

Saturday 07/15/23 Quarterly Intersangha Meeting 10:30 AM - 12:30 PM

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: Heather (Chair), Ezra (Co-Secretary), Bryan (Website), Michael (Wise Friends)

Meetings: Every 3 months

Introductions

Meditation

Census to Establish Quorum

Voting: [7 out of 12 listed meetings to establish quorum for voting]

1. Sun 10:00 AM - Queer Paths (ONLINE) - (Andrine)
2. Sun 1:00 PM - Exploring Recovery from Disordered Eating (ONLINE) - (David)
3. Mon 7:00 AM - Dawn Metta (ONLINE) - (Duane/Katie/Eleanor)
4. Mon 6:30 PM - Awakening Minds - RD Mental Health (ONLINE) - (Ezra)
5. Mon 7:00 PM - Dharma Rain (ONLINE) - (Bryan)
6. Sat 9:00 AM - Metta-Morphosis (ONLINE) - (Michael)
7. Sat 11:30 AM - Women, Trans, and Non-Binary In-Person Sangha (Heather)
8. Sat 7:00 PM - Virtual Sandwich (ONLINE) - (Christine)

Non-voting - Hiatus:

1. Sun 6:30 PM - 3 Jewels: Mindful Movement
2. Mon 7:00 PM - Heart of Wisdom (IN-PERSON)
3. Wed 7:00 PM - Women, Trans, Non-Binary Meeting (ONLINE)
4. Thu 7:00 PM - Vancouver Vipassana - (ONLINE)

Absent Q3 2022 (A Q3 Absence Influences Quorum Count):

1. Sun 4:00 PM - Middle Way on MLK (IN-PERSON) - (Robin)
2. Wed 7:00 PM - Rising From The Rubble (IN-Person)- (Mistie)
3. Thu 7:00 PM - Blackburn Recovery Center- (IN PERSON)- (Mistie)
4. Sat 7:00 PM - Meditation Sandwich (IN-PERSON) - (Gordon)

Absent Q2 & Q3 (A Q2 & Q3 Absence Does Not Influence Quorum Count):

1. Mon 5:30 PM - Three Jewels Recovery Dharma Meditation - (Zach H)
2. Tue 8:00 PM - Men's Candlelight Meeting (ONLINE) - (Steve E/Chan/Bill C)
3. Wed 7:00 PM - Kaiser Sunnyside - (ONLINE) - (Dawn)
4. Thu 12:00 PM - Alano Meeting - (IN-PERSON) - (Tom)
5. Fri 6:00 PM - Forest Grove Recovery Club (IN-PERSON) - (JB)
6. Fri 5:15 PM - Queer Paths (HYBRID)- (Asa)
7. Fri 9:00 PM - Moonlight Meditation (ONLINE) - (Chan)
8. Sat 9:00 PM - Disco Dharma - (ONLINE) - (Chan)

Non-voting - Inquiry Circle and Support: Open Call for Support

Sangha Check-In and Status Reports (Secretaries/Proxies)

- Sun 10:00 AM - Queer Paths (ONLINE) - (Andrine)
 - Good rotation of hosts and co-hosts.
 - Average of 8 people
- Sun 1:00 PM - Exploring Recovery from Disordered Eating (ONLINE) - (David)
 - Good community, rotating volunteers, leadership is developing.
 - Around 10 people
- Mon 7:00 AM - Dawn Metta (ONLINE) - (Duane)
 - Going well, considering going back to in-person, reached out to Tabor Space about what it would take to host the meeting there, Duane and Katie do a lot of the facilitation, would like to see more leadership develop.
 - 12-14 on average
- Mon 6:30 PM - Awakening Minds - RD Mental Health (ONLINE) - (Ezra)
 - Meeting is going well, lots of stress around bombers, but running a tight ship. Two regular facilitators with a couple of other people willing to help when needed.
 - Average of 14 people
- Mon 7:00 PM - Dharma Rain (ONLINE) - (Bryan)
 - Bryan is now the only facilitator and has been doing it for 3 years. Had an intention meeting last week. A couple of folks who are willing to step up and help with meditations and possibly facilitating. People are doing some zoom training in order to be prepared for zoom bombers.
 - Fairly small, drop in numbers.
- Sat 9:00 AM - Metta-Morphosis (ONLINE) - (Michael)
 - Very healthy meeting, no thoughts of going to in-person. Lots of folks outside of the Portland area. Lots of volunteers.
 - 10-15 people
- Sat 11:30 AM - Women, Trans, and Non-Binary In-Person Sangha (Heather)
 - Heather's name is on the lease but has not been able to attend in a while due to school. Tracking dana and paying rent still. Making enough to pay rent which increased from \$20 - \$30/week. Struggling with facilitators and dana. Started with \$200 in reserves and are dipping into that.
 - Attendance is steady.
 - No needs with the intersangha having put a freeze on providing books.
- Sat 7:00 PM - Virtual Sandwich (ONLINE) - (Christine)
 - Health of the meeting is improving. There were a lot of zoom disruptions which caused a drop in attendance. Working to make sure that facilitators are trained in zoom safety.
 - Around 25 people

Treasurer Report

- 2023 summit trip costs have been paid aside from hotel which will be paid upon arrival.
- We will be dipping into our prudent reserves.
- Agreed not to send out books right now. Hopefully meetings can be more self-supporting and put an emphasis on the intersangha needing dana.
- We normally collect between \$100 - \$200, and last month only collected \$30.
- Anna is putting out the call on social media.

- As an intersangha we have lots of expenses regarding supporting the community, and we will have expenses for the 2024 summit.
- Our zoom accounts cost \$15/month (\$30/month total)
- Example language given for dana statements.

Nominations and Confirmation of Acting Positions [All]

- Co-Chair (Eleanor)
 - We had a co-chair who was not able to attend meetings and need someone who is available.
 - Eleanor has volunteered as co-chair and is already knowledgeable about the intersangha.
 - Nominated and seconded – voted in unanimously
- Communications (Anna)
 - Anna has been doing communications solo. She has technically been co-communications but is ready to take over the official communications role.
 - Nominated and seconded – voted in unanimously
- Open positions:
 - Co-Communications

Committee Updates [All]

- Wise Friends
 - Plans for a September workshop about inquiry circles. Need a link/info to share with people. Finishing up flyer and details for the summit.
 - Hoping to have a mindful eating workshop.
 - Need to discuss dana for guest speakers. We do have some precedent for that.
 - December workshop regarding body image. In need of resources about the topic.
- Summit (2023)
 - Last time Global was asking about the needs of sangha's and intersangha's.
 - There are lots of questions about how to find a mentor and start an inquiry group. Not a lot of people stepping up to be mentors.
 - Let Heather know about anything that should be brought to the summit.
 - Will be meeting with Joel and the new committee people. Will be coming back with more information.
 - Some folks have expressed interest in joining the summit committee.
 - 2024 will most likely be the last weekend of July.
- Unity
 - No updates

New Business

- Is there a formal process for people applying to be a facilitator and/or mentor? Are there resources?
 - There is a document that has been modified by global which we have on the PDX website.
 - Having a more visible process for folks to become facilitators might help people feel more confident about stepping up.
 - We could have a guide.
 - Suggested a volunteer/facilitator group chat.
 - Making scripts for various meetings available on the website would be helpful.

- What does it mean to have a meeting on hiatus?
 - They are meetings that couldn't continue but could start again.
 - A way of not closing the door on the meeting.
 - Some are defunct and could be removed.
 - Interest in starting the mindful movement meeting again.

Dedication of Merit / Adjourn