

Thanks to All Our Dedicated Volunteers

We couldn't do it without you!

Pumpkin Hollow, founded in 1937, serves as an independent retreat center aligned with the Theosophical Society (TS)

The Theosophical Society in America . . .

Has a **Vision** of wholeness that inspires a fellowship united in study, meditation, and service.

Its **Mission** is to encourage open-minded inquiry into world religions, philosophy, science, and the arts in order to understand the wisdom of the ages, respect the unity of all life, and help people explore spiritual self-transformation.

Its **Ethic** holds that our every action, feeling, and thought affects all other beings and that each of us is capable of and responsible for contributing to the benefit of the whole.

HP Blavatsky, co-founder of the TS, stated that altruism is a fundamental spiritual practice in the evolution of humanity. "The first step on the Path is to live to benefit humanity".



Grounds and trails

"In every conceivable case one must be a center of spiritual action, and from himself and his own daily individual life must radiate those higher spiritual forces which alone can regenerate our fellow men".

— **HP Blavatsky**



Preparing the Garden

"Love cannot remain by itself - it has no meaning. Love has to be put into action, and that action is service".

— **Mother Teresa**



Harvesting the Garden

"The best way to find yourself is to lose yourself in the service of others."

— **Mahatma Gandhi**



Painting

Altruism

Volunteerism

Selfless Service



Dora Kunz, a founder of Pumpkin Hollow, called it an experiment in living, with volunteerism fundamental to Pumpkin Hollow's way of life. Her guidance for spiritual growth: Selfless service for others, expanding our consciousness to connect with Nature's tremendous vitality and underlying harmony and unity, and daily meditations that contribute to the atmosphere of Pumpkin Hollow and radiate good will to the world.



Kitchen Duty

"If you become a helper of hearts, springs of wisdom will flow from your heart."

— Rumi



Housekeeping

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

— Dora Kunz



Repairs



Wood Detail

"The more one forgets himself—by giving himself to a cause to serve or another person to love—the more human he is and the more he actualizes himself."

— Viktor Frankl

"...Just crossing the great expanse of each minute with all the compassion and dignity we can find".

- Hafiz



Beekeeping at the Hollow for local honey—you can purchase at the bookstore!

Happenings at the Hollow

Pumpkin Hollow staff and volunteers are working to make improvements to the center over the winter.

A second maintenance building has been added for storage and as a winter workshop.

The main house has new windows in the dining room, kitchen and in the office, completing the goal for all windows to be replaced.

Two of the summer cabins will have newly renovated bathrooms.

In addition to enhancements over the winter, projects for 2020 include new siding for the Main House and repairs to the Healer's Sanctuary that include creating more light with a 'sunpath'.



We would like to thank all of our donors who give generously of their resources, all of these projects couldn't be done without the help of You. We so appreciate your gifts of love to the Hollow. If this sanctuary holds a special place in your heart, please consider making a gift to keep it vibrant and welcoming to all those who seek the peace, healing and inspiration that you and countless others have experienced here.

We extend heartfelt gratitude to all of the volunteers who generously give their time, skill and sweat to help keep Pumpkin Hollow sustained. We rely on the help of others, and are warmed and humbled by the reports of the deep sense of satisfaction and inner joy that is experienced by our volunteers. You can sign up for a work weekend, but the Hollow offers opportunities for helping mid-week as well as program weekends. Please contact the office if you interested in volunteering.

For 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.

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

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

Credit Card: (circle one) Visa MasterCard # _____

Expiration Date: _____ 3 digit code from back of card: _____

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

I want to designate my contribution for _____

Name: _____ Email: _____

Address: _____

City/state/Zip _____ Phone: _____

Pumpkin Hollow Retreat Center
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