

Saturday 01/14/22 Quarterly Intersangha Meeting 11am-1pm

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 (Chair), Dawn (Outgoing Secretary), Zanny (Secretary), Michael (Outgoing Wise Friend's Chair), Jeremy (Outgoing Unity Chair), Scott (Treasurer), Jon (Communication's Chair), and Meeting Secretaries/Proxies as noted below

Absent: Jess (Program's Chair), and Meeting Secretaries as noted below

Meetings: Every 3 months from 11 am to 1 pm: 1/15/22, 4/16/22

Introductions (Bryan)

Meditation (Semi)

Census to Establish Quorum (9 of 15 meetings represented is the requirement)

Present (16):

Sun 1:00 PM - Eating Addiction (ONLINE) - Michael
Sun 4:00 PM - Middle Way on MLK (IN-PERSON) - Jeremy
Sun 6:15 PM - Hood River (ONLINE) - Joe L.
Mon 7:00 AM - Friends of the Dhamma (ONLINE) - Brian (Don Metta)
Mon 7:00 PM - Dharma Rain (ONLINE) - Stuart
Tue 8:00 PM - Men's Meeting (ONLINE) - Steve
Wed 7:00 PM - Hood River (ONLINE) - Dick
Wed 7:00 PM - Women, Trans, Non-Binary Meeting (ONLINE) - Eli/Heather (voting)
Wed 7:00 PM - Kaiser Sunnyside - (ONLINE) - Dawn
Thu 5:30 PM - Mentorship Support - (ONLINE) - Michael
Thu 7:00 PM - Vancouver Vipassana - (ONLINE) - Zanny
Fri 6:00 PM - Forest Grove Recovery Club (IN-PERSON) - JB
Fri 8:00 PM - Forest Grove Recovery Club (ONLINE) - JB
Sat 9:00 AM - Kaiser Beaverton (ONLINE) - Darlene
Sat 7:00 PM - Virtual Sandwich (ONLINE) - Jon D
Sat 7:00 PM - Meditation Sandwich (IN-PERSON) - Ray

Absent (3):

Sun 10:00 AM - Queer Paths (ONLINE)
Mon 6:30 PM - Awakening Minds (ONLINE)
Thu 12:00 PM - Alano Meeting - (IN-PERSON)

Non-voting - Hiatus:

Sun 6:30 PM - 3 Jewels: Mindful Movement (HIATUS - NON-QUORUM)
Mon 7:00 PM - Heart of Wisdom (IN-PERSON) (HIATUS)

Non-voting - Inquiry Circle:

Mon 7:00 PM - Monday Inquiry Meeting (ONLINE) -
Wed 7:00 PM - Woman's RD Inquiry Meeting (ONLINE) -
Fri 9:00 AM - Exploring Recovery from Eating Addiction (ONLINE) -

Sangha Check-in and Status Reports [Secretaries/Proxies]

- **Sun 10:00 AM - Queer Paths (ONLINE) - No representative**
- **Sun 1:00 PM - Eating Addiction (ONLINE) - Michael**
 - Only going for a month, incredibly healthy, meeting a need 25 most of the time, lots of emails from folks wanting to get into the Friday inquiry circle
 - Another woman (Jeannie) is leading 2 more inquiry circles and another men's meeting coming out of this meeting.
 - Michael will connect with Jeannie who has expressed interested in leading
 - Primary support needed for zoom accounts to these new meetings.
 - Michael has left the 7am meeting to commit to the Sunday meeting temporarily. Bryan and Michael to connect new folks interested in these circles.
- **Sun 4:00 PM - Middle Way on MLK (IN-PERSON) - Jeremy**
 - Going 2.5 mo/ solid 5-15 people, only \$5/mo at 4D, Hannah is co-secretary
- **Sun 6:15 PM - Hood River (ONLINE) - Joe L.**
 - Gone well, attendance is still fluctuating (3-12) always enough for meeting. Problems with coverage have been handled, facebook sign up sheet is utilized.
- **Mon 7:00 AM - Friends of the Dhamma (ONLINE) - Brian A. (now named Dawn Metta)**
 - Meeting is healthy, Duane, Katie and Brian have adopted overseeing meeting, about 19 average, 3 facilitators round-robin work well together
 - Need for a zoom account for an inquiry meeting formed out of monday 7am Dawn Metta meeting
- **Mon 6:30 PM - Awakening Minds (ONLINE) -**
 - Michael stays in contact with Ted who leads this meeting. Says it's going well and core group of 6-10, a lot of new people, dual diagnosis focus, and mental health medications, DBT/acceptance commitment therapies are touched on in the meetings.
- **Mon 7:00 PM - Dharma Rain (ONLINE) - Stuart**
 - Pretty good attendance 15-20 people all over the region.
- **Tue 8:00 PM - Men's Meeting (ONLINE) - Steve**
 - Going well, about 6 regularly, not usually having a business meeting, still using the yoga studio's zoom account, and want to keep online going, might be good to consider switching to RD pdx's zoom account.
- **Wed 7:00 PM - Hood River (ONLINE) - Dick**
 - Echo Joe w/ Hood River sunday meeting 3-12 on average, new graduates from betty ford hazleton, new people helping out with the meetings, suspended gorge recovery inquiry meeting (1x/month). Continued presence at the norco and appreciates support from intersangha to bring books there. Locked down and cannot go to programming and use zoom.
- **Wed 7:00 PM - Women, Trans, Non-Binary Meeting (ONLINE) - Eli/Heather**

- Pretty consistent 15-20 people regularly, business meetings every month, rotating facilitators, a member would like to start a Tuesday book club (Bryan has received email to coordinate with). Desires to reach out to more recovery groups/centers. Not many newcomers, great to see others join interest in promotion through PDX website/newsletter, as well to various recovery centers.
- **Wed 7:00 PM - Kaiser Sunnyside - (ONLINE) - Dawn (CLOSED GROUP)**
 - Meets 1st and 3rd/month - varies on participants, intro to recovery dharma, Dawn always tries to share about other meetings. Attendance varies because folks are residents of Kaiser Sunnyside. Could use some support in leadership. Not like regular meetings because of inconsistent residents. Interested in ideas on how to gain other facilitators. Good idea for the RD PDX newsletter, more of a service position. Leads as a regular recovery meeting, meditation 10-15 min. Volunteers for facilitation and leading meditation.
- **Thu 12:00 PM - Alano Meeting - (IN-PERSON) - No representative**
- **Thu 5:30 PM - Mentorship Support - (ONLINE) - Michael**
 - Rarely more than 3 or 4, originally 1x/month, Michael can't do it every single meeting, thinking it would help to get some people from Wise Friends committee to come in to help facilitate. Open forum discussing mentorship and inquiry questions, sharing formats, Michael will bring up to the wise friends committee meeting. The discussion has been interesting, inspired by the the global summit, and coming from training new mentors from inquiry circles, following the workshops last year.
- **Thu 7:00 PM - Vancouver Vipassana - (ONLINE) - Zanny**
 - Group size fluctuates as the meeting is just starting again after being on hiatus. The new year has seen a lot of growth, generally started around 5 people in November and December, but last meeting was 17. Lots of recovery houses attend, but no consistent PDX folks yet, mostly from around the country.
- **Fri 6:00 PM - Forest Grove Recovery Club (IN-PERSON) - JB**
 - Core group of 6, a reliable group, filled up the smaller room in the recovery club and had to move to the larger room. Enthusiastic newcomers, and no problems passing around facilitation responsibilities. People who are really excited about taking the meeting in new and different directions.
- **Fri 8:00 PM - Forest Grove Recovery Club (ONLINE) - JB (ZOOM ZEN - New Name)**
 - I Want to make sure that this meeting is separated from the in-person Friday forest grove. 4-6 participants, at least one person signs in at 6pm, so confused how that's happening. Buddhist recovery network might be something to look into
- **Sat 9:00 AM - Kaiser Beaverton (ONLINE) - Darlene**
 - Going strong, core group of 8 folks, Bybee Lakes Hope Center (1-10 in meeting to zoom in), newcomers from time to time, and folks from the east coast/california, volunteer rotates asked at the end of the meditation and works well, doing well
- **Sat 7:00 PM - Virtual Sandwich (ONLINE) - Jon D**

- Still healthy (15-20 members, core group of 5) folks from New Mexico/Canadians/Australia and international presence. Rotating facilitation. Night owl slot for the east coast. Stuart stepped in as co-facilitator.
- **Sat 7:00 PM - Meditation Sandwich (IN-PERSON) - Ray**
 - Strong , regularly have a core group of 12, 37 highest week before 37 (usually because of a sober house/group that attends), always well attended, *pads need to be cleaned - need to find a laundromat to do it, transportation and time to do it.* Alternate facilitators.

Treasurer Report [Scott]

- PayPal account: \$1803.81, Checking account: \$342.83. Total: \$2146.64. Will send \$189.33 to Global.
- 20% of dana (outside of prudent reserves) to go to RD Global following each quarterly meeting, after today sending Dana to Global today (1/15/22).
 - If there is a need for books, send request to email or scott
 - Donations have been going up since you can make an ongoing monthly contribution, helping a lot.
 - Literature purchase needs can be emailed to pdxintersangha@gmail.com or texting Scott directly.
 - Books needed at the Kaiser group.
 - Monthly hosting rate went up to the website (how much?) - \$14.99/account, 2 accounts, Michael - more meetings and inquiry circles, may need another account. Might see some conflicting timings

Committee Reports

- **Programs [Jess]** - Jess not present, Bryan has not heard back about programs or from Jess
- **Wise Friends [Michael]** -
 - Last meeting went well, Should be Steve E - 4 workshops (foundation practices of RD) - based on "The Practice", nuts and bolts of inquiry circles (goal of est. more), developing inquiry questions that are topic specific, developing mentorship and wise friends. Delegate responsibilities at next week's meeting.
 - Michael - overview of last years programs, hope down the line Michael could lead a retreat on eating disorders, no idea when that will happen
 - Dawn was just in a program that was recording, and was wondering if the programs could be recorded. Jon - recorded for Jill Goldsmith and Dave Smith. Jeremy and Jess' recorded (unsure)?
- **Unity [Jeremy/TBD]** -
 - Super hard to try to organize in-person events, and Jeremy's focus is to build in-person meetings rather than events. 4D has been awesome, Heart of Wisdom is wanting to start out again, 4D wants a variety of meetings, and is expanding. Jeremy is glad to be a temporary secretary to start meetings. Newcomers better in-person meetings
- **Communications [Jon]**

- Bit of a lull right now and has been really quiet, not very many programs right now. Jon needs ideas for flyers, creating, and perhaps someone to help design.
- Semi-asking what kind of skills needed for the co-comm chair? No skills, enthusiasm, willing to learn, open/honest/willing

Nominations and Elections [All]

- Co-Chair -
 - Michael nominates Brian A. (Bryan seconds, Jeremy thirds)
 - Majority votes in favor. Brian A. is now co-chair
- Co-Treasurer - Scott overview
 - Scott nominates Dawn (Zanny seconds)
 - Majority votes in favor. Dawn co treasurer
- Co-Secretary -
 - Jeremy nominates Stuart - Joe seconds
 - Majority votes in favor. Stuart is now co-secretary
- Co-Communication
 - Heather self nominates (Semi seconds)
 - Majority votes in favor. Heather is co-chair communications

Committee Chairs [Bryan]

- **Wise Friends [Steve E]**
 - Steve E stepping up
 - Workshops putting on by the Wise Friends committee, 5-15 min presentation and leads discussions
 - Next Wise Friends meeting 22-JAN
- **Programs - [Jess/TBD] - Michael**
 - Jess is very busy, and Michael was sole attendee at the committee meetings, really has had a hard time getting the committee together. Jeremy to reach out to Jess and interested in setting up a some programs. Dawn - program about how to write meditation.
 - Putting on agenda for the next working group meeting in February
- **Unity - [Jeremy/TBD] -**
 - See if Hannah is interested, and would like to tie Unity events into other programs

12:40 - 12:50 PM - Old Business

- **RD Summit 2023 - [Dawn]**
 - RD Global encouraged PDX to put together a bid because there has been no bids, but Global RD has said the application deadline is pretty arbitrary.
 - Bryan to reach out about application materials, funds for it.
 - Dawn to lead the committee; Semi and Michael to support.
 - Michael suggests that it's not a little task to put together, there is lots of work to put together the facilities and getting zoom meetings put together. Michael to support programs for the Summit.

- Dawn asks to get in touch with Utah and Florida contacts.
- **Bybee Lakes Meeting - Dawn**
 - Beaverton Kaiser meeting
 - Need to do some recruitment on leaders to facilitate

Important takeaways:

- Communications needed for service positions, leaders for Kaiser Sunnyside meetings, and meeting scripts to Jon so that he can put into the newsletter and across social media.
- Other needs - Program committee members, global summit bid committee members.

No new business as it was 1:00 pm.

Dedication of Merit / Adjourn