



charityfocus.org

# CharityFocus Retreat May 2009



# w e l c o m e

Dear CharityFocus Coordinators,

Thank you for attending our 2009 retreat. Trishna and Guri have organized this wonderful gathering with three primary intentions.

First, it is to share and support each other's journeys of service. When the Buddha was asked of the most important asset on a spiritual journey, he unequivocally responded: "company of noble friends." Ten years ago, CharityFocus held that humble intention at its center and this retreat is no exception.

Second, our intention is to share stories and ideas from CharityFocus projects. With thousands of volunteers who have served locally, hundreds of thousands of members, and millions of Internet users who consume our inspirational content, we never have a dull moment! ☺

Third, it is to hold space for synergies and "step it up" possibilities to emerge. :) Instead of the traditional plan-and-execute model, we work in the search-and-amplify realm; and given our social-capital driven infrastructure, we are uniquely positioned to nurture the field of gift-economy.

To preserve a small group feel – unlike most of our other events ☺ -- we have limited this retreat to a few coordinators. On Sunday morning, though, a few close friends of CharityFocus will join us to share some of their inspirations.

In the coming pages of this document you will find information on the agenda, participants, guest profiles, location details, and opportunities to help out.

Thank you for being a partner in service. I feel blessed to be volunteering with all of you.

Nipun



# agenda

FRIDAY	"Story of ME"
3:00-4:00PM	Arrival**
4:00-5:00	Group Meditation
5:00-6:00	Dinner
6:00-9:00	Circle of Sharing "What is a recurring insight that you've been experiencing?"

\*\*Carpooling information will be sent out as we get closer to the dates.



# agenda

Saturday	"Story of WE"
7 - 9	Yoga/Breakfast/Shower
9 - 10	Group Meditation
10-10:30	Overview of CF (Nipun)
10:30-11	DailyGood/iJourney (Viral)
11-11:30	HelpOthers.org (Trishna)
11:30-11:45	Activity
11:45-12:15	Works & Conversations (Richard)
12:15-12:45	Karmatube (Birju/Jenny)
12:45-2	Lunch and Break

Saturday	"Story of WE"
2-3	Local Events (Pavi/Binal) Karma Kitchen, Karma Clinic, Weds
3-3:30	ProPoor.org (Yoo-mi)
3:30-4	Technology (Neil/Nipun) CF Sites, PledgePage, iPhone, Social Media
4 - 5	Coffee/Tea Break
5 - 7	Open Space Brainstorm
7 - 8	Dinner
8 - 9	SmoothFeather Videos (Silas)
9:00	Rest ☺



# agenda

SUNDAY	“Story of US”
7 – 9	Yoga/Breakfast/Shower
9 – 10	Group Meditation
10:00-10:30	CF: Past, Present, Future (Nipun/All)
10:30-12:00	Guest Circle of Sharing
12:00-1:30	Open Space Brainstorming
1:30-3:00	Lunch and Free Time



# COORDINATORS

- ❖ Nipun “not on Facebook” Mehta
- ❖ Trishna “still the cub” Shah
- ❖ Mike “Smile Card” Chang
- ❖ Neil “farmer” Patel
- ❖ Yoo-mi “52 countries” Lee
- ❖ Silas “Dakota” Hagerty
- ❖ Pavi “poetry” Mehta
- ❖ Kanchan “Ayurveda” Gokhale
- ❖ Paul “editor” Van Slambrouck
- ❖ Birju “lemonade” Pandya
- ❖ Richard “artist” Whittaker
- ❖ Jenny “gambarimasho” Douglas
- ❖ Viral “meditation” Mehta
- ❖ Arathi “Hhhharvard” Ravichandran
- ❖ Binal “purple” Shah
- ❖ Guri “Punjabi” Mehta
- ❖ George “guitar” Myers



# sunday guests



**Rev. Heng Sure**

Abbott, Berkeley Monastery  
Avid DailyGood reader



**Barbara Cushing**

ED, Kalliopeia Foundation  
Karma Kitchen volunteer



**Tapan Parikh**

Professor, UC Berkeley  
MIT's Humanitarian of the Year



**Marianna Cacciatore**

ED, Bread for the Journey



**Jayesh Parekh**

Entrepreneur, Sony Ent. TV in Asia  
ProPoor Founder, longtime CF'er



**Mark Finser**

Founder, RSF Social Finance  
Venture Capitalist, CF fan



**Pankaj Shah**

Founder, Tonic & GreenDimes  
Hard core Smile Carder!



**CF "Mom and Dad"**

Host to birthing CF, 20K+  
Wednesday meditators, and more!



# location

**2336 Stage Coach Canyon Road  
Pope Valley, CA 94567**

*Nestled in the private Berryessa Estates, located on the border of Napa and Lake Counties, is this charming getaway property that also contains picnic grounds with custom made stone barbeque and sink. The house has vaulted ceilings with skylights in the kitchen and bathroom; stainless steel appliances, fully appointed living room, kitchen and fireplace. On the elevated deck you can pull up a chase lounge and bask in the Napa Valley sun while overlooking beautiful mountain views. An elaborate custom bathroom and rustic design make this a great retreat from your daily routine in a quiet and secluded community. This 4 bedroom/3 bathroom house is 3000 square feet and rests on 3/4 of an acre that has easy access to Putah Creek, the main inlet to Berryessa.*

With a group of 15, this is going to be a cozy weekend. 😊 **If you'd like to tent in the backyard, please let us know right away!** The weather is expected to be in the 70's next weekend. Yay! However, we still advise everyone to bring sleeping bags.

There is **NO internet** at this place, so be forewarned! 😊 Of course, we will have a projector, screen, microphone, speaker, TV/DVD player, and guitar and a massage table. 😊



# volunteer

In the spirit of all things CharityFocus, this is an all volunteer-run event. If you'd like to pitch in, here are some of the volunteer opportunities for the weekend:

- Record Meeting Minutes
- Take Photographs
- Prepare a Meal (if you have ideas for a simple one-dish-wonder!)
- Help With Clean-up After a Meal
- Setup Tea/Coffee for 5pm Break
- Pre-Friday: Planning, Grocery Shopping, Etc.

If you'd like to help with these items, or have other ideas, please email the retreat organizers (Trishna and Guri) at: [retreat09@charityfocus.org](mailto:retreat09@charityfocus.org)

To reach all participants of this retreat, email [retreat09-all@charityfocus.org](mailto:retreat09-all@charityfocus.org)



"TO MOVE  
FORWARD,  
RETREAT."

