



REFUGE RECOVERY BELTLINE

Sangha Practice Committee Meeting | November 18 2018

Welcome | Meditation | Guiding Principles

Erin discussed the genesis of the new meeting. And the democratic decision making.

1. Meeting Facilitation.

- a. Discuss new meeting Secretary rotation and schedule for the fourth term of 2018.

Covering the Thursday now that is open without.

Members agree to cover Thursdays for December

New years and Christmas. We will do those. But not Christmas day.

Confirm when we get schedule.

2. Adding in “only close your eyes if you feel comfortable to do so.” And short meditation instruction to the script.

Voted no for first part.

Voted to table short meditation instruction until next meeting.

3. Other options for peer support with lack of mentors.

Add “Raise hand” line to script, if refuge is supportive for your recovery.

Question about mentorship length. Needs to stay the same, and all of the requirements need to be in there.

4. Workshop in December.

Summary of what we think it will be. Kind of a celebration of 4th year.

Fine tune process for workshops in general and pass it on.

Maybe recruit extra people for day of.... Next step.

Promote the workshop. Start saying it in announcements. Dec 16th. Max 50 people. By 25\$ suggested donation but not turn away for lack of funds.

Email to register if you don't have funds. Dana to our group

5. Clarifying “Refuge Related” for the announcements/promoting other groups.

Will be announcing this soon. Add to this. Making a list of approved announcements.

Two parts. Only refuge related announcements in meeting and social media.

Voted for Refuge related announcements. Clarify only RR announcements

Voted no for promoting other groups via social media.

6. AHS presentation.

Went really well, printing out brochures. Great feedback.

Donated 4 books. They were excited, and we now have contacts there.

We can use this template for other presentations.

7. Discuss request from Renfrew and Alex for a regular meeting there.

Avg. 1 or 2 people attending the last year. Intention was for Alex to support and promote meeting, that didn't seem to occur. Offer to take this meeting off the schedule.

Renfrew meeting. Discussed our past experience. Maybe we just offer presentation about program. Weekly commitment is tough.

Voted in favour of cancelling Alex

Voted in favour of investigating a Renfrew presentation. Maybe look at meeting again.

8. Discuss how to handle difficult situations in meetings.

Cross talk issues, stuff has been coming up. How do we handle this moving forward?

If an issue arises, or a member brings an issue forth, send email out and arrange PC meeting via Zoom or in person to discuss.

9. The best way to communicate with other practice committee members and the importance of involvement.

Sending out group meeting to keep everyone up to date. Practice wise communication. Some concerns about email.

Discussed Email vs. Zoom vs in person. Slack vs. others.. Look into Slack chat platform.

10. Review the roles and expectations of PC members.

a. Review and confirm process and requirements for new secretaries and practice committee members. (Confirm wording in script).

Reading of the requirements. Clarifying the attendance. 6 months etc. etc.

Voted on updating the requirement portion of the script to more accurately reflect the requirements.

Lots of discussion around setting up other meetings and facilitators and the requirements.

All in favour for being on practice committee to be a facilitator.

All in favour for group approval to join committee.

All in favour for democratic process

b. Review current roles of practice committee members and update as necessary.

Table this until next month.

10. Changing the wording around process addictions to “actively working on” instead of complete renunciation.

Changing wording.. identified.

Voted in favour to change.

11. U of C meeting update.

Hold off on this one for a month, but we had a quick update on meeting.

Will need to come to decision on alignment with requirements in regards to this meeting.

12. Treasury & Finance Report.

Quick report. Need to make donation to Head Office in LA. Will send 6 month amount.

Add info to envelopes, including number of attendees.

13. Donation to Refuge Recovery Headquarters

see above.

14. Social Committee Update.

Voted to table until next month

4 year anniversary

- a) Participating in Communitywise Cleaning.
- b) Promoting women's social events.
- c) Possible New Years event.

16. Updating e-mail list and ensuring transparency.

- a) Notebook for e-mails.

This is in all meetings

- b) Surveying the Sangha.

Want people to feel like we are hearing them. Will send out survey for review.

- c) Posting meeting minutes online.

Will send out for review to PC and put on site

- d) Link on website for service opportunities/ how to be more involved.

Voted to table this till next meeting.

17. Emergency contacts and changing the locker code.

Change code

Give Philip our numbers in case someone missing meeting

Items for next meeting:

Room change / attendance

Facilitator Training

Add attendance update to financial update

Agenda ideas