

Recovery Dharma PDX Quarterly InterSangha Meeting

July 24th 2021 11:00am-1:00pm

- Purpose:** Quarterly meeting
- Format:** Agenda, check-in and status reports by meeting secretaries/proxies, old business and new business for discussion and/or voting
- Present:** Bryan (Co-Chair), Dawn (Secretary), Zanny (Co-Secretary), Michael (Wise Friend's Chair), Gordon (Treasurer), Scott (Co-Treasurer), Jon (Communication's Chair), Robin (Portland) and Meeting Secretaries/Proxies as noted below
- Absent:** Semi (Chair), Jess (Program's Chair), Jeremy (Unity Chair), and Meeting Secretaries as noted below
- Meetings:** Every 3 months from 11 am to 1 pm: 10/16/21 and 1/15/22
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Meditation (Steve - Equanimity)

Census to Establish Quorum (9 of 17 meetings represented)

Present (14):

Sunday 10:00 AM Queer Paths ONLINE - Andrine
Sunday 6:15 PM Hood River ONLINE - Joseph
Monday 7:00 AM Friends of the Dhamma ONLINE - Michael
Monday 7:00 PM Dharma Rain ONLINE - Bryan S.
Monday 7:00 PM Heart of Wisdom In-Person – Robin/Ray B.
Tuesday 8:00 PM Men's Meeting ONLINE - Steve
Wednesday 7:00 PM Hood River ONLINE - Joseph
Wednesday 7:00 PM Women, Trans, Non-Binary Meeting ONLINE – Zanny
Wednesday 7:00 PM Kaiser Sunnyside ONLINE (In-Patient Only) - Dawn
Friday 6:00 PM Forest Grove Recovery Club IN-PERSON - JB
Friday 8:00 PM Forest Grove Recovery Club ONLINE - JB
Saturday 9:00 AM Kaiser Beaverton ONLINE – Darlene
Saturday 7:00 PM Sandwich ONLINE – Jon D.
Saturday 7:00 PM Meditation Sandwich IN-PERSON – Stuart

Absent (3):

Thursday 12 PM Alano In-Person
Thursday 7:00 PM Vancouver Meeting ONLINE

Non-Voting (5):

Sunday 6:30 PM 3 Jewels: Mindful Movement ONLINE (Hiatus)
Monday 7:00 PM Monday Inquiry Meeting ONLINE (CLOSED) Inquiry Meeting ONLINE – Scott
Wednesday 7:00 PM Woman's Inquiry Meeting ONLINE – Eleanor (Not Present)
Friday 9:00 AM Exploring Recovery from Eating Addiction Inquiry Meeting ONLINE – Michael
Thursday 6:00 Mentor Meeting (1st Thursday) ONLINE - Michael
Saturday 11:00 AM (2nd Saturday) Gorge Inquiry Meeting ONLINE – Joseph

Meeting Check-In (general health, support needed, virtual vs in-person meetings, and COVID precautions if in-person)

- ***Queer Paths (Andrine):*** Started facilitating the last 3-4 months. Small group between 3 and 9, with consistent attendance. An additional facilitator would be helpful and one person has stepped up. No plans to go in-person.
- ***Hood River Sunday/Wednesday and Saturday Inquiry (Joseph):*** Sunday group is doing well with 8-10 regulars including out-of-state participants with business meeting plan to discuss moving forward plan; Joseph and Sharon moved to Washington and not planning to keep in-person meetings in the Columbia Gorge; someone identified to facilitate the Wednesday meeting, but only the 1st and 5th Wednesday's of the month, therefore this meeting is in jeopardy; and Saturday (2nd of each month only) Inquiry is doing well and going to hybrid in August with an in-person option at the Trout Lake Abby.
- ***Friends of the Dhamma Monday (Michael):*** Healthy with 15-25 regulars including out-of-state and international participants; and no current plan to move to in-person.
- ***Dharma Rain Monday (Bryan/Jon D):*** 8-20 participants, but consistency is an issue; could benefit from additional facilitators; and currently on-line only.
- ***Heart of Wisdom Monday (Robin):*** Ray spoke to this meeting. Turn out of about 20 people in person and appears to be going well.
- ***Men's Meeting Tuesday (Steve):*** Going well with around 8 participants; and still no business meeting discussion around in-person.
- ***Trans, Non-Binary Wednesday (Zanny):*** Going pretty well and subcommittee established to explore a location for in-person along with hybrid option and/or moving to two separate meetings; rotating facilitation has worked; 10-20 participants with a strong Portland group.
- ***Kaiser Sunnyside Wednesday (Dawn):*** Going well with good support from other Kaiser Saturday meeting members, that volunteer for facilitation and meditation roles; in-patient participation varies depending on the people; and trying to make sure books are available at the facility.
- ***Forest Grove Recovery Club Friday (JB):*** In-person has 4-6 people each week with rotating facilitation and adequate funds; and on-line has 4 regulars.
- ***Kaiser Saturday (Saturday):*** Consistently 10-12 participants with a strong core; varying facilitation and meditation leads; and no discussion about in-person meetings, as two regulars are out-of-state.
- ***Virtual Sandwich Saturday (Jon D.):*** 8-10 at a time with drop-offs after the meditation; not a very consistent group; and Jon ends up doing the lead and meditations; and would like suggestion/discussion on how to get people to step into these roles.
- ***Meditation Sandwich In-Person (Stuart):*** 20 people the last few weeks with a core of about 6-8.
- ***Monday RD Inquiry (Scott):*** Going well and on-line only with no additional support needed.

- **Women's RD Inquiry Monday (Michael):** Scott and Michael assisted with inquiry questions; and not sure if the meeting has started yet with Eleanor as the secretary.
- **Exploring Recovery from Eating Addiction Friday (Michael):** Iowa participant is using his Zoom account; regular, but sporadic attendance; and plan to close shortly.
- **Mentor's Meeting 1st Thursday (Michael):** Originated out of Wise Friend's Committee; not well attended; and switched from mentors only to include people interested in becoming mentors.
- **Meditation Sandwich Online Saturday (Jon):** 20-30 regular attendees – size of the group might lend itself to break-out rooms during Zoom meetings; continues calls for dana; and sporadic volunteers for meditation.
- **Meditation Sandwich In-Person (Gordon):** 8-14 attendees per week over the last 5 weeks; advertised on Alano Club listing; masks required with social distancing and a couple of air purifiers; and maximum capacity of 25 for this space.

Treasure's Update/Discussion (Gordon)

- Gordon developed some awesome reports, which included the following:
 - *Revenues/Dana for the year (almost double from the prior year)*
 - Programs brought in \$1,778.93
 - Contributions from local meetings of \$292.00
 - Additional individual contributions came into the PayPal account
 - *Expenditures*
 - Speaker fees of \$950
 - Unity events \$133
 - Zoom \$157
 - Website hosting \$42.49
 - Global Summit sponsorship \$1,042.07
 - Bank and PayPal fees \$168.92
 - *Ending balances - \$2,643.33*
 - PayPal \$1,569.02
 - OnPoint \$1,074.31
- Voted to donate 20% of our quarterly account balance to RD Global, which is calculated as follows: (Total Account Balance – Prudent Reserve) x 20%

Program's Update/Discussion (Michael)

- Dave Smith event was well attended and brought in a considerable amount of funding.
- Program's Committee is scheduled for August 2nd with an agenda of developing online and in-person events, experiential events, and creating a list of teachers/facilitators. The meeting is open to everyone.
- Currently no upcoming programs.

Wise Friendship Update/Discussion (Michael)

- Starting a series of workshops on the Eight-Fold Path, that started with Wise Understanding in April. The next workshop is on Wise Intention (renunciation, goodwill

- and harmlessness) on August 21st. Format to remain the same including meditation, check-in, panel, writing, sharing in small groups, and large group sharing/discussion.
- Mentors Meeting opened up to people interested in becoming mentors, but still not having much success with participation. More focus on promotion might be useful. What came up at the Sangha Summit is that Inquiry Circles have potential for peer mentorship.
- Planning on a workshop on Mentorships and Inquiry Circles in the fall.
- Wise Friend's Committee Meeting scheduled for July 31st, which is pretty active.

Unity Update/Discussion (Bryan)

- In the Park Party and Park Party Junior (more well attended).
- Looking to have at least one physical activity per month.
- Forest Park hike scheduled for tomorrow.
- Current Unity members are Jeremy, Bryan and Robin.

Communication's Update/Discussion (Jon)

- Evaluating content management systems for the website, so make it easier for members to add their own content vs having Jon do it all by himself.
- Still need oversight for uploading content to the website, which is likely going to be limited to RD officers and secretaries.
- No additions to the Resources web link since it was initially developed.
- Kudos to Jon for all his work on the website.

Global Summit Report (Bryan)

- Jeremy and Robin went to the event. Michael, Dawn, Darlene and Gordon attended virtually.
- Jeremy provided a written report, which Robin read (see attached).
 - Website improvements.
 - Logos.
 - Treatment in corrections.
 - Organizational structure.
 - Pandemic impact and moving forward.
- Robin observed as a newcomer.
 - Zoom meetings creates new time zone.
 - Intimacy groups exist and might be of interest.
 - Bonding and getting to know others.
 - 2023 might be an option for Portland.
 - Inquiries with other people.
- Dawn commented about prison and rehabilitation programs during the Summit. Difficult to get RD in prisons and the best option is to piggy back with yoga programs. Do we want to get RD programs in prisons in Oregon and how do we go about this? Potentially discuss this in Wise Friends and Programs Committees.
- Gordon is going to ask about prison opportunities.

- Joe commented that there are Director of Programs at prisons, that might be able to be the conduits for getting RD into these facilities. Commented that these programs are invaluable to inmates.

Co-Chair Update/Discussion (Bryan)

- Old Business
 - 20% dana (outside of prudent reserves), to distribute to RD global on a quarterly basis.
 - Prudent reserves is calculated based on ongoing expenditures (zoom, website hosting, new meetings, and books). Gordon made motion to set prudent reserve to \$1,200 and Michael seconded. Vote taken and everyone approved.
 - Sending to global \$289 based on the above discussion.
- New Business
 - Hands Across Bridge volunteers. Event to be held September 6th. Volunteers needed (3). Robin agreed to be one of the volunteers and we want a booth/table. Jeremy is getting a banner for the event. Cost TBD.
 - Dawn, who is new to the program, encouraged at least 2 programs per year for our sangha, to engage others in the RD community.
 - Michael encouraged an ongoing commitment to stay safe with respect to COVID and in-person interaction. Masks might be the best option going forward as long as we are living with this virus.
 - How can we address facilitation fatigue? Revolving roles is a healthy approach. Maybe secretarial roles limited to 6 months. Scripts for meetings on Portland RD resources page would be helpful. Michael has a format for the meeting and guides people via a coaching role and asks for volunteers at each meeting. Also splitting the lead and meditation allows people to function in a role, that suits them best. Jon pointed out that lack of consist participation is a problem for some of the meetings. Andrine wants people that are Queer to lead and if there is no one leading the group participants just make it up and this seems to work. Joseph pointed out that there is a responsibility, self-imposed, by the secretary. Michael said that the Monday morning group has a dedicated leader for each Monday and this works for this meeting.
 - Suggestion for prior intentions and new intentions to replace old business and new business.
 - Fundraising for Buddhist Global relief. Per Michael, historically there were walks and the last one was on Labor Day. Michael will update, as he is on the distribution list.

Dedication of Merit (Robin)