



I WILL DART PAST THE EAGLE TO BE FREE

As we remember 2018, we realize that the year brought us incredible amounts of love, nurturing, and change. It was a celebrative year, which we will undoubtedly, look back on someday and think, "what a transformation for us all." In the Spring, we saw the transition of two long time Hollowers: Loren Wheeler and Peter Sellon. Each, in their own way, was a life force for Pumpkin Hollow.

Peter Sellon and the entire Sellon Family's support of Pumpkin Hollow has been steadfast. In 1937, John and Emily Sellon, co-founders, architects and benefactors of Pumpkin Hollow began a tradition of support for the Hollow which has never wavered. This constancy, combined with the dedication and love for the mission of Pumpkin Hollow, was evident as the Sellon Family gathered on a rainy day in May to say their good-byes to Peter.

Loren Wheeler, with his wife Carolyn, have been mainstays of Pumpkin Hollow for almost forty years. At the Hollow we celebrated the extraordinary life of Loren, while at the same time we missed him. Formal and informal groups gathered throughout the spring and summer to reflect on Loren's tremendous leadership and service. We recognized as a community Loren's intention of expanding his service without limitations of a physical body.

The fragrance of Loren's life was sweetness, generosity and kindness. Quietly practicing, embodying, and encouraging others, Loren was a steady guiding hand in the spiritual development of the people who knew him. At Pumpkin Hollow Loren's physical absence was palpable. Not surprisingly, the community of the Hollow responded with a pouring forth of care, energy and spiritual action which radiated higher forces and, in turn, refreshed us all. It is with a grateful heart that Pumpkin Hollow acknowledges Loren's longtime stewardship and leadership.

The Hollow family grew and thrived this past year. During a time of tremendous change, Pumpkin Hollow answered its mission by continuing the work of the Hollow. Our goal is to foster fellowship, service and the study of natural laws that govern life; offering opportunities for self-discovery, meditation, healing and connecting with nature. The spirit and principles underlying the founding of Pumpkin Hollow are alive and flourishing today. We look forward to seeing everyone in 2019.

Intentionality is not a personal desire, it is a deep force by which we mobilize and focus ourselves for a greater purpose, align with the greater power of nature.

- Dora Kunz

It is our 'duty' to shine.

- Loren Wheeler



*I am already given to the
Power that rules my fate.
I cling to nothing, so I will
Have nothing to defend.
I have no thoughts so I will see.
I fear nothing, so I will remember myself.
Detached and at ease
I will dart past the eagle to be free.*
--Carlos Castaneda

*Translucency is attained by the
application of the fire of the will.*

*Retiring deep within draw forth
from the transcendent Self
floods of purifying power,
streams of fiery energy—*

*Which will sweep through all the
vehicles and burn up the dross.*

*Within the heart of every form
And
Of every fragment of every form,
Exists the rhythmic beat of the one life.*

*The controlling power of the one thought
And
The cohesion of the one feeling,
Which is divine love.*

THE GIFT OF LOREN'S SHIRT POCKET

To the myriad of people who knew Loren, it will not come as a surprise to learn that he was on a deeply personal spiritual road. His stewardship and leadership at the Hollow were part of a larger path on which Loren was a spiritual seeker. He was an avid reader of spiritual texts and would quietly share what he was personally studying when a moment seemed appropriate. There are probably many who can remember Loren reaching into his shirt pocket and pulling out an index card on which he had written a missive. Sometimes a quote, sometimes a meditation, but always a divine aspiration, Loren daily carried his spiritual work with him, looking for a place to apply what he was studying or share what he was learning.

This was no less true on the day of Loren's transition. On April 27, 2018 Loren gifted us with a selection of his personal teachings. These teachings, powerful and profound, formed the basis of innumerable conversations, meditations, and reflections this past year. They reflect Loren's unwavering spiritual presence and acknowledge his unerring prescience regarding his place in the cosmos.

Our winter program in January focused on these teachings and the way in which we can use them to inspire and support daily life. They have left footprints on our own spiritual journey and will continue to encourage future seekers. We invite everyone to reflect on these teachings and delve into the inspiration and thoughts of Loren's shirt pocket.



HAPPENINGS AT THE HOLLOW

During a season of considerable change and hard work, the Pumpkin Hollow Study Group grounded itself in the practice of study and reflection. We began 2018 with Geoffrey Hodson's classic The Brotherhood of Angels and of Men, followed by Clara Codd's Light on the Path. We closed our year with At the Feet of the Master, by Krishnamurti.

Donations to the Hollow from 2018 were essential for much needed repairs and renovations. Amongst our biggest projects in 2018 were new storm windows in the Farmhouse and the spectacular renovation of our trailhead leading out of the gorge towards the labyrinth. We were able to install new roofs on several summer cabins and fresh coats of paint were added to many of the interior public spaces. Unfortunately, many trees were lost in the winter storms of 2018, but we have invested heavily in professional tree maintenance. Replanting what was lost was a priority and we look forward to watching them grow and thrive.



There is still so much to do, please consider being a continued part of Pumpkin Hollow's future and contribute generously to the Hollow.

Leda Milazzo, our Kitchen Manager and Chef, a long-time Hollower and resident of four years, has recently gotten married and moved to the Philadelphia area to start a new life with her husband Bill. We thank her for her service to the Hollow and wish her the very best. We will all miss her (and her delicious cuisine)! We look forward to welcoming Kerry Wilson, our new Kitchen Manager and Chef to the Hollow in March. Be sure to stop by the kitchen and give her a warm Pumpkin Hollow welcome.

We would like to acknowledge the volunteer community of Pumpkin Hollow. In 2018 we welcomed a bunch of enthusiastic and hardy new souls to our volunteer pool. Volunteerism is the backbone of the Hollow and offers a deep and rewarding experience, as well as providing much needed help to the resident staff. To all who have contributed to the fellowship of our community we extend a heartfelt thank you.

For complete information about program descriptions, registration and program fees visit our website at www.pumpkinhollow.org or contact the office: (518) 325-3583; email pumpkin@taconic.net.

Pumpkin Hollow Foundation Inc. is a 501(c)(3) non-profit. Financial contributions insure continuity of growth and well-being in our sanctuary. Pumpkin Hollow depends on your generosity.

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