

Shaftsbury Hollow Retreat Newsletter

Spring 2017



Shaftsbury Hollow Retreat is a 14-bed SRF retreat facility located in southwestern Vermont. SHR is available to SRF meditation circles, groups, and centers interested in hosting spiritual retreats and to devotees who would like to attend retreats sponsored by SRF monastics.

Announcing the new SHR Website!

The SHR Steering Committee is pleased to announce the launch of our new website. Thanks to efforts by Jeffery Gordon, Mark Alvin and Justin Alvin we were able to quickly and economically create a useful and wonderful website. Features include retreat information, schedule of services, links to SRF, and contact information. Please visit our site at: shaftsburyretreat-srf.org to learn more about our programs. As always your feedback is encouraged!

[Website Home Page](#)

Every person needs a retreat, a “dynamo of silence”, where he can go for the exclusive purpose of being newly recharged by the Infinite~PV



2017 Fundraising Initiatives

SHR's retreat activities rely on donations and retreat registration fees for facility maintenance and to provide retreat services. The Steering Committee is planning a number of fundraising initiatives to cover operations and maintenance costs. In addition to this direct appeal for donations, our fundraising initiatives will include increasing the number of small retreats and reaching out to SRF Centers, Groups, and Circles to promote the use of this wonderful retreat facility.

How to Donate to SHR:

If you would like to donate to SHR you can send a check made out 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



2016 was an Amazing Year

2016 Accomplishments included managing the construction and retreat schedules that kept the Facilities and Steering Committees busy last year. With the construction schedule limiting the number of retreats we could offer, SHR was still able to provide 9 retreats; a monastic retreat, four small group retreats (by local SRF meditation circles), two work retreats, and two Steering Committee meetings. The construction brought our building closer to “code” and will allow us more flexibility to conduct retreats in the coming year.

2016 Construction Projects

The biggest project was the “breakthrough” which connected the upstairs fire exits on both sides of the house. This improved fire safety in the second floor. Upgrades for fire protection, including new windows on the front, fire alarms throughout, and renovating the bathroom above the refectory were completed. Other building upgrades included bringing the kitchen electrical up to code, creating handicapped access into the first floor, replacing the front door near the Chapel and steps, and installing an air conditioner in the Chapel. The water system was improved by installing a new storage tank and well pump.



Looking Ahead

We are looking forward to the rest of 2017 with great enthusiasm. We hope to have at least one monastic retreat, depending on our construction schedule. Upcoming projects and activities include:

- **The second phase of improvements for fire protection.** This phase will include replacing seventeen windows in the refectory wing and the dormer, which will bring the second floor up to fire code. Also, the exterior siding on the refectory wing will be replaced.
- **Conducting a “regional” retreat.** This type of retreat would be similar to a “group-conducted” retreat currently hosted by local SRF meditation circles, but would be hosted by lay members from the region and not limited to any particular circle or group. Attendance of our recent “host training” showed an enthusiastic interest in supporting this type of retreat. (Although we have termed this a “regional” retreat, attendance would not be exclusively limited to persons living in the Northeast.)

We hope you can make it to one of our retreats this year. We look forward to serving you in the upcoming year. The SHR Steering Committee:

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| • Susan Lambert | Secretary |
| • Jane Kerins | Registrar |
| • Jim Bumgardner | Regional Coordinator |
| • Ron Renoni | |
| • Bonnie Monchik | |
| • Molly Alvin Rapp | |

