

**Recovery Dharma PDX Intersangha**  
**September 28, 2019**  
**Minutes**

**11:00: Welcome and individual introductions (name, meetings attended, service positions held):** John Tony

- We have quorum (over 60% of 17 meetings represented by individual meeting representative)
- See roll call roster for representatives

**11:10 Meditation:** Clif

**11:20 Review Agenda:** John Tony

**11:30: Jean Tuller Recovery Dharma Update**

- As of Tuesday 9/24/19, registered Recovery Dharma meetings had grown to 407 from 240 on August 1<sup>st</sup>.
- Support reps: 6 on transition team, 10 regional reps
- Have created regional infrastructure map, going out on Facebook and newsletter today.
- Oregon will be combined with Alaska and Hawaii, in need of a regional rep for these 3 states to support these meetings. (Washington is with Idaho, Montana etc.)
- Currently recruiting nominations for Board of Directors for Recovery Dharma global. Available now, ask individual if they are open to nomination and submit form on Facebook or email Jean at [jean@recoverydharma.org](mailto:jean@recoverydharma.org)
- 3 of the transition team (Amy Reed, Paul Aciavatti, and Gary Westervelt) will be running for re-election.
- Noah Levine has communicated that several Refuge Recovery websites are promoting Recovery Dharma websites or redirecting, he states these are property of RRWS and PDX Intersangha needs to cease immediately-- John Tony will ask former webmaster to disconnect, not redirect. (Cannot redirect to informational page. No one from PDX RRWS currently managing website so page may be offline for time being.)
- "It's been hard to get my Recovery Dharma meeting off of the RRWS website, there's no form on the website and I've asked several times." Jean: "Keep trying."

**11:40 Recovery Dharma transition check-in:**

- Kechi: No Recovery Dharma meetings on Friday night...except Forest Grove. Call to start one.
- Jeremy: Heart of Wisdom lost a lot of regulars, mainly attendance from VoA treatment, large ratio of newcomers. Dharma Rain Monday is growing.
- Clif: Be consistent, being new is wobbly, just keep coming back, we're in the building stage.
- Tay: Saturday Inquiry Sandwich-- From 15-20 to 5-6 people, dropping off. Now Inquiry...still using inventory questions because inquiry wasn't working with format, but call for creation of new Recovery Dharma inventory.
- Saturday PM literature portion, hard to find good material for book study, material is "thin for our purposes"
- Hood River...study guide from Dharma Rain for Recovery Dharma book? Using one inquiry question each meeting before sharing.
- Beaverton Kaiser: Three meetings so far, attendance 9, 12, then 11 "great," several copies of book
- Michael: Dawn Metta lost 1-2 but still solid attendance, using Recovery Dharma for book study.
- Corinne: Tuesday Beaverton lessened attendance somewhat.
- "People don't know how to find us."
- "A lot from coming from treatment centers, newcomers not having a problem with the transitions or liking new book."
- "Newcomers have hard time with name because they don't want religion."
- "They want the meditation."
- Hannah: Vancouver Recovery Dharma struggling with attendance—Suggestion: Make Recovery Café meeting listing
- Mei: 8 core attendees at Sunday yoga, lost a few people, just got burnt from transition. Influx of new people, meeting is packed, many not returning.
- Suggestion: Place Refuge Recovery book underneath Recovery Dharma books to offer visible continuity to newcomers.

- Joel: New Men's meeting four meetings so far, 9-15 attendees, growing newcomers from multiple treatment centers. Creating mission statement, unlearning toxic masculinity to become better allies.
- Mary: Oregon City well-attended, growth with newcomers from treatment centers up to 20-25, not attached to one or the other meeting, struggle knowing the right thing to say about transition.
- Jess: Women's meeting 20 people average, half is treatment center attendees so different every week. People refer to Refuge Recovery in shares. Requesting name change on Alano meeting list and they haven't yet. Struggle is not feeling welcome as trans and nonbinary so might be changing name, pending upcoming business meeting.
- Ken: Thursday noon, don't use book, figuring out regular facilitator
- "Try not to project our individual struggles or anxiety about the transition onto missing people; there are lots of reasons people stop attending and we should not try to guess what they are without asking them."

## 12:10 Break 10 min

## 12:20 Review past function and effectiveness of prior Intersangha and consider alternative Intersangha models: All

- "3 hours multiple times per year is a lot"
- "Frequency is good, 3 hours is a lot"
- "Had to meet more often this year"
- "Fellowship with larger community is important"
- "2 hours with really strong pre-planning might be better"
- "Committee chairs presentations-more concise and planned"
- Much support for shortening duration
- "Historically, a lot of detractors of structure, most proposals blocked and voted down...What's the value of 4x year if we say no to everything? Examples: Sangha Care statement, Buddha Bowl, subcommittees do a lot of work and then nothing is passed. We say no a lot."
- "Being able to say no is important."
- "We need to have a clear purpose for meeting, could be networking etc."
- "Outer meetings need the community together and guidance."
- "Intersangha officer structure is not working. Officers volunteer/voted in then disappear, other people have to step in last minute. Officers don't meet together around organizing Intersangha meeting. Officer meeting every month? Attendance overall great this year but officers aren't always present or active between meetings. Not actively stepping aside if not able to be present. Regular check-ins needed. Example: Web master waiting for instructions but assumption that specific officer providing guidance -- turned out not to be the case. Have regular check-ins to decide what needs to be done and divide up the work."
- "Timely communication needed."
- "Simplify scope: Make sure meetings are supported and plan workshops."
- Johntony proposes: When new officers are elected in January, we agree to meet monthly except August and December. Monthly officer planning meetings posted on website, all are welcome. Requirement of being an officer (Officers: Chair, co-chair, treasurer, and secretary.) Committee chairs are strongly encouraged to attend. Hannah seconds.
- Semi proposes amendment: All positions, including committee chairs, required to attend monthly planning meetings. 16 vote yes, 0 opposed, 0 abstentions. Motion passes.
- Intersangha meeting frequency 2x or 4x per year?
- "New meetings and workshops happen a lot more often than 6 months."
- Clif proposes 2 hour meetings. Tay seconds: 16 yes, 0 opposed, 0 abstentions. Motion passes.
- Johntony reiterates that there will be four Intersangha meetings per year (quarterly) and each will be two hours.
- Get minutes up quickly.
- Just got signup for newsletter available.
- "How do we have more prepared January elections? Not just random people who were at small meeting like last year."
- "Post officer positions on website and newsletter. Get website more healthy. October or November start recruiting for officers and have nominees prior to meeting in January."

## 12:45 Old Business

### Treasurer's Report: Jeremy

- \$460.60 (After funding startup to Vancouver meeting, Mindful Men's workshop help, and printing for Hands Across the Bridge event; Before refunding intersangha snacks and possible TaborSpace rent.)
- "Do we need to provide a proportional amount of Recovery Dharma Intersangha funds to remaining local Refuge Recovery meetings?"
- "But donations are donations, we don't give refunds, you don't have a receipt."
- "They didn't show up here. If they show up and ask at next Intersangha, and there is some entity to write a check to, we can discuss at that time."
- Suggestion to table. Accepted.

### Committee Reports as available:

#### Semi: Programs Chair

- Mindful Men's workshop went well, impactful and Men's meeting grew out of it. Potential follow up with multiple genders.
- Social event on 11/30 at Heart of Wisdom in the works. Call for help planning.
- Working the Path with Others/Mentorship follow-up workshop?

#### Mei: Unity Chair

- Could he plan 'spaghetti and bingo' Heart of Wisdom social event?
- Combine Unity with Programs?

#### Michael: Mentorship Chair

- Meet all three committee chairs together discuss consolidation/Definition of role of each committee

Jeremy: Need for more fellowship in general, meetings encouraged to have designated post-meeting fellowship meeting place.

## 12:55 Events

### Buddhist Global Relief Walk for Hunger: Michael

- Call for team to be assembled, listed on website as Recovery Dharma team and donations handled through Friends of Dharma website. If interested let Michael know. Try to get team started for walkers, open for larger community fundraising. October 19<sup>th</sup>. Michael will send write-up for newsletter.

### OctSober Fest: Joe

Trout Lake Abbey, Joe will send info to JohnTony for newsletter.

## 1:00 New Business

### January Intersangha Elections

- Tentatively 1/18/19
- Need new nominations of transition rather than just rollover.

### Other?

- None

### Jeremy: Dedication of merit

## 1:05 Adjourn

