



WE INVITE YOU TO APPLY
for an Omega Institute Service Retreat Grant 2014
Service Week 2014
Working Retreats for Nonprofit Organizations

Dear Nonprofit Colleague,

Omega Institute for Holistic Studies helps fulfill its mission to “awaken the best in the human spirit” by supporting nonprofit organizations that serve the public good. Every year since 2005, Omega has invited selected nonprofit organizations to apply for an Omega Institute Service Retreat grant. As we celebrate the tenth anniversary of this dynamic program, we are delighted to invite your organization to apply.

Grant recipients are awarded a two-day, two-night organizational retreat at Omega. The grant includes simple accommodations, meals, and a private meeting space. Your organization designs its own retreat according to its needs. This is a time to do strategic planning, cultivate your board, deepen staff cooperation, and enjoy some much needed peace and relaxation. *In addition, your organization may request an hour of consulting during the retreat* from the [New York Council of Nonprofits](#) (NYCON), representatives of which will be available on campus. There is no charge for this one-hour consultation.

Your organization can apply to come on its own, or you can come in partnership with another organization with which you are working closely. *If you are coming in partnership, each partner organization completes its own application*, indicating the partner organizations it will be working with.

In choosing grant recipients, we look for organizations that will make the best use of and benefit most from this grant. *For assistance on how to best complete your application, you are welcome to set up a free, half-hour consultation with NYCON* by emailing Doug Sauer, NYCON’s Chief Executive Officer at dsauer@nycon.org.

The retreat will be held Monday, May 26-Wednesday, May 28, 2014. Grant recipients arrive on Monday afternoon, Memorial Day, May 26, 4-6pm, and depart Wednesday, May 28, after lunch. Enclosed you will find a one-page application, more details about the grant and some general information about Omega Institute. **The deadline for receipt of your completed application is: February 10, 2014.** Grant recipients will be informed of acceptance by February 24, 2014.

With warm wishes,
Marta Szabo
Service Retreat Grants Coordinator

martas@eomega.org • 150 Lake Drive • Rhinebeck, New York 12572 • 845.266.4444 Ext. 403



SERVICE RETREAT GRANT APPLICATION
DEADLINE FOR RECEIPT: JANUARY 24, 2014

Choose One:

- Organizational Development Track (For organizations coming on their own)
- Multiple Organization Track (For organizations coming in partnership with others)

Organization name _____
Address _____ City _____
State _____ Zip _____ Web site _____
Mission statement _____

Brief description of how the mission is implemented _____

Status of organization: 501(c)(3) _____ Other (specify) _____
Number of staff _____ Number of board members _____ Annual budget _____

On another sheet, please answer all 7 questions and attach annual report if applicable.

- i)** List 3 retreat goals **ii)** How will achieving these retreat goals contribute to advancing your mission? **iii)** What key activities are you planning for your retreat? **iv)** What unique opportunity does the Omega retreat offer your organization? **v)** How will you evaluate whether you have reached your retreat goals? **vi)** What are your primary sources of funding (foundations, United Way, fundraising etc.)?

Number of people attending Service Week: please be as accurate as possible:
Staff _____ Board members _____ Volunteers _____ Consultants _____ **Grand Total:** _____

Multiple Organization Track Applicants: List the organization(s) you are applying with:

Date: _____
Signature of Executive Director or Chairperson of the Board (required)

Contact Person: Name _____ Phone _____ Email _____

For a free half-hour consultation on how best to complete this application, contact Doug Sauer, Chief Executive Officer of NYCON, at dsauer@nycon.org

APPLICATIONS MUST BE RECEIVED BY FEBRUARY 10, 2014
Grant recipients will be informed of acceptance by February 24, 2014.
Please return application to Marta Szabo, martas@eOmega.org • 845.266.4444 Ext. 403

Information Sheet about Omega Institute and the Service Retreat Grant

Omega's Mission

Through innovative educational experiences that awaken the best in the human spirit, Omega provides hope and healing for individuals and society.

About Omega

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 195 acres in the beautiful Hudson Valley, Omega annually welcomes more than 20,000 people to its workshops, conferences, and retreats in Rhinebeck, New York and at exceptional locations around the world.

Service Retreat Preparation and Follow-Up

To enhance retreat outcomes, Omega and NYCON host an informational conference call in early March in which all organizations must participate. Grantee organizations agree to participate in Omega's publicity and funding efforts which may include providing photos, quotes, and mission descriptions, and talking with interested parties. In addition, organizations must give evaluative feedback immediately after the retreat and twice in the following year on how effective the retreat was towards reaching their stated goals.

The Organizational Development Clinic

During the retreat NYCON will offer the Organizational Development Clinic, one-hour in-person consultations at no charge to any group that would like support in any aspect of nonprofit health -- from financial to managerial, motivational to administrative. In addition, NYCON will provide an enhanced program for organizations that are accepted into the Multiple Organizations Track.

Meeting Room

Your organization will have a private meeting room and basic supplies available to you during these daytime hours: Tuesday: 9-5pm; Wednesday: 9-12pm. *Meeting spaces do not have WiFi and are not available during the evenings.*

Food and Accommodations

Our Dining Hall serves 3 healthy primarily vegetarian meals daily. Accommodations are mostly double occupancy and dormitory-style singles with shared bathrooms. They are simple, clean, and comfortable. Bathrooms are generally shared. We provide towels, soap, and bedding. There is no television, phone, refrigerator, or internet connection in the rooms.

Facilities and Activities Included in a Service Retreat Grant

Our picturesque rural campus includes a lake, tennis courts, basketball court, walking trails, a sanctuary for meditation, and a library. During the day we offer yoga, meditation, movement, and tai chi classes at no cost to grant recipients. There is light entertainment provided Tuesday evening.

Discounts and Additional Amenities Available

Service Week participants also receive a 20 percent discount at the Omega Café, the Omega Wellness Center, and the Omega Bookstore. The Omega Café is a popular gathering place that sells light meals, snacks, espresso, and dessert. The Omega Wellness Center offers massage, acupuncture, and a number of other services by appointment. In addition to books, the Omega Bookstore sells music, clothes, toiletries, cards, jewelry, and inspirational gifts.

Internet & Cell Phones

WiFi is available in the Omega Café. Cell phone reception is low and unreliable.