



Pyareo Home Newsletter

Summer – 2009

A Year of Changes

Peter Bacon

Contents:

- ◆ A Year of Changes . . . p. 1
- ◆ Don't Miss Out . . . p. 2
- ◆ Administrator's Corner . . . p. 3
- ◆ Chocolate Zucchini Cake . . . p. 3
- ◆ Zarina "Ann" Gordon . . . p. 4
- ◆ Marlana Elsner . . . p. 5
- ◆ Walter Hobbs . . . p. 5
- ◆ A Loving, Peaceful Place to Live . . . p. 6

The last year has been eventful, in some ways difficult and at the same time full of grace, as we witnessed the passing of three of our dear brothers and sisters: Ann Gordon, Marlana Elsner, and Walter Hobbs. They had each become a part of the fabric of the life of the residents, staff and friends of Pyareo. The stories of the lives and connections of these three dear ones has been described in separate articles beginning on page 4, but taken together, one cannot but be moved by the great meaning and beauty of their presence among us and the realization of the fragility and impermanence of our earthly existence.

Ann Gordon, who passed in January, was a source of inspiration to many her whole life. To have known her even for a relatively brief time was a privilege, and it seemed that right up to the end time, we were always hearing about some previously unknown chapter of her life of service to others. I had encouraged her in her wish to come to help care for residents, particularly Marlana, and to find a way to be close to her community of seekers. Shortly after her arrival here, we were surprised to find out that she had a serious illness, and would be staying instead to be cared for and to keep our company in the last part of her journey.

Marlana Elsner, who passed in early April, was also very close to all of us, and was a significant person (along with her family) in the planning and founding of Pyareo. For over nine years, the board and staff have tried their best to make her life more comfortable, and help her to deal with a physically challenging condition. On Sundays, a team of us took turns driving the lift-van to Satsang, helped her to her place, and took care of her needs, and it was always with pleasure because her gratitude was great and very sincere. Her sudden passing shocked all of us, and the void she leaves behind in the life of the home is still felt very deeply.

Walter Hobbs was also an integral and inspiring part of the life of Pyareo for several years and his loving and caring presence is sorely missed. Walter was always a friend and companion to all and would make a point to reach out to newer residents to make them feel at home. Always ready for a friendly conversation, he looked after the animal friends as well. Walter had to bear the loss of his dear wife, Morah last year, but got along bravely despite that, and remained of good cheer even as he faced his own health challenges.

The lives of those who Pyareo is able to touch give inspiration to all of us to make the home successful. With our three departed friends in mind, as well as those of us left behind, we have continued to make improvements to the grounds and building. This summer we have planted some additional perennials and blueberry bushes, made a new sign and improved maintenance of the fields, all with the support and help of the circle of the friends of Pyareo. ❖

Now love knows service—
and sacrifice... Where there
is love, there is no burden.
So we have to love God,
and God resides in every
heart. And we are of the
same essence as God — we
are all brothers and sisters
in God.

— Kirpal Singh





putting up the new sign

Do everything with a mind
that lets go.
Do not expect praise or
reward.

Achaan Chah

Don't Miss Out

Helen Downing

It's very slowly that things begin to change in your life. Things you took for granted and thought would always be there.

First, it was a struggle to get up the 14 steps to the master bedroom in my house, and then the shopping, paying the bills, cooking—and the list can go on and on.

Then I heard about Pyareo Home. I hated to think about giving up my home but I knew sooner or later I would have to do it, and I wanted to be the one to pack up my stuff. Since Pyareo Home had a room ready for me to move into, I decided to do it and I'm glad I did.

Pyareo Home is a friendly and accommodating place. They help you meet all the health crises as they come; and they do come. The Franklin Regional Hospital is just four miles away where you can have specialist's care. There is a primary care house doctor, or our van can take you to your doctor.

Our kitchen is fabulous! Our cook bakes our bread and all our food is organic.

I traded my home for a home without worries. ❖

Helen Downing, (a 5 year resident) is 92 years old.



Change is the Only Constant

Administrator's Corner, by Wendy Hobbs

Change is the only constant at Pyareo Home!

In March of this year, we were joined by a new resident, Beth Beaupre. Beth and her family are part of the local Sanbornton community, and we are very happy to welcome them all to Pyareo Home as our new friends and neighbors.

We have a void at Pyareo Home with the passing of our three dear loved ones, Ann Gordon, Marlana Elsner and Walter Hobbs. They brought their own uniqueness to this world and we are all blessed to have known them.

I would like to start a “WISH LIST” for Pyareo Home. Having these things would make our work at Pyareo Home much easier, so thank you in advance for your help.

- Food Processor
- Kitchen Aid Mixer
- Garbage Disposal
- Compost system
- Commercial Dryer

I'm keeping my article short to leave space for another of Ann Matty's wonderful seasonal recipes that we enjoy very much. We are so thankful for her love of cooking, and her dedication in bringing us fresh baked bread every week.

Chocolate Zucchini Cake

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> • 1 ½ cup oil • 3 ½ cup sugar • 8 T flaxseed “goop” * • 2 tsp vanilla • 5 cups flour • 8 T cocoa • 1 tsp baking powder | <ul style="list-style-type: none"> • 1 tsp salt • 2 tsp soda • 1 tsp cinnamon • 1 tsp cloves • 1 cup sour milk (or soy milk with a drop of lemon or yogurt) • 2 cups peeled diced zucchini |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

Add sour milk alternately with the zucchini to the rest of the mix.

Pour into greased pan (9x13) and cook at 325 for 45 minutes

* “goop” is ground flax seed soaked in water for 20 minutes — the consistency is 3 parts water to 1 part flaxseed



Ann Matty shows off one of her cakes

Zarina “Ann” Gordon

June 10, 1949 – January 1, 2009

Zarina Gordon, known to friends around the world as Ann, spent three short months at Pyareo Home. Ann’s spirit and courage in the face of the challenges life presented her was an amazing example of faith in action – of accepting the Will of God. Ann always said that she’d just done what she had to do.

Born in Kenya, Ann’s mother was Kenyan, her father Scottish. When she was young the family moved to England and Ann’s worldwide wanderings began.

Ann trained as a nurse and worked for a time in Italy. She returned to Kenya, married and raised a family. Then in 1987 she immigrated to the U.S. using her nursing skills to find work.

Ann married Ronald Gordon in 1989. Ron had been injured in an auto accident years earlier and was a quadriplegic. Ann, although only five feet tall, drove their wheelchair van, wrestled Ron in and out of vehicles, trains and planes, and lovingly and energetically took care of both of their needs. Dedicated to their spiritual path, Sant Mat, they traveled to participate in meditation retreats and to be with the Master, Sant Ajaib Singh, on tour in the U.S., in Ghana, and in India.

After Ron retired, in 1999 they moved to Ghana where there was a large group of fellow disciples and land for an ashram. The Gordons built a house and oversaw the development of ashram buildings. Ann provided meals for the dear ones and put her nursing skills to use sharing health information.

In 2003 Ann & Ron returned to the U.S. and after Ron died (a year later) Ann was a bit adrift. She went to Kenya to live with her daughter and son-in-law and was there when her first grandchild was born.

When her family left Kenya Ann prepared to teach English as a second language. After two years in China she came to NH, in July 2008, planning to serve at Sant Bani Ashram. But in August, at her first appointment the doctor made it quite clear that Ann was very sick and probably didn’t have long to live. He suggested she make a list of things she’d always wanted to do and go out and do them while she could. Ann’s response was to laugh and say, “What’s left to do, I’ve done everything, lived all over the world.” On the way home Ann pondered, “Well, I thought I was coming to the Ashram to help out” and after a pause, “I’ve come to the Ashram to die — that’s not so bad!” In that brief pause, Ann accepted that God’s Will wasn’t exactly the same as what her will had been. And she did what she had to do — she embraced it. She came home, to what she thought of as the Master’s Home — Sant Bani and Pyareo Home — to Go Home.

Thanks to Ann we learned the importance of living in the moment. Ann instantly accepted the fact that she’d embarked, unknowingly, on the last journey of her life, and she spoke frequently of being ready to go. For those around her it made being sad almost irrelevant. Yes, we’d miss her, but each day — today! — we could still do something. She filled those last months

with moments we’ll all treasure in the remembering – from personal visits with family members, phone conversations with family and friends around the world, sharing popsicles, tea and talks of the Master, remembering so much of life. We take comfort in the fact that Ann lived each moment granted to her — fully. ❖



Marlana Elsner

November 2, 1944 – April 13, 2009

Even before Pyareo opened its doors in 2000, the vision and plan for the Home was a source of hope for its first resident, Marlana Elsner. Before Marlana moved into Pyareo Home, she was involved in the planning and inspiration for the Home. Her daughter and son-in-law were both on the Board of Directors, and Marlana felt included in the preparations for opening the Home. The major advantages of living at Pyareo Home, as Marlana saw it back then, were the proximity to Sant Bani Ashram, and to her family and friends, and the hope of feeling more at home while not feeling that she was overburdening her family.

Over the nine years that Marlana was at Pyareo Home, she formed several important friendships. One of these was with Helen Downing, a fellow resident, with whom she would meet every day at 4 pm to share readings of their spiritual Master. This was an extremely important part of Marlana's life, as she cherished those times in the Pyareo Home meditation room. The more formal meditations, held nearly every day at Pyareo Home, were also a major source of joy for Marlana. These programs, unique to Pyareo Home, greatly increased Marlana's quality of life.

As Marlana's disease, multiple sclerosis, progressed, she needed more care, and her life became increasingly difficult. She inspired many by her ability to make the best of her situation. During the warm months, she would often go up the road in her electric wheelchair to visit her family, or go out for a drive with her devoted friend, Charles Thibodeau. For several years, they brought Pyareo Home's waste to the recycling center each week. Marlana loved the solitude at Pyareo Home, and enjoyed being able to meditate or watch the birds during the day. People sometimes tried to get her to do more activities, but she was content to just enjoy the peace and quiet.

Despite the wonderful aspects of living at Pyareo Home, this spring Marlana was ready to live with her nearby family for what she thought would be her last few years. She was very healthy despite her disease, although it was expected that Marlana would undergo much more debilitation and suffering over the next few years. So it was a true gift to her that she passed away so suddenly, and at home with her family.

On Marlana's behalf, as well as that of myself and my family, I sincerely thank everyone who cared for Marlana and tried their best to make her difficult life less difficult. As a friend of hers said, "through Marlana, Master allowed so many people to do service." May God help us to remember and emulate Marlana's many admirable qualities. ❖



Walter John Hobbs

July 10th 1920-May 24th 2009

Walter was born in London, England. He was the youngest in a family of seven, and was raised by his five older sisters after his mother passed away when he was four years old. Walter and his wife, Morah, immigrated first to Canada, and in the early 1980's moved to the US. Walter worked for Ford Motor Company for 25 years, and after retirement they moved to Florida where they were able to enjoy the warmer weather.

In 2005, Walter and Morah moved to New Hampshire to be closer to their daughter Wendy. Later, when they could not maintain their independence they moved to Pyareo Home, where they immediately felt quite at home. Morah passed away at the end of 2007, six months after they moved in.

During the few years that Walter lived here, his health improved and his worries decreased. The environment allowed him more time to relax, rather than worrying about preparing meals, cleaning, and doing laundry. Walter said many times that he should have moved to Pyareo a lot sooner, because having people support and care for him took a lot of worry out of his mind. It was also nice for Walter because he enjoyed being around people. He would often sit in front of the large sliding doors, watching the birds while also welcoming people as they entered Pyareo Home. He was always ready for a long conver-

Pyareo Home, Inc.
Board of Directors

Peter Bacon, president
Tibor Farkas, vice-president
Tracy Judd, treasurer
Toland Sand, secretary
Shipp Webb

Administrator
Wendy Hobbs

Ombudsman
Gregory Orr

Advisers:
Robert Ford, Esq.
Richard & Teri Barnaby
Russell Perkins

Contact Information:

Pyareo Home
333 Brook Road
Sanbornton NH 03269

Phone: 603-934-2300
Fax: 603-934-7009

E-mail:
mail@pyareohome.org

Web site:
http://
www.pyareohome.org

Pyareo Home, Inc.
is registered as a nonprofit
public charity organization
with the State of
New Hampshire.
All contributions are tax-
deductible — our IRS tax
identification number is
04-3347981.

We hope you enjoy this issue, and that the articles give you a sense of recent events at Pyareo Home. As always, please contact us with your ideas and suggestions.

sation, which would usually be about his years abroad or growing up in England when he was a young lad. He was easily pleased with listening and singing along to an old song, drinking a cup of tea, or going out for a drive when the weather was warm.

We will all remember Walter for his sweet and caring nature, and how he would say good night with the lovely wish of "God Bless." ❖



A Loving, Peaceful Place to Live

Hanz Busch

My earliest memory of Pyareo Home is when it was being built. I remember mixing concrete and wheel barrowing it inside which formed the floors in several of the rooms. Years later, Pyareo became a home for my mother and me. At the time, we were looking for a place to stay, somewhere within the community, and Pyareo became that place. My mother is the caretaker at night, and also cooks for residents on the weekends. I do landscaping, gardening, snow shoveling in the winter, and also use my technical abilities to help staff and residents with computers, telephones, televisions, or anything else.

I work for a landscaping company in the Lakes Region, and also take classes locally at NHTI. Pyareo has provided me with a place for working outside on the land, and a quiet place to study inside while pursuing many interests. As an amateur radio operator, I enjoy worldwide communication using low power Morse code, and offer my skills as service to the community in case of any emergency where other forms of communication fail.

Besides radio, I like taking photographs, and going on adventures into the woods. There is a nice trail alongside the brook, just down the hill from Pyareo Home. Sometimes I walk down there and sit on a rock to meditate or read. Many birds live in the woods there. One day, I was inside, looking out the sliding glass door, and a flock of cedar



waxwings landed on the bush right in front of me. They ate as many berries as they could, and were gone in a flash! Fortunately, I had my camera near, and caught them in action.

Living at Pyareo with the elders of our community has changed my perspective on life in many ways. I have seen how difficult it is for the body to age and deteriorate, and how inevitable that process is. But I have also seen tremendous strength, and know that ageless love can still radiate through a physical form, despite its pain and restrictions.

Often times I think back to memories of our dear neighbor, Marlana Elsner, who left the body this year. She used to call me into her room to help program a phone, or to fix a TV remote. Sometimes she called me even if it did not need fixing! That was fine with me, Marlana was always so loving. Whenever I did things for her, she would hold my hand, pull me near, kiss my cheek, and thank me, many, many times.

Pyareo Home is a loving, peaceful place to live. The residents and staff are special people. My mother and I are very grateful for this home and family. ❖

The ideals which have lighted my way, and time after time have given me new courage to face life cheerfully, have been Kindness, Beauty and Truth...
The trite subjects of human efforts – possessions, outward success, luxury – have always seemed to me contemptible.

Albert Einstein



Friends of Pyareo Home



I wish to support the mission of Pyareo Home.

Name: _____

Address: _____

Address: _____

Phone: () _____ Email: _____

I wish to receive this newsletter by email and print edition also

Please remove my name from your mailing list.

I wish to give A one-time donation of \$ _____

I pledge to send: \$20 \$50 \$75 \$100 \$200 Other \$ _____

Each month starting _____, 2009

I wish my donations to go to (if you check more than one, please specify percentages)

Assistance fund Capital improvement fund Debt reduction fund Financial reserve fund

Prefer to send a check every month

Please bill my credit card automatically every month: MC/Visa/AMEX/Discover

Card No. _____ Expiration _____

Signature: _____

All donations are tax-exempt and receipts will be sent at the end of the year



Pyareo Home
333 Brook Road
Sanbornton NH 03269

NON-PROFIT
ORGANIZATION
U.S. POSTAGE PAID
PERMIT NO. 10
SANBORNTON, NH

ADDRESS SERVICE REQUESTED



Be polite and courteous with all.
Courtesy costs you nothing but it pays rich dividends.
Human heart is verily the seat of God and must be kept sanctified at all
times and at all costs, no matter what the sacrifice.
Learn to live peacefully and amicably with each other, giving due
regard to the feelings and sentiments of others.
"By love serve one another" should be your rule in life.
A loving service adorns both the server and the served alike.

Kirpal Singh

