

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), Heather (Communications Co-Chair) Scott (Treasurer), Jon (Communication's Chair), Dawn (Co-Treasurer) Stuart (Co-Secretary) and Meeting Secretaries/Proxies as noted below

Absent: Zanny(Secretary), Steve E. (Wise Friends) 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

Census to Establish Quorum (15 of 19 meetings represented is the requirement)

Present (15):

Sun 1:00 PM - Exploring Paths to Recovery From Harmful Eating Behaviors (ONLINE) - Michael
Sun 4:00 PM - Middle Way on MLK (IN-PERSON) - Robin
Sun 6:15 PM - Hood River (ONLINE) - Dick
Mon 7:00 AM - Dawn Metta (ONLINE) - Duane
Mon 6:30 PM - Awakening Minds (ONLINE) - Michael
Mon 7:00 PM - Dharma Rain (ONLINE) - Stuart
Tue 8:00 PM - Men's Meeting (ONLINE) - Bryan
Wed 7:00 PM - Hood River (ONLINE) - Dick
Wed 7:00 PM - Women, Trans, Non-Binary Meeting (ONLINE) - Heather
Wed 7:00 PM - Kaiser Sunnyside - (ONLINE) - Dawn
Thu 12:00 PM - Alano Meeting - (IN-PERSON) -Tom
Thu 7:00 PM - Vancouver Vipassana - (ONLINE) - Heather
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) - Gordon

Absent (3):

Sun 10:00 AM - Queer Paths (ONLINE)
Tues 7pm - W/T/NB Book Study (ONLINE)
Fri 6:00 PM - Forest Grove Recovery Club (IN-PERSON) - N/A
Fri 8:00 PM - Forest Grove Recovery Club (ONLINE) - N/A

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) - No Longer existed
- Eleanor (Interested in representing a new meeting)

Thu 5:30 PM - Mentorship Support - (ONLINE)

Thu 6:15pm - Inquiry Circle

Fri 9:00 AM - Exploring Recovery from Eating Addiction (ONLINE) - Michael

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

- **Sun 10:00 AM - Queer Paths (ONLINE) - No representative**
- **Sun 1:00 PM - Exploring Paths to Recovery From Harmful Eating Behaviors (ONLINE) - Michael**
 - Very healthy, rarely no less than 25 people. Great discussion, clearly an important meeting for folks. Working on changing the name from Disordered Eating, which seems a little clinical. Other than name changes, going great.
- **Sun 4:00 PM - Middle Way on MLK (IN-PERSON) - Robin**
 - Going really well, about 10 people. Nothing more to report. Hannah and Robin co-secretaries.
- **Sun 6:15 PM - Hood River (ONLINE) - Dick**
 - Some meetings 8-12 people, some with 2-3. No plans for meeting in-person, the challenge is to find an appropriate place. Many people from out of the area, so feel like they should stay online for those folks, but would like to go hybrid later in the spring/early summer. Updated FB page, Columbia Gorge Recovery Dharma.
- **Mon 7:00 AM - Dawn Metta (ONLINE) - Brian A.**
 - Healthy, about 17 people, lots of new people, good cycle of facilitators that support every week, new folks offering to lead meditation, but no needs there because of all the facilitators. Not a lot of talk about moving to in-person or hybrid model.
- **Mon 6:30 PM - Awakening Minds (ONLINE) - not present, Michael to report**
 - Michael stays in contact with Ted who leads this meeting. 9-15 people, sometimes up to 18. First Monday includes inquiry writing during the meeting, and the last Monday includes cognitive behavioral therapy development.
- **Mon 7:00 PM - Dharma Rain (ONLINE) - Stuart**
 - Pretty good attendance 15-20 people all over the region. Usually quite a few regulars, 3 person rotation and some volunteers for meditation.
- **Tues 7:00pm - W/T/NB Book Study - Priscila**
 - Open meeting, 3 people, very intimate and fosters a close and safe community. Taking inquiry questions very slowly, and getting inspiration in the RD wise friends act, lots of resources to pull on. No needs.
 - Needs to be added to the global RD website, in addition to the Wise Friends Act website.
 - <https://sites.google.com/view/rdfriendsact/book-study/truth/1-there-is-suffering?authuser=0>

- **Tue 8:00 PM - Men's Meeting (ONLINE) - Bryan**
 - Still on zoom, 9-13 people weekly, pretty tight group. Lots of Californians, 1/3 Portland, 2/3 Cali and elsewhere.
 - Transition from Burning Spirits Zoom account to the Recovery Dharma PDX and will need to be updated on the website and Global RD website.
- **Wed 7:00 PM - Hood River (ONLINE) - Dick**
 - Some meetings are 8-12 people, some with 2-3. No plans for meeting in-person, the challenge is to find an appropriate place. Many people from out of the area, so feel like they should stay online for those folks, but would like to go hybrid later in the spring/early summer. Updated FB page, Columbia Gorge Recovery Dharma.
- **Wed 7:00 PM - Women, Trans, Non-Binary Meeting (ONLINE) - Heather/Priscila**
 - Heather - 4 people facilitating. Safety Committee still being implemented. Lots of returning people, 12-15 people
 - Safety committee - created because of issues with some members sharing about each other, and opened up to see if anyone would like to join the safety committee, and then every week is announced in the meeting if anyone feels unsafe in the meeting, folks can reach out to these members.
 - Priscila - WhatsApp groups that are helpful for the community. Reading through RD and Transcending books.
 - No support needed from the intersangha.
- **Wed 7:00 PM - Kaiser Sunnyside - (ONLINE) - Dawn (CLOSED GROUP)**
 - Meets 1st and 3rd/month - Going well, Dawn is the only facilitator, but doing okay with that. Providing books for the Brookside group. 5-8 people in those meetings. Group could continue to benefit from one or two people joining to help out.
- **Thu 12:00 PM - Alano Meeting - (IN-PERSON) - Tom**
 - Was not online during COVID-Alano shutdown. Alano still requires masks. Around 20 people are coming out, pre-COVID was 30. Very diverse group, age, gender and race, transitory at this stage, but is establishing regulars. Optimistic about the health of the meeting.
 - Would like to set up Recovery dharma posters with 4 noble truths, practice and dedication of merit to hang up in the physical space.
 - Would like to have books because there is a book study right after the meeting, usually given out at cost, but sometimes are given out to those interested that can't afford it.
 - Dawn will connect with Tom to provide books for the meeting.
- **Thu 7:00 PM - Vancouver Vipassana - (ONLINE) - Heather (Zanny absent)**
 - Doing really well about 15 people regularly, lots of out-of-town folks and newcomers. Healthy and stable meeting. Not planning on going back in person, and no needs.
- **Fri 6:00 PM - Forest Grove Recovery Club (IN-PERSON) - no representative**
- **Fri 8:00 PM - Zoom Zen (ONLINE) - no representative**

- **Sat 9:00 AM - Kaiser Beaverton (ONLINE) - Darlene**
 - No serious conversations about changing back to in-person. Core group is from San Diego and Hawaii. Core group of 7-9 people, including the Bybee Lakes inpatient facility. People from all over seem to come and go. Some conversations on changing the name of the meeting so that folks don't think they need to be a part of Kaiser to be a part of the meeting. At the end of the meeting, folks sign up for the next week's meditation.
- **Sat 7:00 PM - Virtual Sandwich (ONLINE) - Jon D**
 - Doing well, kind of bounces between 15-30 people depending on the ways things are going. Handful of regulars, but is popular with the night owls crowd of the east coast.
 - No need for support. Just keeping the zoom account the same.
- **Sat 7:00 PM - Meditation Sandwich (IN-PERSON) - Gordon**
 - Go through lots of books. Healthy reserve money, covers for a couple of months, on average 35 people, a decent amount of regulars and lots of newcomers. No support.
 - Bought extra books from Amazon, and are covered. They are self-supported with dana and don't need intersangha support.

Non-Voting/Inquiry Circles:

- **Thu 5:30 PM - Mentorship Support - (ONLINE)**
 - Just still trying to get regular leadership, no need for support
- **Fri 9:00 AM - Exploring Recovery from Eating Addiction (ONLINE) - Michael**
 - Closed meeting between 5-8 people at the meeting. Many people there from the very beginning, exciting meeting people from all over the world.
 - No Needs.

Treasurer Report [Dawn]

- PayPal account: \$621.93, On-Point: \$2109.51 Total: \$2731.44. Reserves are \$1,200. Leaving \$1531.44 for discretionary spending. Sending \$306.28 to Global RD.
- Dawn is still getting set up with Onpoint, Quicken and PayPal. Just coordinating efforts.

Committee Reports

- **Unity [Robin] -**
 - First event is planned for April 28th, it's a hike in Mt. Tabor, meeting in the circle at 4pm. Need to be advertised.
 - Planning more activities, probably about once a month.
- **Wise Friends [Steve E. not present] - Michael**
 - Planning the new workshop on "Nuts and Bolts of Inquiry Circles"
 - Next Saturday 4/23 is the next meeting and will be discussing the facilitation for the Thursday meeting.
 - Formal request to have the Wise Friends Meeting listed on the RDPDX website. Needs to be sorted out with Steve.

- **Communications [Jon] -**
 - New website has been live for about a month. Still a little bit of an issue with folks showing up at the Wise Friends workshop looking for the link and not able to register late.
 - Out of wordpress and requires less technical skills to manage.
 - Heather - Instagram has been hard to manage because many people access the instagram and it can be confusing to know who has been on or not. Heather will be working on Facebook page management.
 - Responsibilities on social media and messaging will be handled by communications and communicated between communications chair/co-chair and intersangha chair.

RD PDX Summit 2023 Bid [Dawn/Brian A]

- Had a great conversation with Joel from RD Global about hosting the RD Global Summit 2023. So far still just Brian and Dawn are on the committee. Dawn's preference would be that 2023 would be on the East Coast, and that Portland/West Coast would be on 2024. Really need 4-5 people in a committee to make Portland work for 2023. Heather and Eleanor would like to participate in the committee (Robin and Tom as well).

Minutes read from Working Group meeting 4/9 -

- *No one else has shown interest in the 2023 Summit bid other than the PDX sangha. Try to schedule at the end of July (28th-30th) every year.*
- *Would present three possible locations that would work. Global provides most of the funding, working with local resources (A/V etc).*
- *Loose deadline on the application.*
- *Possibly 300 attendees.*

Also from Working Group Meeting:

- *Summit 2022 Representation - Sent two people last year, and spent \$1000 for them. Scott pointed out that sending two people would be a considerable loss to the dana reserves, as we don't have as much overhead as last year.*
- *Motion to send Summit Committee Chair to SLC, with Scott taking care of the administration as Treasury Chair. Motion was passed.*

Brian A. will not be able to attend the Summit this year, Brian A made a motion to send Heather in his place. Motion passed unanimously - Dawn and Heather will attend the 2022 Global Summit in SLC, UT

Programs Committee Discussion [Bryan]

- Programs are helpful for dana coming into the intersangha, so Bryan is stepping up to help in continuing to run programs.
- Zanny is in contact with Jacoby Ballard with A Queer Dharma and finishing up conversations with them about when and what topics the workshop will include. Jacoby has agreed to a dana supported workshop.

- Heather is thinking about working on a new Trauma-based meeting/inquiry circle or follow up workshop.
- Dawn works with a yoga group which has some potential for trauma-informed yoga workshops. Question about what kind of payout the teacher would expect and whether it should be online or in-person.
- Michael has been working on a workshop and/or retreat for Exploring Paths to Recovery From Harmful Eating Behaviors.
- Sliding scale dana based has worked in the past, and will continue to try to support the community as the needs are seen and try to also have funds come in through the dana for these programs to the intersangha if it is in group consensus.
- If anyone has any other ideas, reach out to the intersangha email for support.

Old Business -

- Bybee lakes - no changes currently
- Shared meeting scripts - Zanny will be collecting meeting scripts to compile in a shared folder and put on the website as a shared resource for facilitators to access. Perhaps a topic for the next working group meeting to discuss the process for providing access for the community, once the meeting scripts have been compiled.
- From Zanny - We want to make sure that they are accessed only as view only, so that no one edits them accidentally.

New business

- **Tom** - Would like to start a new meeting in the DePaul facility. Third person for Monday nights, but also would like to start a women's meeting as the DePaul facility is gender separated. Dawn suggests giving direction on starting a new closed meeting, this is for an in-person meeting.
- **Eleanor** - Started a meeting last week called RD Academy Ethics, and the Precepts." It's a topic meeting about Buddhist ethical conduct, morality, non-harming and precepts of Buddhism. Would like it to be added to the RD PDX website.
 - Date and Time - Wednesdays from 5-6pm
 - Listed in the RD Global meeting list.
 - Will be able to transition to the intersangha meeting list. PDX dana link was shared for collecting dana for the intersangha.

Dedication of Merit / Adjourn