

**Shambhala Meditation Center of Albany
We Need Your Support**

Everybody is welcome to attend the Shambhala Meditation Center of Albany. Meditation instruction and practice sessions are free and open to all. The Center provides a place for meditation practice and study in the Shambhala Buddhist tradition. We provide classes, programs and special events. Fees for programs and classes vary; discounts and work-study are always available. As a non-profit and volunteer-run organization, support by the community is essential.

Our Center relies on donations and membership dues for our base support. All contributions are tax-deductible. Your generosity goes a long way to sustain the Center and its activities. Please consider making a donation or joining us today. You may make a contribution as a friend at any time without becoming a member. By using the Friend/Member Enrollment form, you can ensure that you will receive a receipt for your donation.

Our Center relies on the efforts of volunteers to carry out activities. Myriad activities go into the ongoing presentation of meditation practice and study opportunities. Volunteer efforts range from small one-time tasks to large ongoing efforts. Some possibilities are timekeeping, hospitality, mailings, special projects, staffing events. If you have a skill or talent to offer, such as writing, flower arranging, interior decoration, photography, fundraising, please let us know.

How to Support Shambhala Meditation Center of Albany

- Become a friend, member and/or volunteer
- Complete the Enrollment Form
- Send it to the Shambhala Center address at the top of the form, or bring it to the Shambhala Center.
- Email David Rook at daviderook@gmail.com or call (518) 439-7618 if you have any questions about friend/member enrollment

Friend/Member Enrollment

Please complete the form & send it to Shambhala Meditation Center of Albany, 879 Madison Ave, Albany, NY 12208, or leave it at the Center with your contribution. Checks can be made payable to: Shambhala Meditation Center of Albany (can be abbreviated to "SMCA"). See reverse side for automatic withdrawal authorization form.

Name	_____
Street Address	_____
City ST ZIP Code	_____
Home Phone	_____
Work Phone	_____
E-Mail Address	_____

Become a Friend

I would like to be a Friend and make a contribution of \$ _____ per _____ month / quarter / annually (circle one).

I would like to pledge \$ _____ as a one-time or additional contribution.

Become a Member

I would like to be a Member and make a contribution of \$ _____ per month / quarter / annually (circle one).

Our guideline for monthly dues is \$25 per month. However, more important than the amount is the regular commitment based upon what you can afford.

Become a Volunteer

I would like to talk to someone about other ways I can support the Center _____

