

Montpelier Shambhala Center: Membership

We invite anyone interested in the Montpelier Shambhala Center (MSC) to consider becoming a member.

Becoming a member of our Center simultaneously brings membership in [Shambhala](#), a global community committed to cultivating mindfulness, awareness and compassion—personally and in society.

Membership is a way to express appreciation for what Shambhala provides and help make it available to others. This involves three areas of engagement and support:

Practicing meditation

Making a connection to mindfulness-awareness meditation or related contemplative practice and integrating this practice into daily life is considered the best way for members to support Shambhala and benefit the world and ourselves.

Volunteering

All of the work of our Center and much of the work of the Shambhala global community is done by volunteers. Giving our time and talents to the work of the community is a vital form of support and viewed as part of members' practice.

Providing financial support

We rely on membership dues to pay our basic operating expenses and view financial giving as part of our practice as well. Suggested Montpelier Shambhala Center dues are \$15-25 per month. Members are welcome to give more or less than these amounts as they feel inspired.

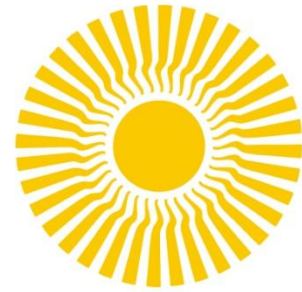
While membership is primarily an expression of appreciation, it brings several privileges. These include:

- Access to the Center's library
- Opportunities to staff programs and receive related training
- Eligibility to participate in the Center's governance
- Access to the wealth of resources in Shambhala's main website
- Eligibility to apply to attend advanced training programs, and to apply for related financial assistance from the Center's Scholarship Fund

To learn more about membership, contact Ellen Kahler, Membership Coordinator, at ekahler@gmavt.net. To become a member, please complete our membership registration form and give it to Ellen, who will then be able to guide you through the rest of the membership process.



Montpelier Shambhala Center: Membership Form



Name: _____

Address: _____

Town, State, Zip: _____

Phone: _____ Email: _____

Monthly Pledge Amount: _____

One Time Donation: _____

Make check payable to Montpelier Shambhala Center



Montpelier Shambhala Center
Attention: Ellen
64 Main Street, 3rd floor
Montpelier, VT 05602

Thank you for your support!

We aspire to make our donations systems as user-friendly as possible and invite you to help us do so. You can send your suggestions, comments and/or other feedback to Ellen Kahler, Membership Coordinator, ekahler@gmavt.net. For instance, if you would like to make a monthly donation by automatic withdrawal from your checking account or credit card, please let us know and we will be happy to assist you with this.