural gathering, to become "ancestors in training" and create "a new thing" together, please contact DeBorah Cannaday at dcannaday@richmondhillva.org.

Until we see Jerusalem descending, Shalom

*Rev. Dr. Paula O. Parker*

*Interim Co-Pastoral Director*

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## REVIVE RICHMOND

## Praying attention

*"Grant, Oh Lord, that your kingdom may come in Metropolitan Richmond. Help us be a part of its coming."*

We pray these words every day here at Richmond Hill. Our prayers orient us. They orient us to God, indeed, but they also orient us towards our metropolitan city.

I was recently part of a gathering for faith leaders run by Initiatives of Change at VUU focused on the development plans for the Coliseum in Richmond. We heard from academics and activists and historians — Richmond Hill's Ben Campbell was one of the main speakers — all about the context for this project.

We heard about the stark history of underinvestment in communities of color in Richmond, the brutal history of development projects displacing those communities, and the frustrating history of even well-intentioned projects gone awry. We heard about the language of development— where words like "wasteland" help sell a project but also dehumanize people who live there. We heard that "affordable housing" is not actually affordable at all for most people. We listened.

And we talked about the structural ways racism and classism map onto our very cityscapes. We talked about how "who is this project for?" becomes an essential question to ask. We talked about how this plan, still opaque, made by one of the most powerful corporate entities in the city with little community engagement could indelibly shape our community and tie up tax dollars for decades.

There is nothing quite like a group of people gathered in a room trying to make our city better, and this group was electric with the spirit. We schemed about ways we as people of faith could call for more transparency, accountability, and community engagement in this project. We're still scheming.

Prayer, to me, is about paying attention. Our prayers at Richmond Hill call me to pay attention to this city, to orient my civic engagement towards this city, to notice the ways God is moving through our city. While money and power certainly shape our city, so does God, working through the hearts and hands and feet of people of faith working together. May we try to be a part of God's work, here in our city of metropolitan Richmond.

*Lindsey Franklin*  
*Interim Associate Pastor*



## Pray the Workplaces and 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 NRSV)*

**August 4, 2019.** 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 11, 2019.** 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 18, 2019.** 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 25, 2019.** 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.

August 2019

## Pray for Schools and Educational Institutions of Metropolitan Richmond.

*Only take heed, and keep your soul diligently, lest you forget the things which your eyes have seen, and lest they depart from your heart all the days of your life; make them known to your children and your children's children. (Deut 4:9 NRSV)*

**September 1, 2019.** We pray for schools and educational institutions of Metropolitan Richmond: For all Superintendents, School Boards, School Administrators, PTAs, teachers, students, and staff.

**September 8, 2019.** We pray for schools and educational institutions of Metropolitan Richmond: For all public, private and religious schools; for students, teachers and support personnel, including cafeteria workers, building and grounds staff, and school bus drivers; for all, pre-schools and daycare centers, and for children in home schools.

**September 15, 2019.** We pray for schools and educational institutions of Metropolitan Richmond: For all universities, colleges, seminaries, trade, technical, graduate, and professional schools; for the students, faculty, and staff of these institutions.

**September 22, 2019.** We pray for schools and educational institutions of Metropolitan Richmond: For healthy relationships between parents, teachers, and students; for cooperation between Superintendents and Administrators of public and private schools throughout this metropolitan city.

**September 29, 2019.** We pray for schools and educational institutions of Metropolitan Richmond: For curriculum that is grounded in truth and meaning; for space to nourish the creative seed in both teachers and students.

September 2019

## Yet Another Great Year

We celebrated the end of another wonderful year with our annual closing retreat, starting things off by going over the HI-Hostel for a homecooked Korean meal prepared by our intern **Hoonie Kwon**. On our final day of the year, we closed out with affirmations for our seniors before graduation and celebration in the chapel. Thank you to all those who came, and special thanks to **RPS's Superintendent Jason Kamras** for coming and shouting us out in his weekly newsletter.

Congratulations especially to our wonderful graduates on finishing out their year strong and moving onto the next phase of their lives. We are so proud of every one of them, and wish them the best in all their transitions to **The University of Virginia, Virginia Tech, Radford University, Virginia Commonwealth University, Randolph-Macon College, Norfolk State, VCU Pathways to Health Care Workforce, Reynolds Community College** and the **Leading Men Fellowship**. Six of these seniors attended a luncheon at the Black History Museum where they were recognized by Armstrong and RPS officials for being among the top 24 students of the 2019



Armstrong graduating class: valedictorian **Laura Blackwell**, salutatorian **Corvell Poag**, as well as **Andre Jackson**, **Jacob Heinrich**, **Tar'Quasia Bell**, and **Nia'sha Burroughs** for all being among the top 10 students.

Thank you to all those who supported us this

year and, in past years, for making our work possible. We are truly grateful for the work we have been blessed to be able to do, and look forward to hitting the ground running in the fall. Special thanks for the love and support from Armstrong High School, mentors, volunteers and all our supporters. Special thanks to our intern Hoonie Kwon, AKA Mr. Buckets, for his silky-smooth jumper, math tutoring, mentoring, chef, musician along with a host of other talents he has offered to the program. We wish him well on his next steps on his journey. Also, we have received an outpouring of community support for Corvell Poag, *Richmond Times Dispatch* Scholar Athlete of the Year, we appreciate it all!

We firmly believe ALL THINGS ARE POSSIBLE with God's grace and mercy

*In gratitude,  
Yvette and Marvin*

If you are interested in participating in the Armstrong Leadership Program, 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**, 804-484-0736,

or alp@richmondhillva.org

*Like Us on Facebook @ArmstrongLeadership*

# 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 DeBorah Cannady, 804-783-7903 or dcannady@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 Mary Lewis 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 Mary Lewis 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, 4:15 - 5:00 p.m.**

*David Vinson, Facilitator*

**Tuesdays, 7:30 - 8:45 p.m.**

*Jerry Deans, Facilitator*

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](mailto: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 in a flexible group format from others who are experiencing a loss. 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 or [retreats@richmondhillva.org](mailto:retreats@richmondhillva.org) to register.*



## **September 27 – 29: Friday, 4 pm to Sunday, 4 pm**

This weekend will consist of small group formation, conscious work in the community, chances to hear about both the mission of Taizé and Richmond Hill, and, of course, time to pray the songs of Taizé. Each of the regular prayer times will be done in Taizé fashion incorporating songs of Taizé, silence, and daily prayer for metropolitan Richmond.

**Cost: \$180. To register, visit our web site, or call (804) 783-7903 or email [retreats@richmondhillva.org](mailto:retreats@richmondhillva.org).**

A NEW SCHOOL — STARTING SOON!



## *Learn the rhythms of grace*

**R**apha (*the Hebrew word “to heal”*) is a seven-month course in contemplative healing prayer. It consists of three retreats and four (4) six-week sessions. The course begins September 2019 and concludes April 2020. Participants are required to read selected books and articles, journal, write reflection papers, meet with a healing prayer minister and pray for and with each other.

**Participants will be introduced to these topics:** listening, the four types of healing, discernment, prayer, the Holy Spirit, spiritual disciplines, trauma, generational trauma, systemic trauma, forgiveness, anger, shame, guilt, grief and loss, epigenetics, moral injury, resilience and resistance.

**Dates:** *Opening 48-hr. retreat September 13-15, 2019 (Friday-Sunday); 24-hr. retreat January 10-11, 2020 (Friday-Saturday); closing 48-hr. retreat April 24-26, 2020 (Friday - Sunday). Four six-week sessions will be held Wednesday evenings 7:30 - 9:00 pm.*

**Co-leaders:** *Rev. Dr. Sandi Kerner and Rev. Dr. Paula O. Parker*

**Cost:** \$975. (*Scholarships available upon request*) **Space is limited.**  
*To apply, please contact DeBorah Cannady at 804-783-7903, ext.14 or [dcannady@richmondhillva.org](mailto:dcannady@richmondhillva.org) by August 23, 2019.*



## 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

*1st Thursdays at 10:00 a.m. and 4th Tuesdays at 7:30 p.m.*

*Deborah Cannady, Leader*

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 at 7:30 - 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.

## COMMUNITY NEWS

### Departures and arrivals

Over the summer Richmond Hill experienced a changing of the guard as we said goodbye to our outgoing Urban Service Corps members: **Jabriel Hasan** and **Hoonie Kwon**. Jabriel has begun his M.Div. studies at Union Presbyterian Seminary. Hoonie will be returning to his studies at McGill University. And we also wish **Sunny Riggs** blessings as she begins her next adventure in South Carolina.

We say hello to our incoming Urban Service Corps as we welcome **Anthony Gaboton** and **Yohance Whitaker** to the Residential Community. We welcome as well **Pam Smith**, who joins us as the new Micah Coordinator.

We hope you will join us in a round of prayerful thanks for these folks who have and will share their time, talent and journeys with us... for the spirit of the city, Amen!

# Challenge: Accepted!



### Donations s-l-o-w d-o-w-n in summer.

To help Richmond Hill overcome its current operating deficit, some friends offered to match all NEW or INCREASED gifts to Richmond Hill's Annual Fund.

Please support us and help us meet these challenge gifts (up to a total of \$20,000). Send or drop-off a check or visit us at [RichmondHillVA.org/give](http://RichmondHillVA.org/give)

## Save these Dates!

### SEEKING COMMON GROUND:

*A Multi-Generational Conversation on Faith*

Clergy and other church leaders are invited to listen to millennial voices offer their perspective on America's changing religious landscape.

**Thursday, October 17**

9 - 12pm, followed by prayer and lunch

### FORGIVENESS:

*Turning The Wrestle Into A Dance*

Climb out of that abyss of pain, regret, and un-forgiveness to experience full forgiveness, and gain new power to forgive!

**Friday through Sunday, November 1-3**

NOW ENROLLING!

**—KOINONIA—**

# School of Race & Justice

*"CALLED TO BE RECONCILERS"*



## Fall 2019

**Opening Retreat** Oct. 11-12, 2019

*Friday, 4 pm – Saturday, 4 pm*

### Day Seminar

Nov. 16, 2019

*Saturday, 9 am – 4 pm*

## Spring 2020

### Day Seminars

Jan. 18, 2020 • Mar. 14, 2020

*Saturday, 9 am – 4 pm*

**Closing Retreat** May 8-9, 2020

*Friday, 4 pm – Saturday, 4 pm*

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 three daylong seminars, and two 24-hour retreats. 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-seminars are scheduled for Saturdays from 9-4 on November 16, January 18, and March 14. The cost for each is \$50, which includes lunch. The weekend retreats will be held from Friday at 4 to Saturday at 4, at a cost of \$110 each. Tuition is \$325 to register for the entire year (\$370 if done individually).

***For further information, please contact Rev. Joel Blunk at (804) 783-7903.***

***To register for the October opening retreat or the entire year, please call the Richmond Hill office at (804) 783-7903 or email [retreats@richmondhillva.org](mailto:retreats@richmondhillva.org).***



2209 East Grace Street  
Richmond, Virginia 23223  
(804) 783-7903  
[www.richmondhillva.org](http://www.richmondhillva.org)

## the Amazing praise

a 48-hour giving celebration

RICHMOND HILL is joining other local  
Non-Profits this September by participating in  
the AMAZING PRAISE, September 24-26.  
Visit [theAmazingPraise.org](http://theAmazingPraise.org) to learn more.

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August / September 2019



## Metro Richmond at Prayer

**In August:** *Pray for the Workplaces and  
Businesses of Metropolitan Richmond.*

**...and in September:** *Pray for Schools  
and Educational Institutions 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 residents; for the establishment of  
God's order in our community.

**MONDAYS:** Our residents who live in the  
City of Richmond, the Mayor, Manager, City  
Council, and School Board. Non-profit organiza-  
tions and their ministries. All schools: students,  
teachers, and staff. Day care centers. All who  
suffer from addiction, dependency, and co-de-  
pendency. The Council, residents, and staff of  
Richmond Hill.

**TUESDAYS:** Our residents who live in Ha-  
nover 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 residents.

**THURSDAYS:** Our residents who live in Ash-  
land, Hopewell, Colonial Heights, and Peters-  
burg, 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 residents who live in Henrico  
County, the Supervisors, School Board, and  
County Manager. All who work in the manufac-  
turing 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 residents 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 perpe-  
trators of abuse.

**SUNDAYS:** Our residents 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 prej-  
udice. All places of prayer or worship: churches,  
mosques, and synagogues. Universities, col-  
leges, 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](mailto:rrumble@richmondhillva.org)  
If you would like to subscribe to eUPDATE, our email newsletter, go here: [www.richmondhillva.org/subscribe/](http://www.richmondhillva.org/subscribe/)

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

