

## **Saturday 01/20/24 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:** Jeremy (Interim Co-Chair), Queen Exquisite (Interim Co-Chair), Robin (Treasurer/Unity), Anna (Communication/Co-Treasurer), Ezra (Secretary), Michael (Wise Friends)

**Meetings:** Every 3 months

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### **Introductions / Officer Role Call**

### **Meditation**

### **Census to Establish Quorum**

Voting: [8 out of 14 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) - (Michael)
3. Sun 4:00 PM - Middle Way on MLK (IN-PERSON) - (Robin)
4. Sun 5:00 PM- Soft Landing – 4D Recovery Center Clackamas (IN PERSON) – (Jacques)
5. Mon 7:00 AM - Dawn Metta (ONLINE) - (Duane)
6. Mon 6:30 PM - Awakening Minds - RD Mental Health (ONLINE) – (Ted)
7. Tue 7:30 PM- Mindful Men’s Candlelight Meeting – Yoga Punx PDX – (IN PERSON) – (Jeremy)
8. Tue 8:00 PM - Men’s Candlelight Meeting (ONLINE) - (Kevin)
9. Fri 2:00 PM – Chronic Pains and Conditions (Affinity Meeting) (ONLINE) – (Christine)
10. Fri 6:00 PM - Forest Grove Recovery Club (IN-PERSON) - (Murray)
11. Sat 9:00 AM - Metta-Morphosis (ONLINE) - (Scott)
12. Sat 11:30 AM - Women, Trans, and Non-Binary Sangha (IN-PERSON) - (Anna)
13. Sat 7:00 PM - Virtual Sandwich (ONLINE) - (Christine)
14. Sat 7:00 PM- Compassionate Professionals (CLOSED MEETING) - (ONLINE) – (Semi)

### **Non-voting - Hiatus:**

### **Absent Q1 2024 (A Q1 Absence Influences Quorum Count):**

1. Mon 7:00 PM - Dharma Rain (ONLINE) - (Bryan)

2. Wed 6:00 PM- RD Academy: Ethics & The Precepts – (ONLINE) – (Eleanor)
3. Fri 5:15 PM- Queerly Beloved (HYBRID) – (Adrian)

**Absent Q4 2023 & Q1 2024 (A Q 4 & Q1 Absence Does Not Influence Quorum Count):**

1. Mon 5:30 PM - Three Jewels Recovery Dharma Meditation - (Zach H)
2. Wed 7:00 PM - Kaiser Sunnyside (ONLINE) - (Dawn)
3. Wed 7:00 PM- Rising From The Rubble (IN-PERSON) – (Mistie)
4. Thu 12:00 PM - Alano Meeting (IN-PERSON) - (Tom)
5. Thu 7:00 PM- Blackburn Recovery Center (IN PERSON)- (Mistie)
6. Fri 9:00 PM - Moonlight Meditation (ONLINE)
7. Sat 2:00 PM- Rising From The Rubble 2 (IN-PERSON)- (Adam)
8. Sat 7:00 PM - Meditation Sandwich (IN-PERSON) - (Gordon)
9. 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)
  - 8-15/week.
  - Core group of 4 doing leadership.
  - Regularly new people.
  - Folks starting inquiry and study groups.
  - No needs.
- Sun 1:00 PM - Exploring Recovery from Disordered Eating (ONLINE) - (Michael)
  - Healthy!
  - 24-30/week from all over.
  - Good leadership and facilitation
  - No needs
- Sun 4:00 PM - Middle Way on MLK (IN-PERSON) - (Robin)
  - Going well.
  - 8-10/week.
  - Robin and Sean share leadership.
  - No needs.
- Sun 5:00 PM- Soft Landing – 4D Recovery Center Clackamas (IN PERSON) – (Jacques)
  - Numbers are low. Around 5 core people, weather has changed things.
  - 4D is helping with a new flier.
  - Reaching out to a treatment center.
  - Excellent experience. People participate.
  - A surplus of books would be appreciated.

- Mon 7:00 AM - Dawn Metta (ONLINE) - (Duane)
  - Doing well.
  - Numbers have increased over the past 2 months or so.
  - Around 20/week.
  - 3 facilitators for rotation. Another person offered in case of emergency.
  - Zoom support. Had difficulty opening the meeting last week.
  
- Mon 6:30 PM - Awakening Minds - RD Mental Health (ONLINE) – (Ted)
  - Going well!
  - 12-15/week.
  - 3 facilitators.
  - Voted to change the time, starting 30 minutes earlier to 6pm PT.
  - Need the time changed on the PDX website and the RDG spreadsheet.
  
- Tue 7:30 PM- Mindful Men’s Candlelight Meeting – Yoga Punx PDX – (IN PERSON) - (Jeremy)
  - Going okay.
  - Big dip in attendance probably because of the cold and weather.
  - Attendance is low. 4-5/week.
  - May change the time and make it earlier or change the night.
  - Could use help with books to help for rent and to give away.
  
- Tue 8:00 PM - Men’s Candlelight Meeting (ONLINE) - (Kevin)
  - Meeting is pretty healthy.
  - Chan and Bob usually lead, but various other members do step up.
  - 8-12/week.
  - Core group of about 4-5/week.
  - No needs. Support is appreciated.
  
- Fri 2:00 PM – Chronic Pains and Conditions (Affinity Meeting) (ONLINE) – (Christine)
  - Meeting is healthy. Facilitator has support for coverage when needed.
  - Numbers have increased. 15 regulars/week.
  - Gone as high as 30/week.
  - Needs to be identify as MAT and not just chronic pain and conditions on the PDX website.
  
- Fri 6:00 PM - Forest Grove Recovery Club (IN-PERSON) - (Murray)
  - Was on the brink of collapse.
  - 2-12/week.
  - 6 people sharing facilitation.
  - Interest in getting inquiry circles started.
  - No needs.
  
- Sat 9:00 AM - Metta-Morphosis (ONLINE) - (Scott)
  - Healthy.

- 9-15 people/week.
- Lots of people contributing.
- No needs.
- Sat 11:30 AM - Women, Trans, and Non-Binary In-Person Sangha (Anna)
  - Meeting is doing well.
  - Good core group of people sharing responsibilities.
  - Transition to dispersing responsibilities has gone well.
  - Around 5-6 people/week.
  - Dana collection goes up and down. Currently breaking even.
  - Receiving books was helpful for being able to pay rent.
  - No needs.
- Sat 7:00 PM - Virtual Sandwich (ONLINE) - (Christine)
  - Going well.
  - 20-40 people/week.
  - Approximately 25 regulars.
  - Facilitation shifts between Chinyere and Corey.
  - No needs.
- Sat 7:00 PM- Compassionate Professionals (CLOSED MEETING) (ONLINE) – (Jeremy)
  - Going okay.
  - 3-8 people/week.
  - Getting inquiries however folks often don't follow through.
  - Have a system for professional confidentiality.
  - Commitment may not be high.
  - The space would like some money, but there are currently no problems paying.
  - No needs.

### **Elections (Ezra):**

- Chair:
  - Discussion to change our chair role to a co-chair role.
  - Passed.
  - Jeremy and Queen Exquisite nominated as co-chairs for 2024-2025.
    - Passed.
- Co-Secretary:
  - Matt nominated.
    - Passed.
- Co-Communications.
  - Empty.

## Reports:

Treasury Report (Anna):

# Recovery Dharma PDX

## Statement of Activities

For the Twelve Months Ended December 31, 2023

|                      | March 31 | June 30    | September 30 | December 31 | 2023     |
|----------------------|----------|------------|--------------|-------------|----------|
| Contributions        | 625.84   | 672.03     | 1,210.04     | 885.76      | 3,393.67 |
| Expenses             |          |            |              |             |          |
| Unity                | 104.00   | 100.00     | 0.00         | 75.00       | 279.00   |
| Books                | 77.65    | 142.80     | 96.05        | 315.00      | 631.50   |
| Online Support       | 91.94    | 95.94      | 95.94        | 95.94       | 379.76   |
| Summit               | 0.00     | 1,390.24   | 346.44       | 0.00        | 1,736.68 |
| Operations           | 119.08   | 59.06      | 73.59        | 45.51       | 297.24   |
| Donation             | 352.70   | 347.54     | 0.00         | 0.00        | 700.24   |
| Total                | 745.37   | 2,135.58   | 612.02       | 531.45      | 4,024.42 |
| Net Change in Assets | (119.53) | (1,463.55) | 598.02       | 354.31      | (630.75) |
| Assets Beginning     |          |            |              |             |          |
| Paypal               | 2,335.89 | 322.53     | 505.95       | 1,642.40    | 2,335.89 |
| OnPoint              | 651.18   | 2,545.01   | 898.04       | 359.61      | 651.18   |
| Total                | 2,987.07 | 2,867.54   | 1,403.99     | 2,002.01    | 2,987.07 |
| Assets Ending        |          |            |              |             |          |
| PayPal               | 322.53   | 505.95     | 1,642.40     | 582.69      | 582.69   |
| OnPoint              | 2,545.01 | 898.04     | 359.61       | 1,773.63    | 1,773.63 |
| Total                | 2,867.54 | 1,403.99   | 2,002.01     | 2,356.32    | 2,356.32 |

- [RD PDX 2024 Treasury Proposals.](#)
  - Motion to approve budget changes.
    - Passed
  - Motion to approve reserve calculations and new RDG donations – 15% / \$200 cap.
    - Passed

Secretary Report (Ezra):

- Cleaned up non-voting and hiatus section of minutes/agenda section.
- List of meetings has been confirmed.

#### Communications Report (Anna):

- Things are going okay.
- Running Facebook and Instagram.
- Looking into tools for connecting them as currently things must be manually posted in 4 different places.
- Hoping to get the newsletter back up and running.
- Looking to connect with Bryan on these various topics.

#### Unity Report (Robin):

- The upcoming sound bath event was canceled due to inclement weather and has been rescheduled for February 17<sup>th</sup>.
- Discussed only doing unity events quarterly so that there is a larger fund for events.
- Possible monthly hiking group which would be free and simple.

#### Wise Friends Report (Michael):

- Wise Friends has been on a hiatus but is starting up again.
- No longer meeting monthly, and instead meeting on the 3<sup>rd</sup> Saturday of the month aside from months with Intersangha quarterly meetings.
- There are new members.
- Idea to have a workshop on group facilitation – tech, importance of service, meeting safety and so on.

#### Summit Report (Michael):

- Heather has done a lot of work organizing with RDG and local logistics.
- More support is needed.

#### Outreach Report:

- None.

#### Open Items/New Business (All):

- In-person Dharma Rain meeting is starting shortly, and they will reach out to Robin regarding accessing books.

#### **Dedication of Merit – Meeting Closed**