

Message from the President:

Birthing a New Non-Profit Shalom Mountain

By Ken Frank



Almost 20 years have passed since the birth of Friends of Shalom Foundation (FSM). It was born out of love, gratitude and dreams. LOVE for the people met through Shalom, GRATITUDE for what Shalom brought into our lives, and the DREAM that Shalom would continue in perpetuity as a healthy thriving organization. FSM was incorporated as a separate organization, a publicly owned non-profit 501(c)(3) that could accept gifts to “support and extend the work of Shalom Mountain Retreat and Study Center”, a for-profit privately owned organization. Its success has been awesome. While the Retreat Center owners worked tirelessly to offer outstanding retreats and training, FSM raised money for tuition assistance, projects, research, buying the High Meadow... and on and on and on.

Faithful Friends was born to allow the community to offer monthly support for tuition assistance and other programs.

Forever Friends, a legacy society, was born to allow community members to fund Shalom Mountain, in perpetuity.

The Living Spirit Fund was born in sorrow as the community honored our beloved, Helen Kaufholz and wanted to see her work continue.

AND NOW A NEW BIRTH: Shalom Mountain, Inc. (SMI), a new non-profit with the charter to do what BOTH the Retreat Center and FSM could do.

Over the past two decades FSM has grown from a tiny non-profit auxiliary helping a few folks to give back to the community some token of deep appreciation for what Shalom Mountain has contributed to their lives into a strong and healthy financial organization of Shalomers that provides significant tuition assistance, support for protective surrounding property and sacred space, programs and research, and community outreach and communications.

For me, as the current President of FSM, having also been a founding FSM Board member and having served on the FSM Board and/or its committees continuously since its inception, I surely feel very delighted and satisfied. Shalom will be around to serve my children's children's children as it has served me and my children over the past three and a half decades since I first came to the Mountain. I am feeling extremely pleased to help pass the baton of leadership to Barbara Brown who will be the new Chair of SMI along with the other members of the new SMI Board including Shaena Heintz, Jeff Hilliard, Joyce Harvey-Morgan, and Michael Thomas. They have the comfort and pleasure of knowing that: the operation of the retreat center is being guided lovingly by Nance McGee; the exploration of land development in pursuit of additional revenues and in service of meeting the needs and desires of the Shalom community is being creatively guided by Tom Goddard; and the overall merging of financial development objectives and funding plans for the new SMI is in the experienced and capable hands of Rosemary Calderalo.

It has been both a challenge and an extremely fulfilling opportunity to serve this wondrous community on the Board of FSM and as the Editor and Publisher of the FSM Community News for the past decade and a half.

I look back in awe and with pride at all that has been accomplished by the financial contributors to FSM and the vision and work of its Board members that now allow the TWO to become ONE. I can't help but think of the chant we sing:

FSM is the ocean... FSM is the ocean... I am one with thee... Once a tiny lake and now a mighty sea...
Oh, Shalom I am one with thee. ♥



From your new SMI Board

By Shaena Heintz

The mission and work of Shalom Mountain has been alive and well since 1969 when Jerry Jud gave birth to a dream of creating a community of spirit and personal transformation based on the principles and skills of loving. Over the years, this vision has been magnificently held by Jerry and Elisabeth Jud, Joy Davey & Lawrence Stibbards and most recently by the Stewards - Victoria Myer, Terry Shirreffs & Shawn Ramer.

Now we stand in the present, where, because of this community's enormous generosity in responding to the *Our Shalom, Our Future* capital campaign, the Stewards prepare to pass the torch to us, the community, to hold this vibrant light and perpetuate the essence of a place many of us have come to call “home”.

In the coming weeks the new organization, Shalom Mountain, Inc. will be fully formed. This will mark the transition of Shalom Mountain from a privately held organization to a non-profit. It is this moment when Shalom Mountain will become a fully community-supported retreat and study center.

While the daily operating of the Mountain will go unchanged, there are exciting changes ahead. “It does not yet appear what we shall be” in our beloved Mountain's new incarnation, but we do know the process of discovery will in itself be transformational. It always is.

To deepen that transformational process, we will be cultivating a greater transparency and enhancing our awareness of the needs of the community. We will be nurturing a deepening of our connectedness and awareness of our impact on one another. It is you the community who will inform and support the focus of our work. We are a community that comes from abundance, glory and inspiration and we stand in a moment where we are calling each of you to dream a bigger dream with us.

We will be pursuing wisdom regarding many questions:

- What does it mean to be a community-supported organization?
- What does it mean to support that community?
- In what ways can the community provide support that is both sustainable and beneficial to each and every member?

Your voices and efforts will be essential in the coming months and years, and it is your time, talent and resources that will be called upon to help us sustain the dream of bringing Shalom into the world.

You all have been co-creators in this dream and evolutionary step. It is you, the community, that has made Shalom Mountain flourish through the years, and it is you, the community, that is the centerpiece as we move into the future. ♥

WHY THIS FINAL EDITION?

See Page 8 for important information!

From FSM's Executive Director

Judy Weiss

A HISTORY BOOK WORTH READING... and THANK YOU!

As I thought of what I wanted to say in this last edition of the FSM Newsletter and tried to capture it in a few words, the word GRATITUDE and the words THANK YOU came strongly to the fore. I recalled that some years ago I wrote the editorial that is reprinted below and decided that it spoke the words I am thinking.

I searched and scanned all the issues of FSM's Newsletter since 1997, found it in March 2003, Vol. 7 Issue 1, and I felt captivated by all the information that was captured in the newsletters from 1997 to the present. I was filled with gratitude and love beyond words for Shalom's incredible history as chronicled from 1997 (the first FSM newsletter) to this current edition. AND, I am delighted to tell you that it is all available on-line; Photos, memorials, individual essays, Retreat and Festival reports, reflections, projects, news of all sorts, the progression of things we now take for granted (or for granite... in the case of the Standing Stones), and the ever popular "Mountain Do's". [Find it all now at friendsofshalom.org/newsletters/newsletters.htm] Those who have been around the Mountain for many years will find it a walk down memory lane. Those fairly new will be amazed and in awe of what they are now a part of. Together we can only dream of what the next chapters will be. Perhaps that will include someone stepping forward and turning it all into a book with an index for future Shalomers. ♥

REPRINTED HERE
FROM
MARCH 2003
Vol. 7 Issue 1

***Eyalama! Dankë! Shnorhagallem! Juspaxar! Sa-aun!
Gracies! Yewo Xisrigidisdhdinh! Takk! Fafetai! Yontonwe!
Efcharisto! Aalghistapcham! Nictlazohcamiti!!!***

Notes from the President

Judy Weiss



I wanted to find **new ways** to say **thank you**. it couldn't have happened without you!

March 25th is the tenth anniversary of the incorporation of Friends of Shalom Mountain;
and... we have surpassed the unbelievable total of contributions to date of \$500,000.

Sooo many have brought us to this time when we can now consider taking on the challenges of creating Shalom Mountain as a perpetual, community-owned retreat and study center.

Filled with gratitude, we say

- **Thank you** for every donated auction item and service and all the auctioneers.
- **Cowatt!** for every item or service bought at an auction, particularly those you didn't need, want, or overpaid for.
- **Siyabonga** for every envelope stuffed and licked.
- **Fofo** for every article, poem, story, and ad submitted to the Newsletter along with editors, publishers and printers.
- **Dishkleno** for every "courtesy discount".
- **Quyana** for every financial contribution whether for tuition assistance, fire protection project, research & program development grants, loans, outward journey home building trips, the yurt, standing stones, high meadow

and Portlik house purchases, the newsletter, or the website.

- **Koloombo** to the early board of directors who wondered where the first \$100 would come from.
- **Balka** to the later board members who are gathering all that is Shalom Mountain, documenting it for presentation, and holding the torch of belief that Shalom Mountain will become a non profit community owned organization.
- **Diolch** to every person who read a Newsletter and said "wow" or "yes" or "ah so".
- **Towayak** to everyone who loves Shalom Mountain.
- **Rakhmat** to everyone who cares enough to have been angry at Shalom Mountain at some time.
- **Wiyarparlunpaju-yunga** to all who continue to "trust the process".
- **Ois botik** to our technologically savvy people who have created the Shalom Mountain website where you will find the next FSM Newsletter.
- **Blagodaram** to the world-wide web for 465 ways to say **thank you**.
- **Thank you, thank you, and thank you** for all the energy from everyone who has attended a retreat, sent someone to a retreat, considered a retreat, led a retreat or participated in a festival or special celebration and thereby affirm and remind us over and over of why we chose the mission "to support and extend the work of Shalom Mountain Retreat and Study Center". ♥



Shalom Mountain is Blossoming

From Nance McGee, Director of Programs & Operations

These summer days have brought the recognition that this month marks my one year anniversary as a resident of Cattail Road. After many years of commuting quite regularly from the NH seacoast to the Mountain, it felt important to live in close proximity to the retreat center ~ and across the road seemed just right! I remember that first night, arriving as the sun headed towards the horizon at day's end and within minutes being on a conference call with my fellow Mountain Trustees. We began a journey that July evening that culminates this month as Shalom Mountain transitions to a community-supported not for profit organization. In reading through some of the archived FSM Newsletters recently, I noticed that our initial conversations about this transition began in 2001. It has indeed been a long gestation period, yet every step along the way has been necessary in birthing "what is".

I sometimes think of the seasons in relation to Meister Eckhart's Four-fold path of spirituality. With the emergence of summer, we are sitting in the lap of the *Via Positiva*, associated with creation, awe and wonder, gratitude and delight. It is a time of expansion and extroversion, which here on the Mountain is most evident in the natural world ~ the green, green grass, an abundance of flowers and vegetables bursting forth in the gardens, and the lush canopy of leaves shading us from the intensity of the brilliant sunlight. *Via Positiva* abounds.

It is like that moment in a mat trip when you find new life. It comes bursting through and you feel the urge to stand up and shout, "Yes, I'm alive!" And everyone and everything around you, meets you in celebration.

Summertime on the Mountain ~ long days of warmth, cool evenings, fireflies flirting in the moon garden, refreshing dips in the swimming pool, moonlight casting its glow on the standing stones, community gathering in love ~ one retreat after another. The cycle continues; it is both new and ancient in its rhythm.

Even as we enter this new phase of Shalom Mountain, I am aware that God forever creates ~ we are always being created and in the process of beginning. Blossom after blossom after blossom. The summer programs are unfolding with an eye towards what is next. There is always room for one more journeyer, whether it be this summer or in the fall. Shalom Retreats remain our main course with other offerings emerging. We're listening to spirit and to you, our beloved community, for what is emerging ~ what is longing to be birthed. I feel deep gratitude for our leadership as they continue to provide thoughtful programs emerging out of each person's journey and vision.

It is summer on the Mountain, a time of creativity, awe, wonder, gratitude and delight. A time of celebration, worth every contraction... did I mention there have been contractions? And of course what better way to celebrate than to make your way back to get loved up at Shalom? Please take a look at our current brochure or our website (www.shalommountain.com) for upcoming retreats, trainings, or other programs, including the reinstated Internship Program. And know that you are always welcome.

Whether you're on the Mountain or not, we who have had this precious experience, carry the depths of Shalom within us.

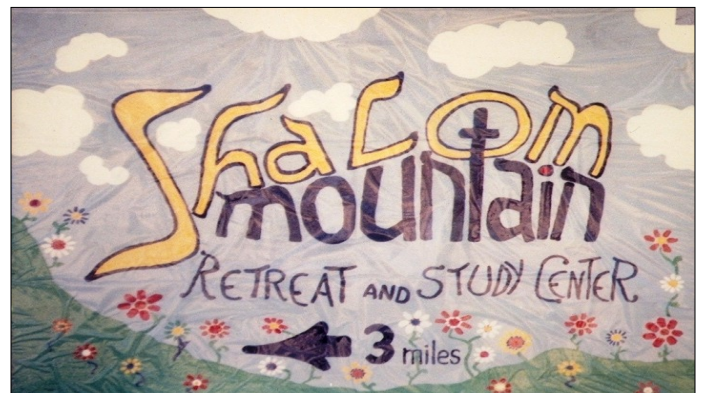
What a glorious gift.

Love and blessings,

Nance

VULNERABILITY

*That quality in people that enables them to be:
defenseless, unfettered by ties of fear;
unchained by ideologies,
unchartered by predetermined goals;
powerless, lacking the will to impose or manipulate;
open, capable of being affected and shaped
reachable, gateless, wall-less
receptive, able to be reached and penetrated
unlocked, unblocked, open-armed;
growing, undefined in any final way.
in constant process of definition;
wanton, foolishly exposed to life and
its crashing impact... free!*



On a wall of the Shalom Room a few years ago

A sign from 20 years ago at Main Street and Cattail Road



Thank You, Stewards

By Jacquie Bishop

blessed me with friends who remain dear, opened up the space for me to live as big as I could without limits. More than anything else, Shalom Mountain gave me a place to love and be loved.

Then Lawrence and Joy announced the end of their time at Shalom. With no obvious successor(s) standing in the wings, the future of the Mountain was cast in doubt. I found myself in a surreal place, marveling at the possibility that Shalom Mountain might drift into a final obscurity, with only a fortunate few of us to remember the shining times of daily transformation.

But then the news came: Shawn, Victoria, and Terry—were stepping up to hold the Mountain. They called themselves Stewards. Terry? Doesn't he have his own retreat center to worry about? And who are Shawn and Victoria? Never mind—this triumvirate cared enough, were willing to risk time and treasure to preserve this magic mountain, to hold out for a bigger dream, even one that is no more than mystery and hope right now.

Not 2 months after the community witnessed Joy and Lawrence stepping down Labor Day weekend of 2008, the US economy tanked, compounding the inevitable drop in enrollments that accompanies any change in transformational leadership. And then the group we thought would stay and lead began to disappear. Then we saw a complete upending of what most people expected “stewardship” to look like. Nothing was as expected.

Except this: the stewards hung in. No matter how terrifying things got. Or not fun. Or “not what I signed up for.” They stayed, each in his or her own way.

AND because they hung in, everything unfolded perfectly. Had “stewardship” followed expected paths, we would have forfeited the invention of radical new leadership forms. Necessity became the mother of collaborative leadership. And now we have an extraordinary opportunity to evolve into the next stage.

For all this, I cannot adequately express my gratitude to these three people. The story, including all the disappointments and judgments and conflicts, has led us to this place of a shared accomplishment for the whole community. Victoria, Shawn, and Terry each played a part in preserving the possibility that Shalom will continue to do for others what it has done—and continues to do—for me.

If you three really get even a fraction of my love, respect, and gratitude for these past three years, it should make your day.

Love, love, love, and thank you. ♥

This is a love letter to the Stewards, without whom my home away from home might be no more.

When I first arrived on Shalom Mountain Labor Day 1992, it was a time of transition somewhat like what we're going through now. But what did I, the newbie, know—or care? I was totally smitten with this wonderful place. For me, as for so many others, it was love at first hug, and I've been a frequent flyer at the Mountain ever since, with enormous benefit. Being there gave me my life back, healed me of terror I'd carried for decades,

How did we get here so fast? The next major stage of life is death! That's a shocker. Non-being after being. Returning to a time before we were born.

Last year, at the Labor Day Work Weekend, a group of Shalomers met to discuss this topic and what it might mean to form an elder community on the Mountain. What is an elder community? What do we want it to be? What is its role on the Mountain?

The start of the brief gathering was “Shalom traditional” - a check-in among those attending, with each describing where s/he is at this elder stage of life. Among the shared feelings, the following was expressed: “I don't belong here anymore. This is my last visit to the Mountain.” At the same time however, each person in the room felt a sense of community, a joy at being with the loved ones, those with whom we had shared so much over the years - wounds and joys alike. Now, after all the mat trips, it seemed that many wanted simply to be with peers, to explore the fun of this stage of life – and the depths. And, of course, there was an expressed desire to share what this time means for each of us.

A brief meeting of the “Elders” is on the schedule for the Memorial Day Work Weekend. And, there is a retreat specifically designed for Elders the last weekend in October. We really want you to join us for that. That retreat, with Joy and Lawrence leading, will explore what it means to grow older and what it might mean to do all that within this Shalom Community.

When our surveys asked us what we wanted to do, we said that we wanted to meet regularly to dream and be together, to stay in touch, to give support to others in our community, to explore the mystical journey more deeply, and to share the wisdom of experience gained from our work individually and with one another on the Mountain. In addition, several expressed the wish that we be willing to let go of how it “was” and to support “how it is.”

A number of Shalomers asked, “Who is an elder?” The easy answer is, “You are one if you are raising the question.” But, the broader answer is more complex. It poses a new challenge for each of us at this stage of our lives. In many ways, it is a new time for us as elders, different from when we first arrived on the Mountain, but still seeking to find what it means to live fully alive guided by the principles and skills of loving.

Come join us! ♥

Calling All Elders

By Michael Thomas



Blessings for Shalom Mountain

From Joy and Lawrence



We have been invited to offer a blessing to the new incarnation of Shalom Mountain. What a joyful thing this is to do. What a natural thing it is to say a whole-hearted YES!

We have been part of the Mountain Trustees that have guided and enabled the community owned Shalom Mountain to come into existence. We have seen its development. It has not been an easy birth.

Jerry Jud, with all his talent for model building, gave us the gift of the Shalom retreat. Then he gave us another model of taking that retreat into a setting where we might explore the excess that leads to wisdom. We have all learned to love wildly and deeply. Bless you.

Victoria Myer, Terry Shirreffs and Shawn Ramer have been faithful stewards since we left, taking on that difficult and sometimes thankless transition role, yet faithful to their original vision of the community rising to its full power. That vision is now happening. Bless you.

Nancy Thomas, with all of her outstanding corporate skill, integrated with her deep spiritual understanding of the flow of soul's vision within a community, has guided an intricate process to a conclusion that none of us could have imagined. Bless you.

Ken Frank and Judy Weiss, oh faithful Ken and Judy, at the helm of Friends of Shalom Mountain, have been catching every functional detail in the net of loving vision for a vibrant community. Where would we be without you (and people like you)? Bless you.

Nance McGee showed up over many years in many roles, eventually moving to the mountain to provide a steadying hand in organization and retreat leadership. Her knowledge of the core of Shalom deep in her own being is being made manifest in the daily workings of the mountain's operations. Bless you.

The Retreat Leaders, who seem less visible, except on individual retreats, often go unnoticed. We know them all, both personally and professionally, and are profoundly grateful for their faithfully carrying out the intimate work of healing that is the hallmark of Shalom Mountain. Bless you.

Cristian Graca and Vyana Bergen, with visions of tantric healing and hands-on support of the work of Shalom Mountain, made the large commitment of buying our house to provide a focus for the dance of sex and spirit. Bless you.

Tom Goddard has fallen in love with the woods, far from his familiar urban life, and brings a brilliant mindfulness and bright spirit to community living space on the top of the Mountain. Bless you.

Rosemary Calderalo, whom we met only once on a remarkably sensitive conversation on the phone, seems like a perfect fit for heading up our ongoing fundraising efforts. Bless you.

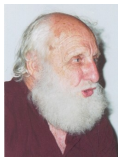
And now the **New Board** is established to head up Shalom Mountain Incorporated. We know them all quite well. **Barbara Brown, Michael Thomas, Shaena Heintz, Joyce Harvey-Morgan, and Jeff Hilliard**. Thank you for stepping forward and offering yourselves and your considerable talents at this exciting new incarnation of Shalom Mountain. Bless you.

And now to you, **The Community**. Your attention to your own journey to God is the essential force underneath this successful transition. This is your moment. The tipping point of this beautiful and troubled world will be dependent upon the consciousness of millions like you, gathering in loving communities to support and equip one another. This is your community in which you can grow and nurture the soul of the world. Shalom Mountain is a place and a work well grounded in its cultural, theological, psychological and spiritual roots. With nurture from you and the entire community, it is destined to become a mighty force in this world. Bless you.

With love for you all.

Shalom!

Joy and Lawrence



More Blessings

From Jerry Jud

The first words spoken by a newborn cell at the beginning of time were: "It does not yet appear what we shall be."

When three old junk rooms were turned into the meditation room on Shalom Mountain in 1976, the first thing put upon the wall was the same message: "It does not yet appear what we shall be". (1st John 3:2)

Shalom Mountain for awhile has gone through a period of contraction when Joy and Laurie moved on in their journey. Now through the vision and hard work of many (see Joy and Laurie's blessing, above) we have emerged with songs of victory. A dominant song now joined in by angels and archangels and all the company of heaven is: "It does not yet appear what we shall be." We are dreamers, let's trust the unfolding.

Jerry



WHY BE GENEROUS

By Sharon Brain

Why be generous?

About six years ago, while I was out, my neighbor called my cell phone to tell me our house was on fire. When I got home, the house had vanished.

The fire was a radical lesson in letting go. Just as a mat trip shows us how to let go of anger, fear and pain, so we can live more fully; so going through that experience and learning not to fear letting go of my stuff has let me live more freely.

Generosity is a less dramatic way to practice letting go than having a house fire. The sale of the Shalom property to a new non-profit that will own the mountain is in progress as I write this. As a community, we have had the opportunity to be generous with our money and we have responded with an amazing outpouring.

And our generosity did not depend on how wealthy we are. One of the surprises of the recent *Our Shalom, Our Future* capital campaign was that sometimes, large donations come from those who are not particularly well off. One couple told me how their generosity supports their long-held practice to cultivate a sense of abundance. Whenever they give, they understand that they actually have more than they need.

Gratitude was another root of my giving to Shalom. I remembered everything that my work with Shalom has given me: my marriage, my daughter, the fullness of the life I now live. When I feel into my gratitude for all this, I want to give to the place where such gifts have been showered on me.

Why? Wasn't it enough that I had paid my retreat fees and supported Friends of Shalom? Yes and no. When I feel grateful, I notice that my heart opens beyond my own small self. Gratitude launches a longing in me to make what I am grateful for available to others and I want to practice the deep truth of our interconnectedness.

Much like sex and prayer, generosity is most often practiced in private. There are no instructions or conversation about how to do it well. Who knew that giving financially could be a joyful, even ecstatic experience?

Here are a few things I have learned from my practice of generosity:

1. Any giving is good practice in letting go. But to practice *joyful* giving, I need to believe my gift will be both timely and well used. That means listening carefully and only giving to people I really trust.
2. Giving brings me the most pleasure when it is personal and prolonged. Because of my decades-long relationship with Shalom, the pleasure of giving to the Mountain is sustained. When I walk the High Meadow or talk with Shalom friends, reflecting on my gift to Shalom and on the profound healing it brings to others, today and for years to come, my joy is unbounded.
3. I am never obliged to be generous, just as I am not obliged to be loving. But when I am asked to give - whether by a homeless person or by Shalom Mountain - I now see the request not as an irritation but as a call to express gratitude for my abundance. This is true whether I choose to give or not.
4. It works best for me to give on a regular basis. 'Dana', the word for 'giving' in the Pali language, actually means giving food and clothing and other essentials of life so that the deep spiritual work of monastics can continue. Shalom's rebirth as a non-profit may mean letting go of our hard-earned, deeply-loved cash on a more regular basis. That can be a difficult practice, especially because money is 'sticky.' It means security, pleasure, power...both symbolically and in the world. But the benefits in continuing to offer regular support are also obvious and palpable.
5. A teacher once said to me, "Give until you know how it feels to be generous." Following his advice, I have experienced deep joy in the practice. Over time, it has become a deep, abiding pleasure. When it isn't, I find a way to do it differently the next time.
6. When the practice flows, I feel the pleasure of giving I experience a warm, joyful feeling in my belly and heart. I know that this feeling is born of letting go, both into my own goodness and into my deep connection with all that is. ♥

How Can I help support Shalom Mountain and practice generosity?

Some folks make regular monthly contributions via credit card deduction. Others contribute by sending donations directly. Some people have contributed appreciated stock. Many Shalom community members have included Shalom Mountain and/or Friends of Shalom Mountain in their wills and/or estate plans. FSM and Shalom Mountain Inc. are 501c(3) tax-deductible organizations for US taxpayers. You can contribute today by going to shalommountain.com and clicking on "Donate"... or email Rosemary Calderalo at calderal@optonline.net for more information about how you can help. ♥



Love is a Response to Need

By Barbara Brown

“Live in the present, launch yourself on every wave, find your eternity in each moment.” - Henry David Thoreau

These are the words that Dr. Kasia Clark, a Shalomer, uses to close her video, *Outside In*. The film details her twelve year journey with life-threatening ovarian cancer. They're beautiful, poignant words that, as Shalomers, we can lean into as we learn about loving and being spiritual seekers in our world today. I was curious, though, why those words were specifically chosen by Kasia as her closing message to us. I asked her, and her reply typified Kasia's practical, straightforward, resilient, fighting spirit...

“We picked the quote because 1) I have a passion for the water and water sports, especially at Walden Pond (Henry David Thoreau's stomping ground, next to which he lived for two years in a one room hut) in the summer time. 2) Philosophically the quote captures a central message of the film: *carpe diem* or seize the day. Live in the present with vitality! Even in the face of mortal threat...”



Kasia Clark

From the film and conversations with her, it is apparent that this is *exactly* what Kasia is doing. Am I? Are you? Are we as a community? I couldn't help but mull over these questions as I heard her story of misdiagnosis, aggressive tumours, remissions and recurrences. Of deep loneliness and remarkable moments of grace. Of exploring sexual expression in a body changed from illness and medical interventions. She says, “I live with a deep fear I am going to die imminently. Confronted by my own mortality, I can't avoid my human desire to want to be in control.”

I think we know what she is talking about, particularly at this historic time in our communal journey. In the past year, we have, in essence, been at the brink of whether we as a community live or die. Each of us as community members no doubt have been struggling with our own versions of trying to assert control as uncertainty stared us down. Most likely, uncertainty won more than we did. Kasia shared how ultimately, uncertainty takes us to the edge where we must ask: What must die for us to live? *and* What cannot die if we are to live?

In our conversation, Kasia and I circle ‘surrender’. Ego illusions broke for her as the most base, human vulnerability took hold. Kasia speaks of ‘only the essence of experience remaining’ when all else falls away. We fight the breaking, the falling away. It is human nature to do so. Change finally comes when the fight can no longer keep us from seeing what we must see. Rising out of this profound fragility, NEED appears. In its most poignant form, it whispers, then yells: ‘I need to be taken care of.’ In moments like this, the Shalom principle, **Love is a Response to Need**, begins to make sense.

In recent years, vulnerability has been abounding in our economy, our Shalom structure, leadership team, and our community as a whole. Crisis can tear you apart or strengthen you, or both. In the last year, it has done both to us, resulting in a massive call to the community for substantial care - a call that was powerfully and positively responded to through the capital campaign. (Thank you!)

It was through our community's NEED that I came into contact with Kasia and learned of her inspiring life story. Our exchange, in its tenderness, called for space among the whole community. The gift of her journey holds truths for us to hear. Kasia describes the unconditional love she experienced when on a Shalom retreat as akin to ‘being in a foreign land’. Kasia shared how even in moments when she is unable to find, create, or offer it, she bows towards unconditional self-acceptance and love as a requirement for living. I believe we do the same as a community. This is the quality that cannot die if we are to live.

What must die for us to live? A structure – a specific identity. We are letting go of the privately owned and operated business model to become a not-for-profit organization.

“We are all going to die, it's choosing how to live that counts” reads Kasia's website. My experience of speaking with Kasia and watching the video is this – she picked her quote well. Her film shows how, through the challenges of her illness, she learned of the pleasures that come when we live in the present, even when staying present is remarkably hard. Without a doubt, she is fully constellated to launching herself on every wave. And finally, whenever any of us come face-to-face with death and life's fragility, Kasia shows how the heart is invited to open to the potency of eternity's presence.

And what of my earlier questions? Am I? Are we? Here's my take on it. Of late, I think Shalom community, through the challenges of sustainability, has learned that the present holds all that we need. I have absolutely seen the community collectively commit to riding the waves of uncertainty. What of eternity? Well, this brink of life-and-death elicited a loud enough yell from spirit to help us remember that Love is a Response to Need, and eternity is not only right here, it is resting in our hands.

Thank you to all who contributed to the Capital Campaign, responding with love to our community's NEED. Thank you to Kasia for the reflection of Shalom in the world through your life and creative work. To purchase the film, contact Kasia at kasiac@me.com or check out her website: www.outsideinthefilm.com and please take some time to watch it and share it with others you know. ♥

If you're reading this in the printed monochrome version, please know you can see it in full color by going to the Shalom Mountain website (shalommountain.com) and clicking on *June 2011 Newsletter*. ♥



Reflections:
My first experience leading at a Shalom Retreat
 By Elliott Strick

The weekend of March 10 – 13, 2011 Shalom Mountain offered a Shalom Retreat at a reduced fee as part of a desire to make primary retreats more accessible for people, who might not easily attend due to their financial status. Another intention was to create an opportunity for leadership development, thus creating a training weekend for the individuals leading the retreat, who were Carrie Jameson, Craig Hopkins, Dianne Weisselberg, and Elliott Strick. Supervision of the leaders during the retreat was provided by Nance McGee and Vyana Bergen.

When I was in my first Shalom Retreat six years ago, there was a part of me that whispered “this is what I want to learn to do!” There was even excitement in that whisper. But that excitement got squashed as my inner judge, critic, and other protector parts, that I had yet to learn about, shouted pretty loudly: “No Way. Who do you think you are! If I let them see you, they’ll find out you’re a fraud and that you really have no idea what you are doing!” The part of me that knew I was a psychotherapist with 15 plus years of experience was not at all present. That quiet whisper wasn’t about to give up though and it took me back to numerous Shalom Retreats and trainings. Teachers, mentors and friends showed up along the way and one of the many learnings was how to stretch into new and unknown places and still be in my body. One thing that had never “landed” in my body was a “knowing” that somebody actually believed in me, and had faith in me and the gifts I had to offer others. Trusting and relying on others is one of the learnings that have come from stepping into leadership.

The work at Shalom has taught me over and over to “trust the process.” As I practiced this in the role of shared leadership with Carrie, Craig and Dianne, the knowing that yes I can do this work showed up for me. The whisper inside received support and acknowledgement, and with ease and without shame, I could also acknowledge that I have more to learn.

I am grateful, and feel blessed, that I had this opportunity. I thank the 18 participants who “trusted the process” in showing up for the retreat. Carrie, Craig and Dianne are all skilled leaders and I learned much from them that weekend. I am also very appreciative of the supervision and teaching that I received from Vyana and Nance. And last but not least, I want to thank John Bottone, who was there in the beginning, encouraging me and getting me started on this path in the first place. ♥

WHY THIS FINAL EDITION?

Mail distribution is an expensive proposition these days. FSM has worked hard to maximize its effective use of resources. Future publications, as we transition to owning and operating Shalom Mountain for the community, will primarily be available via email and the internet. The retreat brochure and schedule will continue to be distributed via regular mail.

We know that many of you prefer a “hard copy” to read and have available for your convenience. We’re asking that you support us and print your own copy from the “on-line” material. Many more opportunities to provide tuition assistance and support on-site facilities become available by making this cost savings.

Future publications will be available for reading, downloading and printing at shalommountain.com and notices will be sent via the listserv (shalomathome@yahoo.com) as well as posting on ShalomAtHome.com as well as Shalom’s Facebook pages and other community websites.

Want to be sure you’re on our email lists? Send your request to email@shalommountain.com or friends@shalommountain.com. ♥

My Mentorship Experience - A Sacrament of Redemption

By Judi Johnston



I once received a card from my friend and fellow Shalomer, Elizabeth Huggan that stated:

“In the book that is your life, one chapter should be extraordinary”. I think I am in that chapter.

In September 2010, I came to Shalom Mountain to complete a two month Mentorship with Nance. I came early so that we could paint the bungalows which would be home for the Mentees, and I have stayed on. In fact, I am still here. Nance teases that September was the first month of my Mentorship and I have yet to decide what my second month will be! Indeed, that remains unclear. What is clear is the ‘rightness’ of being here. For the past seven years, what I have known in my whole being is that Shalom Mountain, and the leaders who skillfully weave a sacred container and then diligently model the Principles and Skills of Loving, has been a place of healing for me. So, when my life unraveled, I knew where I needed to be in order to rebuild on the foundation that I had created through my Shalom experiences.

At the end of a Shalom Retreat we write our learnings and intentions. I often have great insights and lofty goals. I also often have a great deal of difficulty realizing these intentions at home. The Mentorship offers me an extended time to incorporate these learnings and intentions into my daily life. As a Mentee I establish my own goals. One of my goals is to develop and practice spiritual disciplines. The Shalom website says:

As a residential community, we practice disciplines such as meditation, yoga, journal writing and dream dialogue to strengthen our relationship with each other, The Divine and the world in which we live; and to live to our full capacity in the world . . .”

In this community I meditate, practice a walking Metta, journal, visit the stones to soak in their wisdom and end my day with a gratitude list. Having this extended time to develop spiritual practices now makes them transportable in my life.

As well as spiritual discipline, my Mentorship gives me opportunities to practice the Principles and Skills of Loving in an intentional and loving community. I have gained many insights from this community in terms of how my old story shows up, how I block life and love, and how to do it differently. Amen. Living in community has been a huge teacher, gentle mirror and forgiving laboratory.

During an average week as a Mentee, I work on my individual goals as I live each day; I write a paper highlighting my week which focuses on my goals; I set a weekly calendar; I meet with Nance, my Mentor; I participate in Mentee Council; I help prepare a community meal; I participate in Spiritual Direction with Elizabeth Broyles; I walk the land, engage in creative expression and interact with the local Shalom community on Cattail Road. My Mentorship also includes a stewardship opportunity. This for me is a time to give back to a place that has given me so much. In my professional life I am a secondary school guidance counselor. Working, witnessing and advocating for adolescents is rewarding work, and I often do not know what the long-term outcome of our encounter is for them. Here, I intentionally select stewardship activities that glean immediate results – painting, weeding, and gardening. It is not lost on me that I arrived last year at harvest time. I reaped what others had sown. It seems fitting to be here in the spring, planting what others will harvest. That is part of the beauty of Shalom – to take from other’s experiences and wisdom and leave a little of myself as well. Having a mentor brings intentionality to the ‘wisdom and experience’ piece, and helps me generalize my learnings.

This past spring I adopted a puppy named Jetson. She is from a ‘high kill’ shelter in Tennessee. Except for her very early life, until her adoption, Jetson spent her life in cages, fending for herself against other larger dogs. One could say she is in her own Mentorship program. Her home now has 70 acres of land which she roams happily – chasing leaves, birds and imaginary things. Soon after her arrival, she started to protect the land and love ‘her people’. Jetson embraces the Principles and Skills of Loving. She practices ‘love is not time bound’. She lets us know her needs. She embodies ‘love is a gift’. It seems Jetson understands that she has been given a second chance. I understand it too. I am here, saving my life. For the two of us, and I think countless others, Shalom is where we take and eat the sacrament of redemption. I add the gift of this sacrament, and my Mentorship experience to my nightly and growing gratitude list. ♥

Living in Shalom Community

By Leslie Krasne



This past year, I spent five months living in residence at Shalom Mountain as part of the Mentorship Program. It was poignant for me that my time in community happened to be during the fall and through the heart of winter, seasons that draw us inward to hibernate, letting the seeds and possibilities for spring and summer mull around in our thoughts and subconscious. I left my life in Chicago. Shalom Mountain was going to be a two-month pit-stop on my way to my new life. Little did I know I had something else in store for myself; I was going to start my new life at The Mountain and stay a bit longer than anticipated. It began with immersing myself in the loving community that we all share and tend to, in order that others might utilize the healing foundation the community provides. I was in need of “urban detox” as I called it, and I had no idea of the profound impact each of you would make in my life.

There are many levels to the Shalom Community, each layering atop each other to create a delightful fabric with a depth and richness I had not ever encountered. These levels included my small mentee group, the residential community, my Intro to Process Training group, the retreat participants, the Shalom Leadership and the on-line Facebook community. All of these groups overlapped and integrated into my life like a wonderful quilt that I could rely on when needed. No one level is more important than another and each portion gives and receives equally over time.

Living in community at Shalom allowed me to really see myself and my patterns quite clearly. I could only do that by seeing others and their mirrors for me on a daily basis. To say the least, I was surprised by the unconditional love. I had been operating by the premise that, in order to have one’s own needs met, a person must first do for others. Give it all to get a little - and I was out of currency. My time at Shalom became a time for me to re-build my bank, fill it with the energy, to find a way to return that energy to the world. In this regard, I was fortunate to have found such groups with which I could experiment and grow.

I was provided a safe space to be held by others when I could not hold it together myself, to really feel my emotions; the pain and the joy of unfolding and all the feelings in between. I had to learn how to hone the skills of trusting my intuition and other people and The Process. It was hard for me at first, but the Shalom Community embraced me, worked with me, waited with me patiently and loved me fully the entire time.

In my bungalow I posted, “Look deep into nature and you will understand everything better.” - Albert Einstein. It rang true as the land on The Mountain is sacred and healing. The rituals performed as a community on that land will be cherished memories that helped to concretize the intentions I set out for myself this year.

In community I learned how to create a life for myself that I LOVE— not just a life I “like” or “muddle through” — but LOVE. I was able to see myself through others, open myself to possibilities, and to trust the unfolding... all which was made easier by being surrounded by such wonderful people. I could never have attained this level of understanding of myself on my own or in such a short period of time, and it was only through the loving community at Shalom my transformation came to fruition. I look forward to giving back to this unique community that continues to hold me while I continue my process to unfold, trust and love... in the little blue house I now rent in nearby Livingston Manor. ♥



Learning from the Intro to Process Training

By Bill James-Abra

I’m a sworn introvert and one of the recurring, awkward moments of my life is walking into the kitchen at the Mountain on the first evening of any Shalom event. Arriving last fall for the “Introduction to Process Training” was no exception. Supper was leftovers from the retreat that had just ended, so I found myself picking through the fridge with strangers, trying to appear easy going while negotiating who got the last of the Moroccan chicken. Somehow, it felt uncomfortably intimate. I usually eat leftovers alone in my kitchen, with a serving spoon, straight from the Tupperware ®. Sharing Moroccan chicken was a pretty private encounter to be having with people I wasn’t even sure I liked yet.

But so we began, setting out for our six months together: six months, from October to March, two days each month, from Sunday evening to Tuesday noon. When all’s said and done we spent twelve days together and half a year. And I think it’s fair to say that steady rhythm of returning to our little community, month by month, allowed us to meet ourselves and each other more deeply. There was a kind of accountability that developed; accountability about our lives and our intentions. A typical retreat or an extended summer Shalom allows for seeing ourselves through the eyes of the community, receiving affirmation... all that good stuff. But in the Intro to Process Training the half year of monthly weekends allows for affection to deepen, irritations to arise, infatuation to collapse, discoveries to come... in a much more sustained and sustaining way.

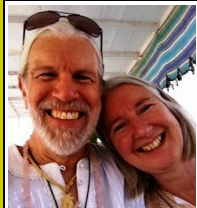
Each weekend had room for experience and reflection on some aspect of Shalom process: Core Energetics, holotropic breathing, mat work... and that troubling question “how do you choose a really great mat trip song?” And each weekend also had process work that invited deeper experience of ourselves as leaders, of our bodies and of the stories we tell ourselves and one another.

The program brochure will tell you that the Intro to Process Training offers “a unique blend of applications for both personal growth and professional development”. That sort of captures it. And it’s true that for some the six weekends were about “professional development”, doing some initial exploration of our fit with leading retreats or looking for ways to take Shalom process into our working world. But the richer gift is the personal growth and discovery. And as always, it comes in ways that you won’t experience anywhere else. Consider it for yourself... but arrive early or you’ll miss the Moroccan chicken. ♥



Learn more about the new members of the new Shalom Mountain Inc. Board and what is they’re up to.

Go to the Shalom Mountain website (shalommountain.com) and click on the *ABOUT* button and then on the *SHALOM BOARD* button that appears. You’ll see pictures of each SMI Board member along with a brief biographical sketch. Also, see current information about what the new SMI Board is up to. ♥



THE GIFT

By KAI

Chris and I attended Burning Man three years ago and were blessed by many lessons that have been integrated into our lives. I trust that any community facing the challenges of transformation as Shalom is now, could find helpful guidance in the Burning Man model.

For those not familiar with Burning Man, it is an annual festival, held in a desert lakebed in northwestern Nevada where there is nothing but sand and more sand. When we attended, we joined 47,000 others who came to enjoy community, creative expression and a sense of surprise and adventure. The management provides ice, coffee and the basic layout structure of the city. Everything else is created by the people who come. Activities are provided by the attendees who bring their passion and a desire to share that passion. The rule is that if you want to see something happen at Burning Man then make sure that you bring it.

One of the amazing qualities of Burning Man is that it is a gifting society. Nothing can be bought, sold or even bartered. Whatever is transferred from one to another is a free gift. For me, this was a dramatic experience of living in a totally new paradigm. The basis of a gifting society is abundance -- the trust that there is enough for everyone, that we will be supported in what we need and that we all have unique gifts to give. People who attend Burning Man are intentional about bringing what they need for themselves. Many also spend long hours preparing the gifts they want to share with the community. It is the giving that is exciting, not just the receiving.

One year a man came with a truckload of salmon that he had hoped to sell in order to make a profit. When he arrived with his truck, he found that he was not allowed to take money for his goods. At first, he was angered by this rule. But as he started gifting his fish, he began to experience something else. Soon the fish had all been distributed and the profit that accrued was in his pleasure and delight, not his financial gain. The next year, he showed up again with his truck filled with salmon, knowing that this was his gift and that he was receiving in his act of giving.

Burning man calls us to full participation in much the same way that we are called to show up fully at a Shalom Retreat or work weekend. It is our energy that we bring as a gift -- our creativity, our ideas, our actions and also our money. One of our teachers taught us that money is simply energy. It can be, indeed, love energy and when we offer our money we are spreading our love. Love wants to move, and it grows when it is shared with others.

So what does this mean for us and for Shalom? Most of us think of Shalom as a place to go to receive -- healing from skilled leaders, the beauty and peace of the environs, the joy of community and the companionship of fellow journeyers. But what is our gift to the mountain? What is the unique energy that is ours alone to bring? Just as Burning Man is shaped by the people who attend, so is the Mountain and she needs the gifts of each of us for her to become the most that she can be.

Shalom has been a changing and evolving entity since its inception. Now it is in a stage of even deeper and wider re-visioning. This is a time when each of us must step up and know that we are part of the process of change and also the building. It is time to trust in the abundance of a loving community and to be part of the unfolding that we seek. Shalom needs all of our gifts, big and small. We have all been blessed by Shalom. Now it is time for us to bless her and ourselves by giving our gifts.

As Chris and I begin our seventh year as Mystic Travelers, we are grateful to all of you in the Shalom community for inspiring us. We carry the Shalom energy wherever we go as part of who we are and in the stories we love to tell. Thank You. ♥



The Unending Flow of Shalom

By Nancy Thomas
SMI Transition Director

Transition—what a cool, clean word. And, yet underneath it in our Shalom community lie intense emotions of every kind, including the fear that this transition will never end. Over the last 16 months, each conversation I've had has reminded me yet again that no matter what, each of you carries personal and deep emotions about Shalom.

“Once inspired, forever loyal” doesn't mean necessarily in agreement. How on earth can this ever work?

How has it worked?

When Jerry knew it was time and sold the Mountain to Joy and Lawrence, *it was not what they expected*. Yet, just as Jerry loved Shalom, so did Joy and Lawrence love Shalom. **And it became something different.** When Joy and Lawrence knew it was time and sold to the Stewards, *it was not what they expected*. Yet, just as Joy and Lawrence loved Shalom, so did the Stewards love Shalom. **And Shalom became different again.** When the Stewards knew it was time and sold to the community forming the new nonprofit, *it will not be what we expected*. Yet, just as Victoria, Terry, and Shawn loved Shalom, the whole community loves Shalom. **And Shalom will become something different.**

The flow that carries us to and through one transition and then another is the love carried by each of you. And again and again, Shalom morphs and explodes and evolves into what she has always been—an opening for love.

With love,

Nancy

One day becoming Former Transition Director ♥

An Important Message From the SMI Secretary Joyce Harvey-Morgan



Greetings...

As Secretary of the new Board of Directors of Shalom Mountain, Inc. (SMI), I want you to know that minutes of regular board meetings will be posted on the Shalom Mountain website (shalommountain.com). If you're interested in reading them, you can find them, plus the new by-laws we have written, by clicking on the “ABOUT” button on the website and then clicking on the “SHALOM BOARD” button under that. Our plan is to make the results of all our work available to the community so that you can stay informed about what we are doing.

Best wishes to all,

Joyce Harvey-Morgan

Last December the dream of transforming the retreat center, Shalom Mountain, into a non-profit organization was simply an idea – a well developed idea, but still only an idea. Putting the legs under this dream is being made possible in part by a group of Shalomers who stepped forward with their energy in the form of monetary gifts. On behalf of the entire Shalom community, we offer our gratitude and acknowledgement to the following donors who have given their support to Shalom Mountain at this critical time.

Elizabeth & Hunt Anderson
(in honor of Robert Close)
Laurie Anderson
Bill Andruchow
Antonio Aversano
Nancy Baker
Tracey Baum-Wicks
Brad Bazargani
Ann Beeman
Anne Bergen
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Vyana Bergen & Cristian Graca
Howland Bickerstaff
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David Hobbs
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Opal Horvat
(in honor of all of our leaders)
Elizabeth Huggan
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Annie Jackson & Tom Small
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(in honor of Annette Covatta)

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Emma Wrigley
Jennifer Wrigley
Cheryl Yates
(in honor of Patricia Yates)
Katherine Zimmerman

4 Anonymous donations

The Shalom Mountain Community has a LISTSERVE using Yahoo Groups. To join , do ONE of the following:

Visit the home page @ <http://groups.yahoo.com/group/shalomathome> and click the *Join This Group* button.

OR Go directly to your Join Page: <http://groups.yahoo.com/group/shalomathome/join>

OR Send email to our group subscribe address: shalomathome-subscribe@yahoo.com



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Be sure to check www.shalommountain.com for the latest, most accurate Shalom Mountain event schedule
 Reach Shalom Mountain Retreat Center at (845) 482-5421 or email@shalommountain.com

We gratefully acknowledge all the folks in our wondrous Shalom community who provide regular ongoing support as *Faithful Friends* of Shalom Mountain. Without your commitment, we could not have gotten to this place of creating a blossoming reality from the dream of a community supported non-profit Shalom Mountain. Currently active Faithful Friends are listed below. An overwhelming majority of these people have been giving for 5 years or longer. Others have given in the past and most have advised us they will be participating again as soon as they are able. Thank you!

Joellyn Ausanka
 Marc and Rebekah Beneteau
 Vyana Bergen
 Jacqui Bishop
 Bill Blackwelder
 Faye Bottone
 John Bottone & Richard Schoeller
 Sharon Brain
 Liza & Reed Braude-Glidden
 Peter Britton
 Lori Brock
 Elizabeth Broyles
 Amaryn Clare
 Ani Colt
 Malcolm Coolidge
 John Covello
 Joy Davey & Lawrence Stibbards
 Stephen Dicke
 Paul Doud
 Ed & Sue Douglas
 Clara Marie Duhon
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 Carol Herndon and Paul Bennett
 Deborah Fausch & R.D. Hunting

Henny Feldman
 Joe & Margie Ferrao
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 Gretchen Nabors
 Tom Olien & Virginia Lake
 Joe Patuleia
 Ted & Donna Pearce
 Kathy Perrego
 June Pinkney Hunter
 Roberta Raab
 Adele Raade and Ray Sims
 Shelly Reichenbach
 Betty & Charlie Ross
 Marina Rozenberg
 Gerry & Sandie Rumold
 Joan Sanborn

Melanie & Bob Santoriello
 Catherine Scherer
 Carol Schoenleber
 Phyllis Searby
 Geri Sestok
 Diana Smith
 David Stickell
 Jim & Kathy Sullivan
 Sandy Sult
 Roger Telschow & Frances Gatz
 Julie Thiers
 Michael & Nancy Thomas
 Kori Tolbert
 Richard & Amy Webb
 Dianne Weisselberg
 Heidi Winkler & Eddie Sauer
 Bill Witt
 Barbara Wrigley
 Tina Wyman

6 Anonymous Faithful Friends