



Fall Silent Retreat

"The Inner Self is the one constant amidst the shifts and struggles of our life. The Inner Self will touch others and is always at peace."

-- Dora Kunz

As the seasons ebb and flow with the energy of life, so too does Pumpkin Hollow. Several times through the year, the Pumpkin Hollow community gathers to experience oneness with Nature. This year, in early September, whispers of that flow could be heard around the Hollow. The words, "The weather is changing," floated softly from the forest and the meditation center. "Wow! A new cycle of life is beginning," hummed on the wind and buzzed into the dining room. We celebrated and embraced Mother Earth's transforming energy with renewed vigor. During our annual fall Silent Meditation Retreat, Hollowers, both new and old, came together to commune in the tranquil energy of our sacred spaces and welcome the seasonal transformation with quiet contemplation. It was and is these physical places which in turn help each of us to connect with our Inner Self.

During the Winter Solstice season, when the sun's rays were fewest and a new calendar year beckoned, Pumpkin Hollow again reunited as a community. Those gathered had joyfully migrated back to celebrate this ageless, shifting pattern. We rejoiced in the ancient alignment, and greeted the New Year with light, love, and intention. From our reflective candle dance to our roaring bonfire, we honored the transition of darkness to light, shadow to illumination, and slumber to renewal.

In the Voice of the Silence much can be heard. As Spring Equinox approaches we look to quieting our speech and calming our mind so that we may contemplate that which is beyond thought and listen to the voice of the silence within. Our annual spring Silent Meditation Retreat is a time of deep discoveries and rich experiences. It is a moment to stop and look inward, and in the quietude of our contemplation connect with our Inner Self.

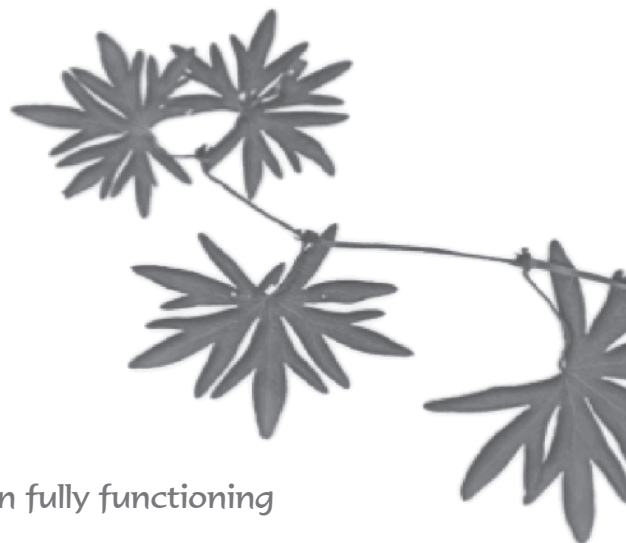
When the sun reaches its apex, turning the days long and warm, we know that Summer Solstice has arrived. In summer we celebrate the exuberant flowering climax of the seed planted quietly at winter solstice. We join together contemplatively in our nature walk and labyrinth project. We sing in rhapsody as we honor our flower boat ritual. And finally, we rejoice at our Sun Pole and Spiral Dance.

To think of, and experience, our relation to the cosmos gives a wider perspective of our direction and purpose on Earth. We expand our awareness of Mother Earth by honoring her position to the planets and the solar system. With each cycle of the seasons, we envision improvements for the accommodations and grounds so that you will feel at ease and nourished in our welcoming retreat center. Then when you join us, the natural beauty and healing of the sanctuary atmosphere will uplift us all and help us connect with our Inner Self. We look forward to seeing each of you here at Pumpkin Hollow.

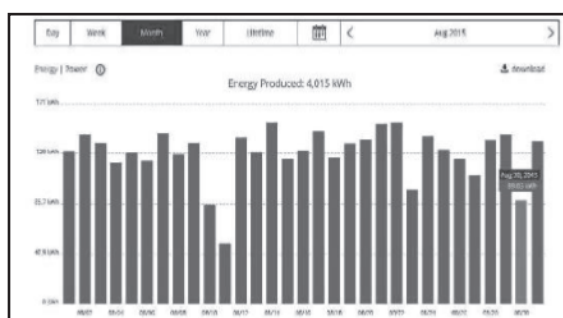
Those who would invoke the Powers of Deep Being through the instrument of Nature need no rules to guide them. Let Nature's myriad perfections absorb your Being and affirm THAT which shines behind them. Imagine THAT, which is the chant in the wind, the music in the note of the bird, and the fall of water. Be THAT which speaks of the mystery of Eternal Being in the budding forth and the withering of the tiniest flower.

--P.G. Bowen

Updates and Upgrades



The Pumpkin Hollow solar array of 110 panels has been fully functioning since April, 2015. Excitement!



Guests, volunteers and neighbors have been inquiring with interest "How's it going with the solar panels?" Then, enthusiasm when they see the computer generated graphs which display our abundant power generation. Through December 2015, the two-way meter indicated Pumpkin Hollow was producing more than we used! Yay! Yes, a warmer winter than last year by far, yet our confidence holds steady that this was a timely and wise investment. The predicted 70% coverage of our electrical usage is confirmed already by the savings on our electrical bill.

Pumpkin Hollow is the sole owner of this enterprise. How did we raise the funds? Amazingly, contributions over the past 18 months arrive in a continuous flow by mail, donation box, and word of mouth. They are accompanied by notes of appreciation and satisfaction at being part of lowering our global carbon footprint and of being part of this community project. The full spectrum of environmental activism is at work at Pumpkin Hollow including practical 'green' plans and actions,

living close to the land, and our daily meditations which send goodwill, peace, and harmony to the world.

To recap: We have installed 110 solar panels on the barn and carriage house, 5 inverters, a new metal roof on the carriage house, and structurally reinforced both buildings.

Other upgrades continue with the re-siding of the barn. Dedicated volunteers are working section by section. The cost is materials. Since the interior renovation 2 years ago, the barn has become a well-used summer space for large groups: lectures, yoga, dance, and celebrations. This joyous energy is freshened by the open east-west doors allowing the cool summer breeze to flow through.

Cabin #1 is getting a complete renovation! The interior sitting room and bathroom are getting an Adirondack makeover, plus a new bedroom and screened deck are being built. The cabin is generously sponsored by Diane Brizer in honor of her mother, but the balance of the cost needs to be raised by us. Work is being done by local carpenters. It will be completed by spring 2016.



We have raised almost all the upfront costs! Please consider another contribution towards the solar panels or upgrades at the Hollow.



Wishes from the Hollow

John Sellon, one of Pumpkin Hollow's founders, was known to have said, "For everyone who comes to the Hollow, we wish for the intelligent use of the Life Force flowing through us." His words are no less true today as

we welcome so many new and old faces to the retreat center. We wish for our guests the harmony that comes with listening to the Inner Self; the quietude that emerges when we still our minds and connect with the voice of the silence; and the serenity of communing with Nature.

H. P. Blavatsky said in *The Voice of the Silence* that "the first step on the spiritual path is to live to benefit humanity." Volunteers are the life blood of Pumpkin Hollow. We are rooted in and thrive on this spirit of inner work with goodwill. We wish to extend our deep gratitude and appreciation for all our volunteer's Inner Work.

This season we welcome Cindy Bonura a long time Hollower, Theosophist and volunteer to our full time resident staff. She arrives in March and we would like to wish her a loving welcome. We'd also like to wish our heartfelt thanks to Peggy Nichols, our tireless garden fairy, and Steve Conroy who has been helping out with ongoing maintenance projects.

We wish for all who come to Pumpkin Hollow the peace and serenity of her sacred space.

Pumpkin Hollow Foundation Inc. is a non-profit, financial contributions insure continuity of growth and well-being in our sanctuary. Pumpkin Hollow depends on your generosity. You can also visit our wish list on www.smile.amazon.com.

For complete information about program descriptions, registration and program fees visit our web site at www.pumpkinhollow.org

Programs are added throughout the year. If you do not have access to the Internet, call the office at (518) 325-3583 for a description of Pumpkin Hollow programs.

Yes! I want to support Pumpkin Hollow Retreat Center and its continuing growth.

I have enclosed a tax-deductible contribution of \$ _____

Credit Card: (Circle) Visa Master Card # _____ Exp. Date _____

3 digit code from back of card _____

Check one: Please use my contribution where it is most needed.

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