

Saturday 07/16/22 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), Stuart (Co-Secretary), Heather (Communications/Unity), Scott (Treasurer)

Absent: Jon (Communications), Robin (Unity) and Meeting Secretaries as noted below

Meetings: Every 3 months from 11 am to 1 pm: 1/15/22, 4/16/22, 7/16/22

Introductions (Bryan)

Meditation (Bryan)

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

Present (16):

Sun 10:00 AM - Queer Paths (ONLINE) - (Andrine)
Sun 1:00 PM - Exploring Recovery from Disordered Eating (ONLINE) - (Michael)
Sun 6:15 PM - Hood River (ONLINE) - (Dick W)
Mon 7:00 AM - Dawn Metta (ONLINE) - (Duane)
Mon 6:30 PM - Awakening Minds - RD Mental Health (ONLINE) - (Ted O)
Mon 7:00 PM - Dharma Rain (ONLINE) - (Bryan)
Tue 6:00 PM - Hood River (ONLINE) - (Dick Withers)
Wed 5:00 PM - RD Academy: Ethics & the Precepts (Eleanor)
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 11:30 AM - Womens, Trans, and Non-Binary In-Person Sangha - (Heather)
Sat 7:00 PM - Virtual Sandwich (ONLINE) - (Stuart)
Sat 7:00 PM - Meditation Sandwich (IN-PERSON) - (Ray)

Absent (4):

Sun 4:00 PM - Middle Way on MLK (IN-PERSON) - (Jeremy/Hannah)
Mon 5:30 PM - Three Jewels Recovery Dharma Meditation - (Zach H)
Fri 6:00 PM - Forest Grove Recovery Club (IN-PERSON) - (JB)
Tue 8:00 PM - Men's Candlelight Meeting (ONLINE) - (Steve)

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

- **Check in w Heather First -**
 - Women, Trans, Non-Binary Meeting (ONLINE) - could use help w advertising, co-facilitators
 - Vancouver Vipassana - (ONLINE) - good turnout. could use help w co-facilitators
 - Sat 11:30 AM - Womens, Trans, and Non-Binary In-Person Sangha - could use help w advertising, co-facilitators. starting to grow. made first month's rent without help from intersangha.
 - **Communications** - posting more on social media, getting good response. Bryan will give Heather admin abilities within wordpress.
- **Sun 10:00 AM - Queer Paths (ONLINE) - Andrine**
 - Small but healthy attendance (btw 4-9 people). Core group.
 - Need co-facilitators. Recommends emergency leader list.
- **Sun 1:00 PM - Exploring Recovery from Disordered Eating (ONLINE) - Michael**
 - Ranges from 6-30 people per week.
 - Difficulty finding co-facilitators.
- **Sun 6:15 PM - Hood River (ONLINE) - Dick**
 - Organized as Columbia Gorge Recovery
 - 4-9 people per week, half from out of area
 - 2-3 co-facilitators
 - Adding inquiry circle to beginning of the meeting starting this month
 - Sponsoring OctSOBERfest onm Sept 20 at Trout Lake Abbey
- **Mon 7:00 AM - Dawn Metta (ONLINE) - Duane**
 - Meeting doing well, average 12 people, 40% local
 - 2 people interested in co-facilitating
 - Uses google doc sign up sheet for facilitating
 - Needs to change name on RD global site
- **Mon 6:30 PM - Awakening Minds (ONLINE) -**
 - Core of 3 co-facilitators, rotate readings/meditations
 - Sometimes large group (17-18), with people from all over
 - Introduced roll call so that people don't step on one another while talking
- **Mon 7:00 PM - Dharma Rain (ONLINE) - Bryan**
 - Jon has stepped down from facilitating, leaving Bryan and Stuart
 - Pretty good attendance 15-20 people all over the region.
 - Needs co-facilitators
 - Shorten sharing time to include "business" meeting section

- **Tues 7:00 PM - Hood River (ONLINE) - Dick**
 - Same as Sunday Night Online - see above
- **Tues 8:00 PM - Men's Candlelight Meeting (ONLINE) - Bryan**
 - Healthy. Self led. About 10 people.
 - Moved over to PDX RD acct.
 - Co-facilitator role swapped out.
- **Wed 5:00 PM - RD Academy: Ethics & the Precepts - Eleanor**
 - Btw 5-15 people every week.
 - More people attend when Eleanor makes announcement of meeting day of, in other meetings.
 - On break until 8/10
- **Wed 7:00 PM - Women, Trans, Non-Binary Meeting (ONLINE) - Heather**
 - See above
- **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.
 - Asked to do it weekly instead of every other week. Would definitely need co-facilitators to accomplish this.
 - Possible M, T, W, Th. No Sunday. May be able to be Zoom meeting, they have the facilities.
 - Suggests Zoom training for all possible facilitators.
- **Thu 12:00 PM - Alano Meeting - (IN-PERSON) - Tom**
 - Some meetings are overflow. Good attendance.
- **Thu 7:00 PM - Vancouver Vipassana - (ONLINE) - Heather**
 - See above
- **Sat 9:00 AM - Kaiser Beaverton (ONLINE) - Darlene**
 - Doing well. Core group of 5-6.
 - Thinking about name change that doesn't say 'Kaiser'

- **Sat 7:00 PM - Virtual Sandwich (ONLINE) - Stuart**
 - Jon stepped down as co-facilitator. Stuart leading every week, which he cannot do indefinitely. Need co-facilitators, preferably 2 or more to rotate.
 - Healthy attendance, 9-20 something people every week. 2-3 regulars. Many from different time zones, including overseas.
- **Sat 7:00 PM - Meditation Sandwich (IN-PERSON) - Ray**
 - Alano was closed in June.
 - Average 20+ people, high count at 40+ people.
 - Traffic driven by Alano.
 - Echoes need for co-facilitators.
 - New inquiry meeting before the Sandwich called Inquiry Soup.
 - Looking to change up the readings
- **Mon 7:00 PM - Monday Inquiry Meeting (ONLINE)**
 - Healthy, small group.
 - May change time.
- **Tue 7:00 PM - Women, Trans, Non-Binary Book Study**
 - Recognized as an Inquiry circle. Removed from meetings list.
- **New Queer Paths Inquiry Group Started 5pm Fridays- Andrine**
 - committed to 26 week group
 - 4 people
- **Thu 5:30 PM - Mentorship Support - Michael**
 - Individuals committed to each meeting
 - Steering people towards mentorship
- **Fri 9:00 AM - Exploring Recovery from Eating Addiction - Michael**
 - Steady group 4-7 people

Chair (Bryan)

- Needs more co-facilitators
- Emergency contact list of co-facilitators
- Scripts on the website
- Zoom training for facilitators
- Using social media to help get the word out about service

Tom - Alano Thurs Noon

- Could use help in formatting posters for room at Alano
- Recommend to contact Semi

Treasurer Report [Scott]

- Accounts - \$1873.10
- Reserves - \$1200
- Available - \$673.10
- 20% contribution to Global - \$134.62
- Sending 2 people to Global Summit in SLC - they have tickets. Registration fees were gifted back from Global.
- Spending \$35-50/month on books
- Dana consistent. Auto pay working well.

Committee Reports

- **Chair (Bryan)**
 - Brian will not be able to follow through on co-chair position and take over as chair next year.
 - Possible special election in October.
- **Secretary (Stuart)**
 - Will attempt writing minutes for this meeting for the first time.
 - Representatives asked to submit scripts to Zanny.
- **Wise Friends [Michael] -**
 - Meeting held next week due to Intersangha meeting.
 - Planning for 8/20 workshop
 - Steve is looking to request registration and survey info.
 - Present something to Global.

Old Business

- **RD Summit 2023 - [Dawn]**
 - Dawn may chair a panel in SLC.
 - Would like to meet w Summit folks about PDX hosting - what works and what doesn't
 - Will present findings to committee once they return
- **Bybee Lakes Meeting - Dawn**
 - Beaverton Kaiser meeting
 - Would like it to be weekly
 - Contact Dawn, who will contact Gloria at Kaiser
 - Need to do some recruitment on leaders to facilitate - see above

Important takeaway:

- Many meetings desperately need co-facilitators
- Need more engagement in general. Suggestion as to including service as a part of dana.

Dedication of Merit / Adjourn