

Institute for Spiritual Development Oneonta

Annual Report

March 2, 2025 Convention

THE LOTUS CENTER



INSTITUTE FOR SPIRITUAL DEVELOPMENT
ONEONTA

New Location for 2025! 🙌

297 River Street Service Road, Suite 3, Oneonta, NY 13820

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Mission & Vision Statement

Our Mission:

We are a Metaphysical Church that honors and celebrates each soul. Our community provides an unconditionally loving and healing environment that affirms and encourages all seekers on their spiritual journey.

Our Vision:

We believe that all great religions and philosophies contain within them the spark of truth and wisdom that can inspire within us a more complete understanding of our place in the universe. Aided by this belief, we seek to provide a supportive environment through Sunday services, spiritual healing, fellowship and education.

Core Values

The Oneonta Institute for Spiritual Development fosters collaboration and cooperation in all aspects of our mission, always keeping in mind that we individually and collectively emanate and create from what we are as spiritual beings. We endeavor to act and create in ways which are inclusive of all, seeking out opportunities to nurture a sense of togetherness and cohesion while having fun!

Social Media Outreach

Website: <http://www.isdoneonta.org/>

Facebook: <https://www.facebook.com/isdoneonta>

Instagram: <https://www.instagram.com/isdoneonta/>

YouTube: <https://www.youtube.com/channel/UCZNCEGK1E2TrcLcaWXty-mA>

2024 Leadership & Board of Directors

Rev. Diana Friedell, Pastor & Co-Director
Rev. Story Lucile Ducey, Co-Director
Rev. Story Lucile Ducey, Dean of Studies
JoAnn Wormuth, Healing Program Director
Jaya Buckland, Adult Ed Committee Chair

Officers of the Board:

President – Kimberly Winsor

Vice President – JoAnn Wormuth*

Treasurer – Sali Dellysse*

Secretary – Tom Landon

Trustees: 1. Jaya Buckland; 2. Chantal Arkand-Doktor*; 3. Susan Owens; 4. Sherry Barton*; 5. Connie Lull (highlighted terms are 2023-2025, starred are 2024-2026)

Message from the President

So welcome everyone, it's always like a family event when we gather!

“No one can do everything, but everyone can do something.”

This is a favorite quote from one of my daughter's books, coincidentally written by Kamala Harris' niece about a time when they were growing up. But that statement reminds me of us. More than so many groups I've been with, our little family here generally always seems to get excited over similar things. Everyone comes forward to offer something and before you know it we are cleaning up from having finished it! Or from having painted it, ...again, or again..., right? As I've been president here with you for the 4th and final year now, thru all the voting we have done it always amazed me that 99% of it was unanimous. The one time we weren't Tom showed us the light and then we slid right back to unanimous on the next try.

We have so much to be proud of. We did this! We're in! We manifested our heart's desire of last year and we made this happen. We have such a wide-open playing field before us.

In preparation for the Annual Convention every February, we have a Board Retreat where we bring our heads and hearts together to vision for the future, to problem solve, and create the hopes and dreams that will lead us through a new year. I wanted to skim over a handful of the words or phrases that came through during *this* next year's visioning process:

change, righting ourselves, plug ourselves in, healing the ouch, re-enforcing walls, celebrate good times, remain flexible, change, let go of the anchor, leave burdens behind, freedom, adapt, honesty, clarity and love, keep trying sister, sustenance, good discipline with the new ways, and relying on higher powers

Kind of paints a picture, doesn't it? I'm so grateful we do this; it's a reflection of who we are and what we believe in. Walking our talk. I gave you a list of words there, scrambled, but there were two overarching themes that sewed themselves together for us when it's all brought together: *"Drop the anchor of what's holding us back and embrace change! Let freedom in. Learn to do so without reverting to bad habits though, and stay awake, cultivate mindfulness and clear boundaries so that we can hold what we build."*

Also, - *"Be ourselves, softly with each other. Value people first, value joy and plug into life rather than revert back. Make conscious choices that reflect our environment and be UNSTOPPABLE!!!"*

That really is what we're going to need to do as we evolve into a sustainable organization over the next three years. Who do we want* to be? I see us answering that in our actions, in what we actually DO*. We harmonize with what feels good, we make friends and ... I was going to say we *spread* joy in the world, but as I wrote those words, I erased 'spread' before I even realized cuz it felt like the wrong word— I realized because 'spread' is an active verb. To be true it needed to be a passive word. Something like "share" or "holding space for" felt more appropriate. ... But HOW REVEALING IS THAT?! That an a-conscious part of me sees us as not being action driven...

This idea of outreach, of bridging to our community is something we keep putting into our goals, but keep falling short of. I know why, we all do -and nothing's wrong per se, but we're so strapped on our human resources - daily survival -daily operations side of things that we haven't yet managed the extra oomph to flip the coin from passive to active spreading of joy. Spreading of our Dharma. I can't say as if it's worked or not entirely, but it's been a personal goal of mine in this role as president over the last year and beyond - to clean up our act and become more efficient in how we work as a whole. I would argue that it's starting to work, the equation is starting to show change. But for us to transition from passive spreaders of joy to active spreaders of joy -now THAT would flip an equation! But we need your help! We need

a few more enthusiastic individuals - help from our whole membership and from the connections that can come as a gift of God handed to us with ease and with the sustainability that happens when things are meant to be. I hope that you will not only *intend* with us for that to be our future, but also jump in and offer more proactively what you can, and how you can, knowing that *what* we offer others really does come back in great measure.

"No one can do everything, but everyone can do something."

Welcome to a new year and new possibilities for ISD Oneonta :)

Message from the Pastor & Co-Directors

ISD Pastoral and Co-Director's Report 2025

Thank you to all of you who helped us move, paint & decorate our NEW DIGS!! Besides that, which was our biggest accomplishment, I would like to highlight 3 more:

1. We have gotten more and more organized in all our operations this year. We were able to drop the expensive fees of Constant Contact, our Email Marketing and class registration system. The new website designed by Tami Barrows completely handles all that Constant Contact did - our contacts, emailing, newsletters and registration systems. We are eternally grateful to Sali Dellysse, our Treasurer, and Chantal Doktor for keeping us financially responsible and paying all our bills. Many thanks to Ally Sutton-Pyle, our newsletter editor, who took over from Carla Finn this year, and creates an innovative and interesting newsletter 2-3 x per month, with help from Kimberly Winsor and Diana Friedell. Kudos also to Tami Barrows, our administrative assistant, Connie Lull our Astrology Columnist, and Amy Gallop, our Social Media Manager.

2. The reach of our Ministerial Team of Story Lucile Ducey, Renee Ranke, Maggie Kilbride and Diana Friedell was expanded with many contributions from ministerial students, JoAnn Wormuth, Sherry Barton and Ally-Sutton Pyle. Two more spiritual leaders joined the ISD Ministerial Training Program- Kimberly Winsor, and Jaya Buckland and several other spiritual leaders who have completed many of the courses. All of these people served as Emcees, and wrote wonderful homilies – lovingly referred to as the Sisterhood of the 4th Dimensional Almost- Ministers!! (or the Worship Committee). Shout out and ultimate respect and thanks go to all who served this year in 22 worship services: Renee Ranke, Story Ducey, Sherry Barton, Ally Sutton-Pyle, JoAnn Wormuth, Kimberly Winsor, Jaya Buckland, Connie Lull, and Diana Friedell. Together we produced 22 magical Sunday Services, with technical help on ZOOM from Ally Sutton-Pyle, Kimberly Winsor, Tom Landon and Diana Friedell. Services

were held at our former Lotus Center (Tom Landon's lovely home), SUNY College Camp, and the beautiful, warm and welcoming Darling Hill Retreat.

3. There were more fellowship activities that brought us together and created a sense of belonging to our spiritual community (see Membership Report). This year we started a "google group" for ISD Members and friends, called ISD Community Chat so that we can communicate with each other in a private group that will help us stay more connected. If you want to join the group, please speak to our moderator, Jaya Buckland for instructions. Please remember to use the Instant Church Directory, put a photo up of you there & edit your listing- Check in with Tom Landon if you need help getting in there.

<https://www.instantchurchdirectory.com/>

4. Transition: Welcome to Kimberly Winsor who is stepping out of the role of Board President, and into her new role as Co-Director, along with Diana Friedell as the other Co-Director. Kimberly has been an excellent board president with insightful and organized leadership, which will serve her well as she accepts the torch of Co-Director of ISD from Story Lucile Ducey, who has served in that role for four years, and helped to shape our direction at ISD since 2017. Story continues to enjoy inspiring our community and will continue to be a part of our Co-creative Spiritualist Ministry, host classes, Development Groups, and focus on teaching the multifaceted Art of Mediumship.

And we continue to be impressed by our members who go out of their way to reach out and assist each other in times of illness or crisis. We see you, amazing ISD peeps! We continue to enrich each other and be a stand for love and spiritual understanding as we support each other on our life paths and in our good work here at ISD Oneonta.

It has been a pleasure and a joy to continue to serve this spiritual community and the wonderful teammates who have come to join us and help carry the load, and together we step into the next great vision of what's to come.

***Rev. Diana Friedell, Pastor and Co-Director
And Rev. Story Lucile Ducey, Co-Director***

Diana Friedell is the Pastor, Co-Director, Institute for Spiritual Development, Oneonta, NY. She has been doing readings & healings for 20 years. She also coordinates the annual SHIFT NY Holistic & Spiritual Arts Fair. Diana is a 2004 graduate of the School for Healing and Prophecy through Fellowships of the Spirit in Lily Dale, NY, and a graduate of SUNY Oneonta, where she studied teaching and theatre. Diana was called to this work as a result of her search for spiritual meaning after her youngest son passed away unexpectedly in 1994. www.dianafriedell.com
Story Lucile Ducey, a seer since childhood, is an academically trained philosopher and classically trained Psychic-Medium. She is a Faculty Member of the Institute for Spiritual Development's Intuitive Practitioner Program.

Story Lucile Ducey, is the Co-Director of ISD Oneonta. Story is a seer since childhood, an academically trained philosopher and classically trained Psychic-Medium. She is a Faculty Member of the Institute for Spiritual Development's Intuitive Practitioner Program. She has 35 years of experience in teaching Metaphysics in the Metropolitan New York area. Story is a former faculty and board member of the Metaphysical Center of New Jersey, a graduate of Columbia University, and The New Seminary.

Committees of the Board of Directors

Membership - Susan Owens (chair)

Currently we have a community of 54 members (46 families with an additional 8 family members). We added five new members since our last Convention (welcome Betsy Holway, Ed Dul, Robert Desbians, Meghan Stoner and Jacqueline Hewitt). As of January 2025, pledges received to date between April & Dec. 31st were \$7,302. Add on \$2,000 of pledges that came in Jan, feb, March of 2024. Amount pledged for 2024 was \$\$10,225, \$9,302 was received. At the current time our total pledge amount including membership fees is about \$10,282. Members form the core of our community and their pledges and fees sustain our ongoing structure and foundation for our spiritual work and community outreach. In addition, if we apply for a bank loan, for a piece of prosperity or apply for a matching grant, they will look at ISD's pledge fulfillment rate as one measure of how reliable we will be in repaying the loan. In the past year we have been busy creating a New Member Packet which gives our new members pertinent information regarding our community. No sooner than the packet was complete, we had the great good fortune to take on the rental of a new space which is now ISD's new home. Revisions to the packet were necessarily made and soon will be ready for distribution.



We also held some enjoyable and educational fellowship events during the year. Connie Lull facilitated a group visit to the SUNY Oneonta planetarium on May 3 which we all found fascinating! ISD sponsored a special service and pot luck luncheon at the SUNY Oneonta college camp on August 17. This included a singing bowl meditation by our friend Karla Sikora, singing and chanting around the fire pit, a drum circle, and free readings and healings by ISD practitioners. We had about 40 people join us at various times, several of them new to our ISD family. Tapash (John Bee) performed a Vedic Fire Ceremony at Darling Hill Farm on October 20, a most unusual and beautiful event. We

ended the calendar year with our annual Holiday Party on December 8, featuring delicious food and desserts, singing, and a joyous present swap!

Service is FUN at ISD. As one of our senior ministers often says, “If you aren’t having fun, you aren’t doing it correctly.”

Please discuss your interest in serving our vital spiritual community with one of the ministers.

Finance - Sali Dellysse, Treasurer (chair); Diana Friedell, Finance Manager; and Chantal Arkand-Doktor, Bookkeeper, Kimberly Winsor

The function of the Finance Committee is to track expenses and revenues and to make sure the financial reports given to the Board of Directors are correct. Currently, Diana Friedell is the Finance Manager and Sali Dellysse is the Treasurer. Last year we brought Chantal Doktor on board as bookkeeper giving some well-deserved reprieve to Diana. As Treasurer, Sali tracks all expenses and revenues and reports these to our CPA, Johna Peachin of The Peachin Group in Oneonta.

In April of 2024 we began to contribute three hundred dollars a month to our savings account instead of the four hundred we had previously been setting aside. We rolled over the long-term savings account that we'd started in 2023 and it continues to pay interest of approximately sixty-seven dollars a month. In November we began to pay rent for our new home.

Peachin and Associates is still the accounting firm we use and they provide a layer of accountability and accuracy as we glide into the future. We pay them two-hundred and thirty-five dollars monthly for their services which include our monthly bank reconciliation and balance sheet reports, as well as tracking our yearly memberships and pledges.

Each year the Finance Committee works diligently to create a budget and this year Kimberly, Diana, Chantal and Sali did it again.

ISD Expenses + Projected Budget 2024-25

	A	B	AC
▲ 1		Revenue	Current Approved
▼ 9	4050	Collection	\$500.00
10	4060	Classes	\$10,000.00
▲ 11	4070	Donations -- General	\$800.00
⌵ 15	4100	Psychic/Spiritfest Events	\$4,000.00
▼ 17	4120	Fundraiser -- Other events	\$1,800.00
18	4125	Membership	\$1,500.00
19	4130	Pledges	\$7,000.00
▲ 20	4140	Sublet Rent	\$5,000.00
▼ 26		Rent Payment from Savings	\$13,165.00
▲ 27		TOTAL INCOME:	\$43,765.00
⌵ 29	6000	Expenses	Current Approved
▼ 31	6005	Accounting Fees	\$3,300.00
▲ 32	6015	Merchant fees	\$200.00
⌵ 43	6080	Comm Exp -- teachers	\$5,200.00
⌵ 46	6120	Facilities expense	\$150.00
▼ 48	6130	Gifts expense	\$150.00
49	6140	Insurance -- general	\$600.00
▲ 50	6150	Kitchen/food expenses	\$150.00
⌵ 52	6175	Moving Expenses	\$200.00
▼ 56	6190	National Dues	\$600.00
▲ 57	6200	Office Supplies-	\$600.00
▼ 60	6220	Postage	\$125.00
61	6225	Printing-	\$900.00
62	6230	Professional fees	\$825.00
63	6235	Publicity	\$6,570.00
▲ 64	6240	Rent	\$18,000.00
⌵ 66	6260	Repairs expense	\$200.00
▼ 68	6275	Savings Account	\$0.00
69	6280	Stipend expense	\$3,000.00
70	6290	Supplies expense-	\$500.00
▲ 71	6300	Utilities expense	\$2,670.00
▼ 73			\$43,940.00

Fundraising - Diana Friedell (Chair)

Amount Raised	Event
\$3500	April 26, and 27, 2024 SHIFT NY Holistic & Psychic Fair, Quality Inn
\$ 647.	9-7-24 Mystical Reflections Spirit Fest- Southside Mall Community Room. Thank you to readers, healers & volunteers- Jaya Buckland, Chantal Doktor, Tom Landon, Diana Friedell, Renee Ranke, Story Ducey, & Kimberly Winsor, Melissa Lavin, Marian Burke, & Karin Murphy
\$40	“Fall Back Into Self-Love” Expo at Foothills, Nov. 3rd, 2024. Free Readings, vending table- thank you Story, Renee, Diana
\$581	Essence Retrieval Healing Retreat- Jan. 6, 2025 A free retreat by donation facilitated by Jaya Buckland & Kimberly Winsor.
0	Vending at Hartwick College Wick Wellness Fair- gave readings to about 30 freshmen- Thank you Story Ducey, Kimberly Winsor, Diana Friedell

\$4768 was raised in Fundraisers last year. A deep debt of gratitude goes out to everyone who volunteered their time organizing, publicizing or serving at these events, not to mention the continued support of all of you who had fun spending money on these events!.

Publicity - Diana Friedell

Members: Diana Friedell, Ally Sutton-Pyle, Carla Finn, Kimberly Winsor, and Amy Gallop & Tami Barrows

The publicity committee promotes all events and decides where to advertise effectively, both at free on-line & print media listing sites and paid ads that are within our budget (see publicity budget).

All Events, our newsletter, our calendar, and our contact list have now been moved off of Constant Contact Service, to a new events and ticketing capability, designed by Tami Barrows on our brand new WordPress website (<https://isdnoneonta.org/>), so that people can register & pay online. Last July we were able to finally cancel Constant Contact, and thus save over \$1000/year in service fees. Once again, this year Tami Barrows has beautifully

designed most of our promotional material, especially beautiful handouts for big events like the SHIFT Fair. Diana and Kimberly have now learned how to use the website, with more being trained. The newsletter editor has changed hands from Carla Finn over to Ally Sutton-Pyle, with direction and assistance from Kimberly Winsor and Diana Friedell. About 25 newsletters have gone out since our last Annual Convention. The newsletter shares, not just our current events, but also comics, words of inspiration, and photos of our gatherings.

Our events are created and promoted on the www.ISDOneonta.org website (Diana & Tami), the SHIFTNNewYork.com website, ISD Facebook & Instagram page (Amy Gallop), and The Daily Star Religion Page. Since we have been paying Amy Gallop for Social Media help, we have stopped Daily Star Paid ads & Radio ads(for special events). Amy makes the Facebook Events & boosted posts. This year, free events on Facebook, like “Ask Me Anything”, and simulcasts of our Sunday homily speakers drew a lot of interested people in who were looking for us. Plus Video Clips from classes, and testimonials submitted by Sherry, Ally and others, all contributed beautifully to Amy’s facebook, Instagram posts. Many thanks for Tami’s patient instruction as she teaches us and helps us get more proficient with using the features on our website. We also list on many local Facebook Groups (Diana).

Help is still needed and appreciated with publicity- not just your ideas, but volunteers to actually act on the suggestions. This year, many more people will find us naturally, as more clients come into the space for private sessions in our space with our practitioners, as well as, people coming in for community spiritual gatherings like yoga, retreats and drum circles. We look forward to a year of expansion!

Website & Mailing List- ISDOneonta.org submitted by Tami Barrows

Using the hosting traffic data on the very back end of isdoneonta.org we saw the following:

Our complete full month traffic report data began in August of 2023. At that time our website was seeing approximately 1160 visits per month or an average of 39 visits per day.

By January of 2024 that number had climbed to 2113 in that month or an average of 68 visits per day.

By January of 2025 that number had climbed to 4490 in that month or an average of 145 visits per day.

Over the year from January 2024 to December 2024 the numbers of visits were greater some months than others. The average visits total over the year were 6177 or 206 visits per day.

We do not have a full year of data from 2023 to compare this to however this will be the number to beat for 2025. (Average visit of 206 per day over the full year).

We've seen substantial growth from Jan 2023 to Jan 2024 of 210% going from 2133 to 4490 visits.

For more in depth info such as top referrers and search phrases, top visited pages etc... please see one of our monthly reports that I have been sending in with Diana for board meetings.

(This info is in my report - see attached pdf).

ISD Oneonta Annual Social Media Report

February 27th, 2025

Amy Gallop, Social Media Specialist

By visibly celebrating values of spirituality, inclusivity, and healing, the ISD Oneonta online community has continued to thrive across its social media platforms.

Page Likes, Follows, and audience engagement remain robust on both Facebook and Instagram. Facebook Events are one of the strongest pillars of our Facebook presence, with each Event providing an overview of and a clickable link to every ISD's class offering. Posts are scheduled consistently and strategically to promote every Event. This effort works as free advertising, as it keeps ISD Oneonta in our audience's newsfeeds on a regular basis. In turn, our community likes and shares these posts on their personal timelines. In addition, the ISD Oneonta Instagram page features regular posts, reels, Stories, and Story re-shares. Instagram posts are automatically shared to Facebook, effectively doubling their reach. Our audience grows when we interact with other accounts, and so commenting on and sharing like-minded posts and Stories are a regular part of the ISD Oneonta social media activity.

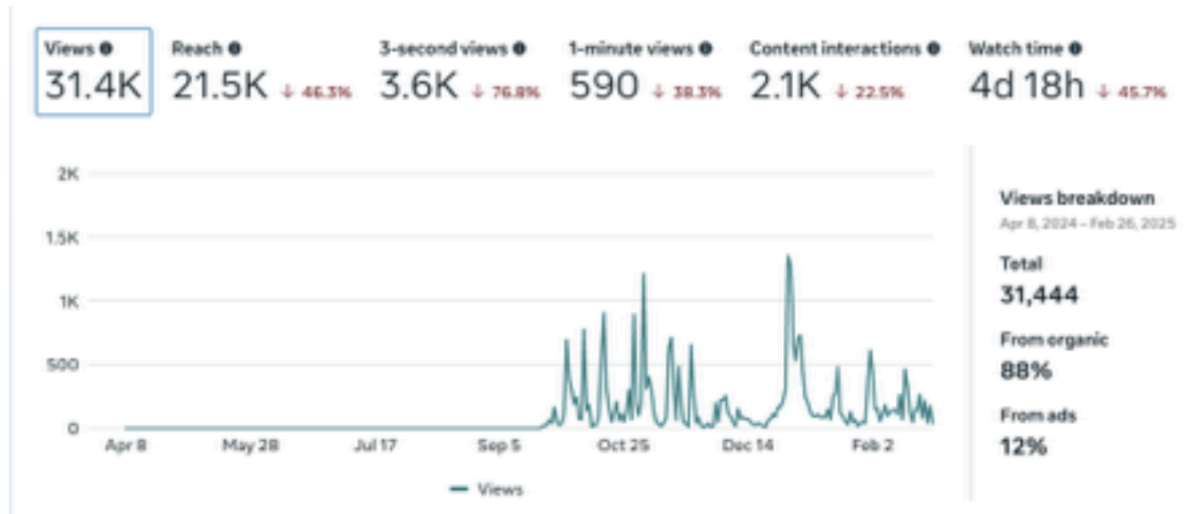
Overall, our Facebook growth continues to shine brightest, while Instagram remains slow and steady. Facebook thrives in part due to its large number of scheduled posts. However, we have known for several years that locals tend to use Facebook more than Instagram, which explains the difference in growth on Facebook compared to Instagram. The social media statistics of this fiscal year are strong, but you will notice some percentage decreases noted on the tables. These percentages are comparisons to the previous year; they are not losses in followers or views. In other words: although the growth rate of certain social media stats is lower than it was last year, we are still growing strongly. There could be many reasons that we grew more in the previous fiscal year than we did in this one. For one, studies have shown that election years negatively impact business sales, so I imagine that also

significantly affected social media pages like ours. Still, there were promising percentage increases in our stats. For instance, trends show that we gained over 100 new Facebook followers this year. Although this is fewer than we had gained last year, we had a distinct increase in “returning followers.” This increase validates that not only are we reaching the right people, but we are also continuing to produce content that they want to see. Going forward, we can feel bolstered by the knowledge that, even in an election year, we have seen marketable growth on Facebook and Instagram, and feel encouraged to set even loftier goals for the coming year.

By continuing this work, the ISD Oneonta social media will continue to flourish into 2026. See below for specific statistics and tables regarding the social media growth on the following pages.

We need your help! Please ‘like’ and follow us on our ISD Facebook and Instagram pages and subscribe to our YouTube Channel by hitting the subscribe button. Share our events, meditations and posts when they appear in your newsfeed. The best publicity we can get comes from YOU. So thank you for all of your support!

FACEBOOK CONTENT OVERVIEW



FACEBOOK AUDIENCE TRENDS



Members Lending Library - Carol Callahan

The ISD lending library has a new home in the Lotus Center and is in full view and accessible to all who enter. Our bookshelves are surrounded by comfortable chairs and plants and receive plenty of light. It is the most delightful setting. Many people peruse our books as they wait for the next class or circle. Since the move, there have been more books borrowed than

in all of the past year. A self checkout system continues to be successful. The library is for ISD members only.

We have not accepted many book donations over the past months because of limited shelf space and the impending move. Now that the library is settled we could accept a few donations of very special books.

We are excited that a review of one of our library books will be featured in our newsletter each month starting in February! The reviews will be done by our Library Committee members. Hopefully the book reviews will pique the interest of our readership and inspire them to expand their knowledge on various metaphysical topics.

Respectfully submitted,
Carol Callahan

Property - Tom Landon, Chair

Headquarters (Landon home) served quite nicely for a limited number of ISD functions as noted below. Each event was coordinated through me to avoid any possible conflicts. Poppy serves as the resident therapy dog and greeter.

- Readings were given periodically in the upstairs meditation room or basement by Rev. Diana. These are managed through the shared ISD Google Calendar with great success.
- A limited number of in-person classes were held either in the basement or in the main floor family room at headquarters.
- On December 8, we had a wonderful holiday party at headquarters with high spirits, great food, and a fun Yankee present swap!

I sincerely thank ISD members and guests for their care and respect for my lovely home, and always helping to clean up after parties. I love being able to share our Sanctuary with you!

Darling Hill Farm: A few classes were held at the beautiful Darling Hill Farm with GREAT success. We sincerely thank Story Lucile Ducey and John Bee for hosting these events for the ISD community. We definitely have thrived, grown, and deepened our sense of community in the sacred energy of what they have lovingly created there.

The Bold Move!

After Board review of the facilities and cost of a potential new leased office space in October (297 River Street Service Road, Suite 3), the Board and membership approved the move to the new space in early October. The contract was revised as agreed by both parties and delivered electronically to Kevin Treffeisen on November 4, 2024. ISD representatives met with Kevin on October 16 at the leased space and went over final details and selection of the carpet color. We made a few minor revisions to the contract for insurance details that were needed, exchanged emails with Kevin on evolving details of the type of flooring and wall to be removed in the last two weeks of October. The one wall was removed on November 5 and painting days were scheduled for November 6 and 9.

Cynthia Marsh, a noted local artist specializing in sacred geometry, met with a few of us one afternoon that week to discuss the inclusion of her artwork in our grand plan. She had many useful comments on wall color, lighting, and visual perspectives. She prepared some ideas and presented them to us for consideration. Cost will be a primary consideration. Chantal's artwork is also a topic for discussion and inclusion in our plans.

<https://cynthiamarsh.fineaw.com/>

Tom, Diana, Kimberly, and Connie painted the two front office spaces a light lilac color on November 6. Tom visited the site two times during that week to patch and sand nail holes to prepare for the painting, and to remove the baseboard carpeting strips.

The big job of painting the rest of the spaces was set for Saturday November 9, and the following members participated: Diana, Kimberly, Connie, Doug, Chantal, Tom, Story, Jaya, and Robert Desbians. Previous extensive discussions of paint color fell by the wayside Saturday morning and we unanimously decided to keep the off-white color on the wall and repaint with the same color tone. Miraculous! Cutters and rollers got to work shortly after 11 AM and one by one, the remaining spaces were completely painted, using the entire five gallons of paint. Doug Lull single-handedly cleaned the bugs out of the overhead lights!! Absolutely appreciated, Doug!! We worked, laughed, played music, took a break, and marveled at what we had accomplished - it was completed by 3 PM, a mere four hours! You couldn't have had a better work crew. Kudos to the ISD paint crew! Thank you so much for your hard work and spirit! It was an outstanding group effort that made an amazing difference in our new spiritual home - yes, we are creating a new home, as we did in 2017 at Dietz Street.

Kevin's crew worked on the HVAC system, finished the trim on the removed wall, and replaced the carpet now that the painting was completed. Kevin's crew completed the rough finish of the two corners of the removed wall, and I went in and did the finish sanding. We bought a gallon of wall paint and I painted the two corners.

The move was made on Saturday November 30 with 12 volunteers! It went amazingly well despite some surprises, notably a delayed start with the rental truck followed by discovering that the carpet installation was only partly finished when we arrived with the first truckload! We unloaded all our belongings into the four front rooms, leaving border space for the baseboard carpeting to be installed after we left.

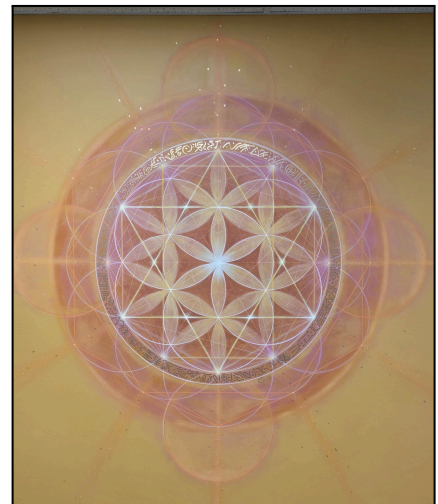


The crew retired to my house to celebrate with pizza and snacks - spirits were high and we were delighted with how well the process went. We now officially have a new home! We gradually returned to the space and began moving our belongings to their appropriate locations. Our first service in our new home occurred on January 5, 2025.

The creation of our new home continued after the painting extravaganza on November 30, with various groups meeting up to add various pieces of furniture to the collection. The interior decorators worked their magic with wall hangings and a wide assortment of smaller pieces to enhance the mood. Tom installed the art rail system and Chantal brought in her gorgeous artwork for display. The outer wall of that room was also painted a beautiful contrasting color that looks wonderful. We received the altar from the Sharon Springs church, and repainted it and the podium with a color called "Divine White"! Diana chose to

create her office in the back room across from the kitchen area. We have additional cabinets and a sink coming that will need to be installed and painted. As Story said, we acted in group mind to accomplish multiple tasks and decisions.

The Board voted to commission Cynthia Marsh to paint her sacred geometry design titled "Prayer" on the entry room wall. The one wall was repainted with her background color, and Cynthia proceeded to create the mural during the last half of December. She put the finishing touches of gold on the artwork on January 1, 2025. Tom presented her with the payment check at the Kirtan gathering on January 5 at the UU Church. This is a beautiful, unique design that greets people as they enter the center.



Signs: I spoke with Kim at the Village Printer regarding our new signs, digital format, etc. We are also working with Vista Print on additional signs and print materials.

Our Language: Story brought up our language of who we are, branding, and the content of the library. This needs more consideration.

The 2x2 foot digital logo for the inside entrance to the Lotus Center and the 2x8 foot digital logo for the outside sign were emailed to both The Village Printer and Copy Shop Plus for estimates. We requested vinyl signs to be applied to the existing white plastic backing inside and the aluminum backing for the outside sign. The Village Printer had the lowest cost (\$370) for the outside sign so I gave them approval on January 31 and made payment at the office with the ISD credit card. I also removed the aluminum outside sign and brought it back

to my house to strip the old vinyl Emerson Testing sign. The aluminum was delivered to The Village Printer and was installed by Tom on February 24 on the building sign board out by the highway.

It was also agreed that we should invest in a combination lock for the door to Suite 3. This will eliminate the problem of tracking multiple keys, and allow key personnel to enter the Lotus Center using the confidential password. We also agreed in the Board meeting to postpone selecting cabinets until Kimberly's friend Garrett has a wider selection to choose from. The combination lock was installed in early February 2025.



As the ISD Oneonta family, we have created a beautiful, healing home that will serve us and other like-minded individuals and groups quite nicely. We have rooms that will be sub-let to selected healing practitioners, as well as our beautiful Great Room that can be rented to larger groups for their activities, such as yoga, dancing, or drumming. We are filled with excitement and hope for the future, and intend to make the most of our time in this facility!

Committees of the Ministry

Music - Tom Landon

Music for our services has been expertly handled by Tom Landon while we have been on zoom. Either Tom, or our emcees have been selecting music on Youtube that fits with the theme of the service, and sharing that on our zoom services. Amy Melson and Joe Rossi occasionally provide live vocal music which is greatly appreciated. Tom has added some OM or drumming meditations as requested by the Emcee. We are always looking for more live musicians to lead a sing-a-long, or accompany us on a hymn, or to perform something for a service, so contact Tom, if that is a gift you would like to offer

Adult Education - Jaya Buckland (new chair) & Story Ducey

Members: Story Ducey, JoAnn Wormuth, Diana Friedell, Kimberly Winsor, Jaya Buckland, Sherry Barton

Our Adult Education Committee had a very productive year. During this year Story Ducey stepped down as chairperson and Jaya Buckland stepped in. We are so grateful for Story's creativity and enthusiasm and she remains a valued member of the committee. There was an Adult Education Committee retreat where policies, procedures and new classes were suggested, many of those listed below.



Our classes and circles this year included Oracle, Intenders, Healing, Dream Circles and Magdalene Mediation. We hosted classes like Vision Boarding, Resonance Chamber and A Course in Miracles. IPP continued with classes like Tuning in and Tuning up, Automatic Writing and Reincarnation past Life classes. While Healing Certification continued with Reiki I and II, and a Series of Integrated Energy therapy classes, Defragging Your System and other exciting classes. The Ministry Program Continued with classes like Developing Psychic Pathways, Harnessing

Your Psychic Abilities, Automatic Writing Contemporary Metaphysics and Counseling

Adult Ed Goals for 2025

- Create as many ways as possible to utilize new space without taxing current volunteers
- Separate creative and logistical meetings in order to move both forward
- Set all classes at least 6 months to a year in advance to assist with marketing and planning
- Work on alternative ways to promote classes
- Set up monthly fundraiser retreats and events to support the center
- Review and standardized policies, procedures and contracts for Education programs of ISD
- Set up a schedule of weekly Circles, Oracle, healing and meditation that varies in facilitators.
- Present and build on classes suggested at Adult Ed Retreat

- Develop and organize a mentorship program for students that want to teach and/or run Oracle Circles for ISD
- Invite outside teachers who offer fresh ideas and different perspectives
- Consider classes for young people
- Getting a bigger name Spiritual Teacher to teach for us, to draw more people in
- Review Pricing
- Review teacher standards and compensation

Healing Certification Program & Healing Committee: JoAnn Wormuth (Chair)

This past year was transitional for the ISD Oneonta Healing Program as we elected not to start a new Healing Practitioner Series of classes. Two participants, who started the program in the Fall of 2023, continued to complete their academic and healing practice requirements for full certification. Previous program completers expanded in their confidence as energy healers and three practitioners achieved certification in Advanced Integrated Energy Therapy. Reiki Level One and Two classes offered during the summer attracted new people to our healing program with both classes being well attended. Participation in healing program classes are oftentimes a stepping stone for further involvement with ISD Oneonta.



Goals from April 2024 Annual Convention Report

2024 Organizational Goals

Goal 1: Cultivate a gentle and loving ISD Culture

Activities/Action Steps
Everything we do is done in the context of serving our members and caring for ourselves and the community remembering we are all sacred beings. Careful compassion and sanctuary is our primary focus.

- Go easy on each other. Remember we are all volunteers doing the best we can!
- Focus each event on creating the feeling of inclusion and acceptance for all.
- Schedule a fun summer party to celebrate life!
- Schedule field trips to local sacred sites - 4x this year! Chant together, pray together, play together. Sign up, register, and car pool.
- Create a google group to facilitate easy communication and supportive communication among members & friends of ISD

Goal 2: Strengthen ISDO Operations and Sustainability

Activities/Action Steps
<ul style="list-style-type: none"> ● Enroll 10 new ISDO members and have 30% of them involved with some aspect of operations within one year. ● Create the ability to expand our influence <i>without</i> causing breakdowns in ourselves ● Figure out our logo
<p>Find a new home to call our own!</p> <ul style="list-style-type: none"> ● From now thru the summer, encourage all members to report possible new meeting places. Identify a crew of people willing to visit possible spaces as they can. ● Raise \$1,000 in a membership drive. Find new peeps! ● Ace 3 fundraisers that make at least \$600 each time ● Re-invigorate classes: Coursework for multiple levels representing various traditions. -Manifest notable leaders or speakers in the metaphysical world for us to feature in workshops this year. -Promote and create events that push deep relaxation. -Create a partnership with one or two notable spiritual leaders who will present a class or homily/event on our behalf.
<p>Continue to help ‘disentangle’ leadership from carrying the full load:</p> <ul style="list-style-type: none"> ● Have each board member participate in a web based free training and report back to the board what they learn ● Encourage/invite all members to have a stake in ISDO through their direct participation in some aspect of the organization. ● Have Tami train at least two people to ensure that others can operate the website. ● Streamline some of what we do for easy replication; develop protocols. Keep in mind training of more than one person to do it. Lat-spread!

Goal 3: Procure Funding to Share Our Projects With Others

Activities/Action Steps
<ul style="list-style-type: none"> ● Isolate grant projects which will <i>get us out DOING our thing</i> in the world, with the world! Find projects to fund with grants that will be a bridge to the community. ● Follow through with Grant applications in advance of due dates. Get help if needed. ● Seek informal, or formal, sponsorships for targeted projects that connect with the community. Acknowledge the sponsors publicly online or in print somewhere.

Goal 4: Accessibility and availability of us to the Public...

Activities/Action Steps
<p>Continue to build marketing and explore new ways of reaching the public.</p> <ul style="list-style-type: none"> ● Seek community events where ISDO can present our programs. Expand our brand in the community and create partnerships. Growth! ● Meet occasionally in a more public space with advance notice in the media. ● Schedule accessible outdoor fellowship and community events. Walking the land, being together, kayaking or lake trips, day trips, organized meditations and pilgrimages. Use these to supplement Friday Oasis gatherings. ● Meditation or imagination circles at a gathering place
<p>On-going Community Support activities such as:</p> <ul style="list-style-type: none"> ● Pastoral care with Canine love! ● Share homilies with the Daily Star, YouTube, & other metaphysical media like ROC Metaphysical, OM Times, Spirit of Change magazine.

Goal Review & Assessment February 2025

2024 GOAL	DETAILS- “√” means Goals Met Highlighted Items carry to next year	Comments
1. <i>Cultivate a gentle and loving ISD Culture</i>	Be easy on eachother; Inclusion and acceptance; √fun summer party to celebrate life; field trips to local sacred sites - 4x; √Google Group for members/friends	
2. <i>Strengthen ISDO Operations and Sustainability</i>	-10 new ISDO members; expand our influence w/o breakdowns;	-5 new members

	<ul style="list-style-type: none"> -√ New Logo -√√New Home -√Raise \$1000 in membership drive -√3 fundraisers; \$600 each time - Re-invigorate classes- big name teacher; √Retreats, classes on multiple ability levels; 	46 +5
<p>2.b. Continue to help 'disentangle' leadership from carrying the full load:</p>	<ul style="list-style-type: none"> -each board member participate in a web based free training to learn how they run on line classes -√Encourage members to be more involved -√Tami train at least 2 more people on website -√Streamline processes so others can do it -applications, zoom tech, bookkeeping 	<p>Tech instructions</p> <p>-Kanboard -don't do tech at same time as presenting</p>
<p>3. Procure Funding to Share Our Projects With Others</p>	<ul style="list-style-type: none"> -Grants that get us out in the world with our mission - Find projects to fund with grants that will be a bridge to the community -Seek informal, or formal, sponsorships for targeted projects that connect with the community 	<p>next time- grant for summer series or guest presenter</p>
<p>4. Accessibility and availability of us to the Public...</p>	<ul style="list-style-type: none"> -Present our programs in the community -√Create Partnerships - √Meet occasionally in a more public space with advance notice in the media - √outdoor fellowship and community events -Meditation or classes at Gathering Place - √Pastoral care with Canine love! - Share homilies with the Daily Star, YouTube, & other metaphysical media like ROC Metaphysical, OM Times, Spirit of Change magazine. 	<p>Hartwick, SUNY 2x, Foothills festival next time: ?Boces, Gathering Place, Cooperstown Connect @ Clark's Gym</p>

2025 Organizational Goals

Goal 1: Cultivate a gentle and loving ISD Culture

Activities/Action Steps
<i>Everything we do is done in the context of serving our members and caring for ourselves and the community remembering we are all sacred beings. Careful compassion and sanctuary is our primary focus.</i>
<ul style="list-style-type: none"> ● Go easy on each other. Remember we are all volunteers doing the best we can! ● As we interact, plan & create - seek to Ease Burdens and Shine the Light for people! ● Focus each event on creating the feeling of inclusion and acceptance for all. ● Chant together, pray together, play together! Fellowship ● Schedule a fun summer party to celebrate life! ● Stay Awake and Aware of our environment and culture with a reserved perspective: do periodic check-in's/round tables/reviews to track ourselves.

Goal 2: Strengthen ISDO Operations and Sustainability

Activities/Action Steps
<ul style="list-style-type: none"> ● Enroll 10 new ISDO members and have 30% of them involved with some aspect of operations within one year. - ● Create the ability to expand our influence <i>without</i> causing breakdowns in ourselves ● Incrementally increase revenue over the next 3 years to become self-sufficient
<p><i>Fill an Office Manager Position to co-ordinate and look after space use:</i></p> <ul style="list-style-type: none"> ● Develop a maintenance list and close-down protocol for each time space is used ● Become proficient in our system for managing the rooms ● Facilitate communication between all the moving parts and people

Goal 3: Procure Funding to Share Our Projects With Others

Activities/Action Steps
<p><i>Pursue grants with specific projects that will bridge us to the local community:</i></p> <ul style="list-style-type: none"> ● Angel Wings or other grant manifestation to bring people together

Goal 4: Accessibility and availability of us to the Public...

Activities/Action Steps

Continue to build marketing and fine tune our tech ability:

- QR code based posters
- Perfect our sound system capabilities
- Fully train at least 3-4 ISDO crew members in the new sound system
- Build a 'street team' to distribute pamphlets/posters etc..

Get out there and do our thing more:

- Seek community events where ISDO can present our programs. Expand our brand in the community and create partnerships. Invite like minded groups to meet in our space
- Schedule accessible outdoor fellowship and community events, *led by membership!* Walking the land, being together, kayaking or lake trips, day trips, organized meditations and pilgrimages.

Call like minded people to us:

- Yoga Class/ Drum Circle/Chanting events or Dances; movement based fun things
- Open our doors to other traditions in our sunday services

Fundraisers:

- More one-day retreats
- Bring in some psychics from the Shift Fair in our new space for a fundraiser
- Host big enough events where people are coming from far away (and staying at nearby hotel) to attend

How to Get Involved

Want to get more involved with ISD Oneonta?

- Let us know if you would like to join a committee (see the listing below).
- Come join one of our monthly Board of Directors meetings, they are open to the public.
- If you have an article that you would like to contribute to our weekly newsletter, reach out to Ally Sutton-Pyle allysuttonpyle@gmail.com. Articles should be 100 words or less and will be published at the editor's discretion.
- If you want to join us for our Zoom circles or classes but are struggling with the technology, please reach out and let us know. We will do our best to try and help you troubleshoot.

Committee Listings:

Committees of the Board:	Committees of the Ministry:
Finance – Sali Delysse (chair), w/Diana Friedell, Kimberly Winsor, Chantal Arkand-Doktor	Healers – Jo Ann Wormuth (chair), with Diana Friedell, Kimberly Winsor, Ally Sutton-Pyle, Jaya Buckland
Membership – Susan Owens, Ally Sutton-Pyle, Tom Landon	Grants - Connie Lull (co-chair), Jaya Buckland (co-chair), Sali Delysse, Kimberly Winsor, Diana Friedell
Publicity – Diana Friedell w/Amy Gallop*	Minister of Music –Tom Landon
Lending Library – Carol Callahan (chair)	Adult Education - Jaya Buckland (chair), Rev. Story Ducey, Diana Friedell, JoAnn Wormuth, Kimberly Winsor, Renee Ranke, Connie Lull
Property (formerly Building & Grounds – Tom Landon, chair) w/Kimberly Winsor, Diana Friedell & Jaya Buckland	Visitation Committee – Rev. Story Ducey
AD HOC – SHIFT & Spirit Fest Fair Committee- Diana Friedell,	Volunteers are always welcome/needed for tasks such as filing, staffing events, decorating, etc!

The Board of Directors meets after the first Church Service of each month. These meetings are always open to the public.

Contact Information:

The Lotus Center

The Institute for Spiritual Development
297 River Street Service Road, Suite 3, Oneonta NY 13820

Phone: (607) 433-2089; email isdoneonta@gmail.com

Services held the 1st & 3rd Sundays of each month

(Zoom and in person)

Website: <http://www.isdoneonta.org/>

Facebook: <https://www.facebook.com/isdoneonta>

Instagram: <https://www.instagram.com/isdoneonta/>

YouTube: <https://www.youtube.com/channel/UCZNCEGK1E2TrcLcaWXty-mA>