

01/14/2023 - Intersangha Working Group Meeting

Present:

Heather (Chair), Stuart (Secretary), Bryan (Former Chair), Dawn (Treasurer), Michael (Wise Friends), Eleanor (Wise Friends)

Intersangha Check In

Treasury Report (Dawn):

- PayPal - \$2,274.90
- OnPoint - \$651.18
 - Total - \$2,926.08

Communications Report (Heather):

- We need a solid person to take over communications.
- We have been getting more followers every day, and a lot of activity.
- Anna (co-secretary of the women/trans/nonbinary meeting) isn't ready to commit to anything yet, but she set up all the meetings from our website as events that will post regularly on Facebook.
- We updated the website with info about the upcoming quarterly meeting, and Bryan is working on a post announcing elections.
- Heather will post on social media about elections.
- We could reach out to John about sending a newsletter announcement. There are about 800 people on the list.

Secretary Report (Stuart):

- In need of a co-secretary.
- Stuart has a pretty good handle on how to do the minutes but would like to make sure that there is someone who can fill-in if he can't attend meetings, and to take over next year.
- Zanny was collecting all the scripts for PDX meetings. Once we have them all we can add them to the website for easy access.

Wise Friends Report (Michael):

- Michael has decided to volunteer again as Wise Friends chair and Scott as co-chair.
- Eleanor will be on the committee as well.
- Eleanor has proposed a Sangha Boundaries workshop.
- Discussing meeting health, people stepping up. Looking at doing some consulting with various meeting to see if we can provide support.
- Discussing inviting more local teachers to do workshops so that people in Portland can get to know some of the local teachers.
- Our past workshop with Dave Smith was very successful.

Sangha Boundaries Workshop (Eleanor):

- Eleanor is a facilitator for Recovery Dharma Online. They are currently in the process of re-writing their safety guidelines.
- They are adding information about how to use wise boundaries for creating safety in our sangha's and using self-care rather than attempting to change others behavior.
- Looking to emphasize those tools, rather than using punishment or banning people to create safety.
- Proposed safety workshop date is 04-29-23.
- Looking for panel members.
- Topics:
 - Introductions – Explaining guidelines, boundaries, and self-care.
 - Readings – Precepts, Mindfulness Trainings and Wise Boundaries.
 - Meditation – “Saying No” based on Gabor Mate, brief shares about the meditation.
 - Presentation on Boundaries – Types of Boundaries, Common fears around setting boundaries, Specific examples (8-Fold Path & Cyber Boundaries).
 - Inquiry with Journaling – Includes specific inquiry prompts.
 - Sharing
 - Self-Care Talk – Why self-care is not selfish, Examples of ways to use self-care to support recovery.
 - Intention Setting Exercise – How can I use self-care: 1. at work, 2. at home, 3. in relationships, 4. on The Path.
 - Closing – Resources & Dedication of Merit.

Unity Report (Robin):

- Bowling event went well.
- Desire for a karaoke event next month.
- Idea to setup a meet-up group – Anyone in RD will have an opportunity to say if they'll attend events so there would be a better idea of how many people would be present.
- Another option is using Facebook events. They could reply with yes, no, or maybe.
- There are people either helping, or interested in helping, and it would be good for them to attend next week's quarterly meeting.
- Proposal to allocate a specific budget to unity for events. Robin paid \$100 for bowling and was reimbursed by the intersangha.
- We have previously reimbursed unity for events. Some may be more expensive than others.
- Motion to reimburse the Unity Committee for up to \$100.00 a month – Passed Unanimously (will confirm at the quarterly meeting)

Summit 2024 Update (Heather/Dawn):

- Working to find a time that works for PDX and Joel to meet regularly.
- Next Saturday we will ask for volunteers.
- Need clarity of how much support we will get from Global.
- Still unofficial, but official in practice.

- We will be sending people to the 2023 summit in Philly.
- Hoping that Joel can connect us with people who were involved in the Philly, Florida and Utah summits about best practices and possible hiccups.

Quarterly Intersangha Agenda Items/Elections:

- Adding:
 - Summit committee recruitment (minimum of 7 people) – There are some possible outside resources as well.
 - Elections – Looking to fill:
 - Co-Chair, Co-Treasurer, Co-Secretary, Communication, Co-Communications, and volunteers for all committees.
- How can we communicate the value and importance of these roles?
- There is a large importance in these roles as Portland supports many meetings in person and online. It is a way to be more involved in the community. Appreciation is shown by members of the intersangha, and it feels valuable. Service is a part of recovery.
- Sharing the reasons “why” will be helpful in showing others why volunteering is important and rewarding.
- Reaching out to people individually is a helpful way to show them that we believe they could be of value to us and not just generally announcing.

Open Items/New Business:

- There are several meetings that need facilitator support:
 - Kaiser Brookside & Bybee Lakes (Both are flexible on day and time) – Will advertise on social media.
 - Saturday Meditation Sandwich

Meeting Closed