



## REFUGE RECOVERY BELTLINE

### Sangha Practice Committee Meeting | December 30 2018

#### Welcome | Meditation | Guiding Principles

Meditation

Welcome new members, discuss democratic decision making process.

#### 1. Meeting Facilitation.

- a. Discuss new meeting Secretary rotation and schedule for the first term of 2019.

Discuss meeting schedule and new years eve. Facilitator training and are there new people coming up?

- b. Discusses Sangha Manager resignation to our group and the board of Refuge as a whole. Possible consultant position for a while and facilitation training. And be here to mentor a bit.

Member from Portland may come to do a workshop in spring to help us develop peer led workshops.

We discussed how to keep the group strong and to bring in new people to PC

#### 2. Monthly PC meeting at the library and deciding on an ongoing time/Sunday each month.

Discussed. Locations and a standard day. Last Sunday for every month for example. Poll will be sent out for which Sunday will be best, and will look into Library as an option.

### **3. Larger space for meetings**

Info/date will be sent to CWRC. Discussion around staying in CWRC or finding somewhere else. Can we move some nights into the bigger space? Maybe re-work space a bit in Arusha room and buy some more cushions.... Create more space and have extra cushions for workshops as well. Should we have a greeter to usher into separate rooms? Airflow is a problem in Arusha but there is no longer a window opening option. Can we get CWRC to give us Hvac access? Or maybe we have fans in here. Vote is, we see what CWRC says about switching Mondays with CA. Start there and go over it again next month.

### **4. Workshop.**

Summarize how well the workshop went. What can we do next time to better organize. Better defined roles for example. Be clear on if its Refuge presents or for Refuge specifically. A retreat checklist will be made. And we should have better and more communication prior. Should we put a survey out...? Just for internal use...

- a) Donating some \$ to the non-profit.
  - a. Discussed putting the profits towards the next retreat.

### **5. List of “Refuge Related announcements”.**

A list of announcements will be maintained in slack

### **6. Adding a short mediation instruction to the beginners script.**

- a. Table to next week. A short verbiage will be put together for this idea.
- b. Also talked about the purpose of the beginners meeting and the difference. Ie. The first four chapters, preface and intro and the foundation meditations.

### **7. Adding a reminder to be mindful of voices in hallways and kitchen to the script.**

- a. Voted on, all in favour. Something will be written up for that.

**8. Possible Renfrew meeting/presentation and Top of the World presentation.**

- a. They are interested in having us talk about it and offering Refuge. Someone to come out and do presentation and meeting. Can they do meetings there. They have guest accommodations and we could go team up and go out. More discussion about training and regular meetings will be required. Voted all in favour for meeting and presentation to be set up at TOTW.

**9. The best way to communicate with other practice committee members.**

- a. Voted to try using slack as the main communication tool.

**10. Review the roles and expectations of PC members.**

- a. Revisit requirement to be on the Practice Committee to be a secretary.

Summarize the current requirement. Should we call it facilitator or secretary? Should the PC and Facilitation be intertwined? Discussion around how to move forward with this.

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

New roles will be posted in slack folders. We will provide feedback and then we will revisit this vote once we clarify roles. And we will figure out facilitator and PC overlap.

**10. Mentor guidelines.**

- a. Table this.

**12. U of C meeting update.**

This was also discussed a bit during item 10. Update email received from the facilitator. Table the rest of this discussion, and work on guidelines.

### **13. Treasury & Finance Report.**

Money has been sent to head office. Update on our financial situation.

Reminder of envelopes and what should be written on them.

### **14. Donation to Refuge Recovery Headquarters.**

Sticking to 200 / quarter to head office.

### **15. Social Committee Update.**

More help will be provided for Social committee.

a) Participating in Community wise Cleaning.

ie. temple life. Tie it into service and helping out in the Buddhist mindful way.

b) Promoting women's social events.

c) Policy on budgets for events etc.

table remainder of these...

### **16. Updating e-mail list and ensuring transparency.**

a) Reminder of e-mail list/notebook.

a. This will be added to list of announcements

b) Surveying the Sangha.

c) Posting meeting minutes on website.

Meeting minutes will be posted on site, to maintain transparency

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

Table this...

### **17. Changing the locker code.**

We will discuss in the meantime.

### **18. Discuss Speakers for 2019 and speaker requirements going forward.**

What should the requirements be?

Guidelines? Table this for discussion later.