



Shaftsbury Hollow Retreat
OF SELF-REALIZATION FELLOWSHIP

*Every person needs a retreat, a dynamo of silence where he may go for the exclusive purpose of being recharged by the Infinite.-
Paramahansa Yogananda*

Dear Friends of Shaftsbury Hollow Retreat,

With this newsletter we want to update you on the activities at Shaftsbury this past year and our plans for 2020. As you may know, a number of retreat activities are offered at Shaftsbury each year. Examples of the various types of retreats available include the following:

Monastic-led, Lay Member-Led, Group-Led, and Work Retreats.



Shaftsbury Hollow Retreat

Monastic-Led Silent Weekend Retreats have been a SHR staple for many years. SRF monastics visit SHR semi-annually and conduct silent weekend retreats. Devotees interested in attending a monastic retreat at SHR can find out about availability from the SHR website, or via our email broadcasting service.



Monastic Retreat

Lay Member-Led silent weekend meditation retreats are a recent addition to the SHR retreat opportunities. The retreats are organized and led by volunteers with the assistance and guidance of the Steering Committee. SHR provides support for lay member led retreats through host training retreats, retreat preparations, and host assistance.

Group silent weekend retreats are organized and led by local SRF meditation Centers, Groups and Circles in coordination with the SHR Steering Committee. Retreat registration, activity schedule and food service are managed by the group members. Group retreats are a wonderful opportunity for SRF devotees to build spiritual connections among group members in a peaceful environment.



Meditating in the Chapel

Work Retreats are held when the need arises, particularly in preparation for Monastic or Lay Member-Led retreats; usually one or two weeks in advance. Work retreats provide devotees an opportunity for service and are offered at a low-cost to cover expenses only. The SHR Steering and Facilities committees coordinate and organize work retreats. SHR announces work retreats through email and on the website.

Organizing an SRF Group retreat at SHR is a great group activity and opportunity for spiritual rejuvenation. Hosting a retreat is a great way to both strengthen your group's spiritual endeavors and to support this wonderful facility. If you are interested in conducting an SRF group retreat at SHR, contact Susan Lambert, SHR Steering Committee at shaftsburyhollowretreat@gmail.com. We will be happy to assist you and your group in organizing a successful silent weekend of spiritual renewal.

For additional SHR Retreat specifics, retreat schedules, and services, please visit our website at: shaftsburyretreat-srf.org

2019 Accomplishments

The Facilities Committee continues to coordinate upgrades and renovations with oversight from Mother Center. The main building upgrades included flooring, roofing, windows, insulation, siding and electrical upgrades. The grounds received much attention in 2019

including pond maintenance, and additional meditation benches were added.

The Steering Committee accomplishments included a monastic retreat in the spring, three Lay-Member-Led retreats (including our first ever “Convocation Retreat” with several streamed convocation events), two self-conducted group retreats, five “mini-retreats”, and three work retreats.

Looking Ahead

We are looking forward to the remainder of 2020 with great anticipation and enthusiasm. This year is the 100th anniversary of our Guru’s arrival in America in Boston and SRF is planning many events to celebrate that very auspicious occasion. SHR will play its

part so stay-tuned for an announcement of specific activities in the Fall.

The Facilities Committee continues to plug away at the facility and each year has made great progress with the necessary upgrades. Upcoming projects and activities include:

- Priority Project – Repair Dormers: The Steering Committee and Facilities Committee are working on raising the necessary funds to repair the third-floor dormers. The cost estimate for the project is \$20,000. If you would like to support this effort, please send your unrestricted donation to the address below.
- Additional 2020 Priorities include enhancing the building air quality, and improving the comfort of the retreat beds. Your donations will help support these priorities.

The Steering Committee intends to conduct three Lay-Led Retreats again this year (Spring, Convocation, and Fall). We hope you can make it to one of our retreats or organize your own SRF group retreat in the upcoming retreat season. We look forward to serving you in the upcoming year.

SHR receives most of its revenue from conducted retreat donations. In addition to support from retreat activities, SHR relies on volunteer effort and generous donations to maintain this retreat. To make a tax-deductible contribution, make your check payable to Self-Realization Fellowship Church and write “Shaftsbury Hollow Retreat” on the memo line of the check. Please send your check to: Shaftsbury Hollow Retreat, 631 Tinkham Road, North Bennington, Vermont 05257.

Donations we receive in response to this appeal will be deposited into our local Shaftsbury Retreat bank account and will be used for the projects mentioned above, and may also be used to cover any kind of maintenance expenses associated with the retreat’s buildings and future meeting facilities, grounds, equipment, furniture, vehicles, fundraising expenses, and any potential future property purchases.*



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

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*While it is Self-Realization Fellowship’s intent to use all designated gifts as outlined above, SRF reserves the right for the use of all gifts to SRF to be determined by the Board of Directors of Self-Realization Fellowship. In exceptional circumstances where the designated purposes are no longer

feasible, or have been completed, or for other good cause, the SRF Board may redirect such gifts to other appropriate ministries or projects, including any project that comes closest to the basic original purpose of the designation. Recognized by the Internal Revenue Service as a tax-exempt organization under section 501(c)(3) of the Internal Revenue Code, Self-Realization Fellowship is a public charity under federal law and a nonprofit, tax-exempt corporation under the Revenue Taxation Code of the State of California.