

Shaftsbury Hollow Retreat Newsletter

**2018 Memorial
Issue**

Anne Forbes 1919-2018



Shaftsbury Hollow Retreat

A 14-bed SRF retreat facility located in southwestern Vermont.

SHR conducts SRF monastic-led retreats and is available for use by SRF meditation circles, groups, and centers interested in hosting spiritual retreats.



Anne Forbes was the owner and founder of Shaftsbury Hollow Retreat. In 1970, Anne moved to Shaftsbury Vermont with the purpose of creating a retreat where SRF members and those interested in the teachings of Paramahansa Yogananda could come and meditate together.

Anne was the spiritual backbone and a channel through which our Guru worked to maintain the Retreat following the principles and ideals of SRF. Through her loyalty and devotion, Anne created and maintained a peaceful and beautiful environment, conducive to meditation and spiritual pursuit. During those years at SHR, Anne hosted twenty-eight monastic-led retreats and countless individual, small group, and work retreats.

Anne hosted and managed the Shaftsbury Meditation Circle which continues to meet at the Retreat. Anne retired from the retreat in 2005 and moved to Groton Massachusetts, where she lived with her nephew and family until her passing.

We are indeed fortunate and grateful to Anne for all she has given to our Guru and His work to provide this wonderful Retreat, as we continue to maintain and share it with others.



2018 Accomplishments

The Facilities Committee continues to upgrade and renovate the facility. The refectory received several improvements this year, including a new asphalt roof, removing a door, adding tile, repairing plaster, installing metal railings and various other improvements, some of which were necessary to comply with fire code. Throughout the property we cleared a large amount of trees and brush brought down this past winter on our walking trails. We created a new grounds and trail map to reflect the changes around the retreat property. This map will be posted for visitors to use. – Thank you, Facilities Committee!

The Steering Committee was busy scheduling and hosting a monastic retreat in the spring and implementing its newly conceived “Lay Member-Led” retreat. The first Lay

Member-Led retreat was conducted in October. The comments from attendees were very positive. We will facilitate and conduct these retreats as our schedule allows.

Looking Ahead to 2019



We are looking forward to the rest of 2018 and 2019 with great enthusiasm. We hope to have at least one monastic retreat, depending on our construction schedule. Upcoming projects and activities include:

- **Creating a meditation area dedicated to Anne Forbes.** The Steering Committee and Facilities Committee are working on creating a tasteful meditation area dedicated in remembrance of Anne. If you would like to support this effort, please send your unrestricted donation via check made payable to “Self-Realization Fellowship Church” and add a note indicating that the donation be used to support this project.
- **Hosting another Lay Member-Led Retreat.**

We hope you can make it to one of our retreats this year and we look forward to serving you in the upcoming year.

Hosting a Retreat at SHR



Mother Center has encouraged us to make use of this facility; conducting retreats is the primary means to accomplish this. SHR is uniquely configured to allow SRF Centers, Groups, and Circles to host their own spiritual retreats. While donations are always appreciated, SHR receives most of its revenue from conducted retreats. Hosting your own retreat is a great way to both strengthen your group’s spiritual connections and to support this wonderful facility. If you are interested in conducting a retreat at SHR, please contact Susan Lambert, SHR Steering Committee at shaftsburyhollowretreat@gmail.com.

In addition to support from retreat activities, SHR relies on volunteer effort and generous donations to maintain this retreat. If you would like to donate to SHR please send a check payable to “Self-Realization Fellowship Church” c/o Shaftsbury Hollow Retreat, 631 Tinkham Road, North Bennington, VT 05257

Divine Abundance follows the law of service and generosity. Give and then receive. Give to the world the best you have and the best will come back to you. – Paramahansa Yogananda

