



Olean Meditation Center

2021 Annual Report



A Welcome Place for All!

Olean Meditation Center was founded in 2011 as a non-profit organization for the promotion of meditation instruction and practice in a variety of forms and spiritual traditions. Our facility opened in 2013.



Vision and Values
As a nonsectarian sanctuary elevating personal well-being and spiritual living, we are committed to honor the values of unconditional acceptance of all who visit us, natural simplicity, inspiration, and compassion.

We Host Spiritual Groups



We Sponsor Interfaith Programs and Promote Outreach



We Offer Nonsectarian Mindfulness



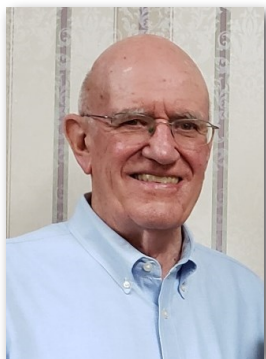
Mindful  Wellness

*For Vulnerable Populations
And For the Community*

We Hold Four Yoga Classes Weekly



A Message from the President



Our theme last year was “Bridges to the Future” as we were working to emerge from the entrenchment of the pandemic with inspiring plans to promote the well-being of the community. Much of this effort has centered on Windfall Gardens as we conclude a successful 18-month fundraising drive for the 2022 construction of a community labyrinth. Heart-thanks go to the Olean Blind Association for a leadership grant and to OMC’s Friends who donated \$10,000 on Giving Tuesdays in 2020 + 2021.

A Year of Emerging Horizons

2021 brought to OMC a quite amazing and unexpected set of resources: three additional meditation instructors! Celine Daly, MD is well-known in the area for her “Sound Bath Meditations.” She is returning “home” in retirement. A 40-year meditator and trained meditation teacher, she taught a nonsectarian class on Meditation for Wellness before returning to Bhutan to be with her diplomat-husband for his final posting. Local universities brought two experienced Zen practitioners to the area: Max Jensen, PhD who teaches Spanish Literature & Language at U-Pitt Bradford, and Audrey Hager, PhD who joined the Psychology Department at St. Bonaventure University. In addition, OMC is supporting Katie Ward’s training as a certified meditation teacher. The five of us are collaborating on nonsectarian **Mindful Wellness** curricula; and, with excitement, we look forward to offering new programs that address and serve community needs.

Board of Directors

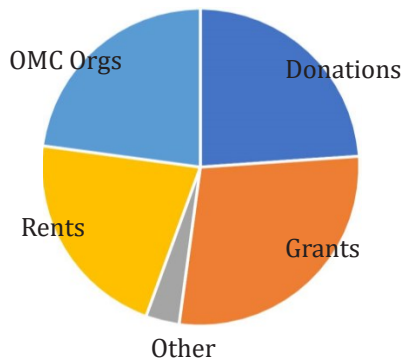
John M, Hart, Jr. (Chair), Dr. Ashok Kothari, Richard Reilly (President), Dr. Srinivas Thandla, John F. Vosburg III (Secretary), Jeanne Walk, Robert Walk.

2021 Financial Summary

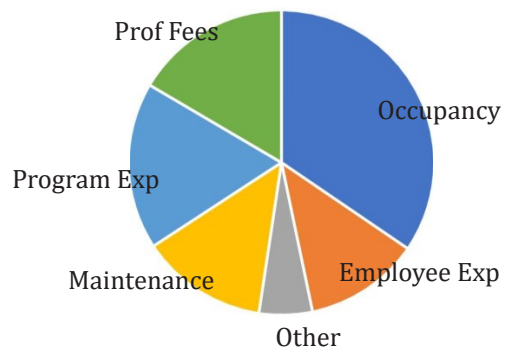
The financial impacts of the Covid-19 pandemic on OMC's 2021 operations were significant. Pandemic precautions largely account for a decrease in event-related revenue of some \$5500, due largely to a 50% decrease in yoga class fees and a 40% decrease in event donations. On the other hand, OMC did receive a forgiven Federal Payroll Protection Plan loan of \$1533, and substantial NYS Emergency Rental Assistance for 2021 is forthcoming. Fortunately, too, the 2020 NYSCA grant of \$4600 awarded to OMC by the Tri-County Arts Council carried over to 2021 and fully funded the expenses for rescheduled Soulful Expressions' events as well as for a Mindful Families' clay finger-labyrinth workshop.

The 2021 year-to-year decrease in operational revenue was offset by a year-to-year increase in grant-revenue of \$5400. In addition, an unexpected year-to-year increase in expenses relating to professional services was offset by a decrease in employee expenses, as our Center Director took another position and has yet to be replaced. Overall, 2021 revenue saw an increase of 30% over 2020. Here is the breakdown of 2021 revenue and expenditures.

2021 Revenue



2021 Expenses



OMC ended 2020 with cash assets of some \$27,500. Year-ending cash assets in 2021 will show an increase of nearly 25%, with over half committed to the labyrinth construction project in 2022.

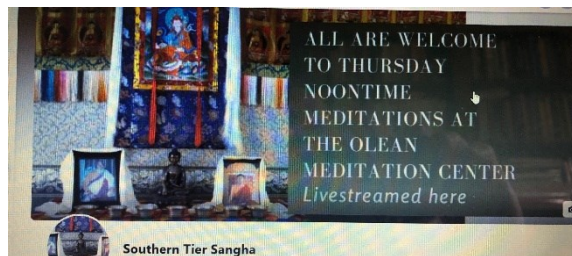
Community Programming Highlights

Soulful Expressions--June Festival

 <p>Yoga Betsy</p> <p>10 - 11:30 a.m.</p> <p>HATHA YOGA AND FULL VISHOKA MEDITATION</p>	 <p>GUATEMALA TODAY 12 p.m.</p> <p>AUTHOR & ARTIST MARILYN ANDERSON</p> <p>The Changing roles of the Mayan people through history and hardship is powerfully revealed in their art, as presented by author & artist, Marilyn Anderson.</p>
<p>HATHA YOGA AND VARIATIONS ON SUN SALUTATION</p> <p>1:30 p.m.</p>  <p>Yoga Wellness with Kimberly</p>	<p>MEDITATIVE DRUMMING 3 p.m.</p>  <p>WITH RICH SCHULER</p>
 <p>FACES OF AFRICA PHOTOGRAPHY BY DR. CHARLES WALKER</p>	 <p>Currently on exhibit in the Olean Meditation Center</p>

Community programming was a major challenge in 2021 because of Covid-19 protocols. OMC received a 2020-21 NYSCA grant through the Tri County Arts Council for a nine-event series, Soulful Expressions. While the original slate of events, with two exceptions, were twice cancelled, OMC was fortunate to be able to showcase the talents of eight regional presenters through a June festival and a Mindful Families workshop on clay finger labyrinths.

Livestreams and In Person Series



The pandemic encouraged livestream programming. Southern Tier Sangha streamed meditations weekly and Vicki Kearns streamed Christian reflections.



After many months, we got back to basics with workshops by master teachers on spiritual practices in Hinduism, Judaism, Christianity, Taoism, and Buddhism.



**Spiritual Teachings
& Practices**
Across Five Traditions

Fall 2021
Saturday Morning Series

Mindful Wellness


OMC is proud to announce its grant award from the Mental Health Association to offer a series of wellness programs in partnership with three agencies serving vulnerable populations in the region.



Mindful Wellness Facilitators

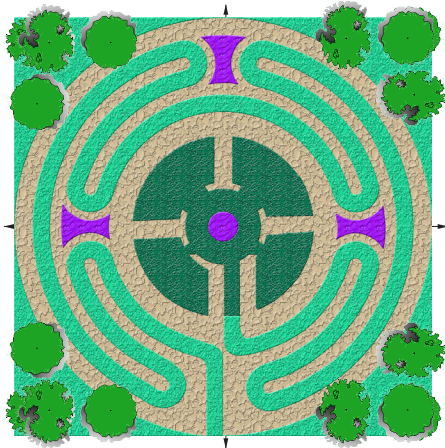
Rich Reilly, Max Jensen, Celine Daly, Audrey Hager
(absent: Katie Ward)

The three agencies are: Council for Addiction Recovery Services (CAREs), Connecting Communities in Action (CCA), and Directions for Independent Living (DIL). These agencies each serve a unique population of vulnerable individuals. Each agency-partner will recruit, transport and monitor program participants for eight 2-hour sessions at OMC and will receive consulting services to establish program continuation at their home sites.

Mindful  *Wellness* is modeled on the well-known Mindfulness Based Stress Reduction (MBSR) program developed Jon Kabat-Zinn at the University of Massachusetts Medical School. Participants will be provided an array of evidence-based techniques that promote emotional balance and reduce stress through an increase in mindfulness. Mindfulness is a mental state marked by nonjudgmental awareness of the present moment, including one's thoughts, sensations, bodily states, and environment, while encouraging openness, curiosity, and acceptance.

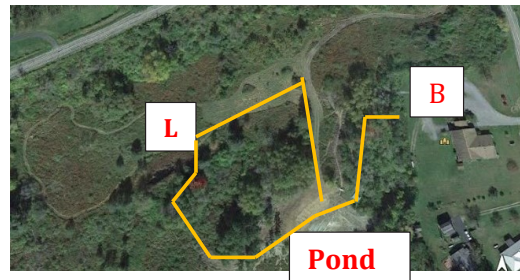


Windfall Gardens is a beautiful, 11.5-acre nonsectarian outdoor sanctuary designed to inspire spiritual awareness and promote holistic well-being. Giving Tuesday 2021 capped an 18-month fundraising effort to construct a community labyrinth in 2022.



The labyrinth, an ancient symbol of wholeness, invites the timeless practice of walking a path, combining the imagery of the circle and the spiral, for a symbolic journey to one spiritual center and then back into the outer world. For Windfall Gardens, a 75' labyrinth design includes multiple center spaces to accommodate solitary reflection, sectarian practices, interfaith dialogues, and mindful activity programs for families and community groups. OMC is committed to providing handicapped accessibility.

Site Plan. The entrance trail from the bridge (B) leads to a pond with a vista view. From here a path leads to the labyrinth (L) and a second pond.





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