Richard M. Nixon "could serve as a mediator when you have a great international crisis such as Angola," Charles M. Colson told a Richmond prayer breakfast for Virginia state officials yesterday. The former White House aide, who served seven months for his Watergate role and turned to religion, called it "a terrible waste" for a man "respected all over the world" to "sit in seclusion—in exile." One state legislator, Mary A. Marshall, boycotted the breakfast to protest Mr. Colson's visit. In a letter to the Virginia Fellowship, she said, "Surely you could have found in Virginia an honorable man."