

Recovery Dharma PDX InterSangha Working Group Meeting

February 13th 2021 11:00am-12:00pm

Purpose: What are we doing as a Sangha and where are we going?

Format: Topics presented by Chairs for discussion and/or voting. Note taking required.

Present: Semi (InterSangha Chair), Bryan (Intersangha Co-Chair), Dawn (Secretary), Jess (Program's Chair), Michael (Wise Friend's Chair), Jermz (Unity Chair), and Jon (Communication's Chair)

Absent: Gordon (Treasurer) note: participated at the end, as a result of meeting time change

Meetings: Second Saturday of each month from 11:00am to 12:00pm (no meetings in April and December)

Wise Friend's Update/Discussion (Michael)

- Suggestion for Wise Friends Mentorship Guidelines to be uploaded to the Recovery Dharma PDX web site and the National Recovery PDX web site.
- Consideration for a Resource Link to be added to the PDX web site. Discussion about how best to vet, approve, and upload.
- Semi suggested adding some guidelines to the Resources link and an option for submitting submissions for topics (including submission guidelines). **Motion:** establish web site, review documents submitted through InterSangha email once per month during the Working Group Meeting and updated to the PDX web site if approved. Motion approved by all.
- Michael suggested that we review the "core intentions" of Recovery Dharma (International web site), so that any document uploaded to our PDX web site is consistent with this.
- Consideration for a second Zoom account. Semi and Bryan offered to use personal/professional accounts as another option. Decided to stay with only one account for now.

Unity Report Update/Discussion (Jermz)

- First in-person get together at a park is being planned and a flyer prepared. **Motion:** allocate about \$100 for snacks and party supplies, in addition to asking for donations by participants. Motion approved by all.
- Need to have event consistent with following State guidelines for outdoor gatherings.

Program's Update/Discussion (Jess)

- Upcoming events: Mindful Self-Compassion workshop with Jill Goldsmith on 2/27 and Wise Friendship on 4/24.
- Discussion around another George Hass event:
 - Initial date of 4/17-18 needs to be changed, so TBD for the actual event.

- o Not sure if they can consolidate the 2-day event into a 3-hour or one-day event.
- o Thoughts from Michael:
 - Michael commented, based on feedback he received, that George promoted his own program too hard.
 - Program was significantly more teaching than meditation (retreat vs educational event).
 - People came the 1st day and either tuned out or didn't return the 2nd day.
 - A lot of the participants appeared to be already engaged in his program and was speaking to them vs the larger audience.
 - Can we ask speakers to focus on Recovery Dharma and Buddhist centered concepts to support addiction recovery?
 - Participants might have been confused about attachment theory without any prior understanding.
- o Prior event had 70 registrations and 50-60 people showed up on Saturday with 15-20 less on Sunday. This turnout is good.
- o Jess suggested that the next event optimize with 70% meditation and 30% psycho-education.
- o Survey results were high (almost all 5's) with 24 responders.
- o George has agreed to receive up to his rate or below consistent with the level of donations for the event. This is the new approved policy for all event speakers and reflected in the contract.
- o Registrant donations came in about \$1,300 more than the fee paid to George's instructor fee.
- o Thoughts from Jermz:
 - Would have liked to have heard more of his recovery journey and what has helped him, including suggestions for newcomers.
 - One-day vs two-day event.
 - What about sending out prior materials and presentation slides?
- o Per Jess, George didn't want to hand out prior materials before the workshop. Regardless, we can provide feedback about wanting some context and materials ahead of time, based on feedback from our Sangha members.
- o General agreement that a 1-day event might be the best approach.
- Decisions still pending are dates, instructor fees for George Haas and Dave Smith, fundraising and the length of the events. Events to be supported by voluntary dana vs registration fees. Registrations already being received for George Hass event.
- Looking into finding a local racial justice facilitator with a focus on a contemplative practice and connection to recovery.
- Jess is open to facilitating an event on recovery/meditation lasting about 90 minutes for a March date. This could also include a co-dependence component.
- Jon suggested evaluating the local Rebel Dharma group as another source for facilitators and/or content.

Communication's Update/Discussion (Jon)

- Web site is owned by our InterSangha and costs \$47 per year, and set up through our bank account.
- Jon has an Instagram account for our use.
- Need to determine how to get a Facebook account to list events and spread the reach. Not sure about how to get an organizational Facebook account. Dawn will ask members of another recovery group she is involved with to find out if they can help us set up an organizational account.

Treasure's Update (Gordon)

- Business checking account has \$2,192.63 and \$173.75 in the PayPal account.
- Pending transfer of \$40-50 for Meditation Sandwich.
- Additional donations came in during January/February.
- Will provide update on dedicated funds received for the Jill Goldstein event.

Other – Surplus RD Materials

- Michael has some meditation cushions and books available to be re-purposed. Jon also has books available. TBD tasks for Michael and Jon to figure out what to do with these items.
- Jermz chimed in that the downtown Alano Club has re-opened and we still have our spot saved (thankfully by Meditation Sandwich). There is consideration for both an in-person meeting in addition to continuing with the Zoom meeting at the Alano Club. Jon added that all our “stuff” from before remains stored there.
- Semi is going to check in with Marcus, from the Vancouver meeting, to determine if they want any additional materials that could come from our stash of stuff.
- Jon suggested contacting some of the InterSangha group leaders directly to determine needs vs putting in the Newsletter.

Other - PDX InterSangha Affiliation

- Unsure of the status of the Forest Grove meeting. Michael to reach out to one of their members.
- Semi indicated that any group absent from two consecutive InterSangha meetings and no contact, they are no longer a part of the quorum and decision-making process.