



# Sacramento Insight Meditation

## FINAL

### Sacramento Insight Meditation Interim Board Meeting Minutes, March 14, 2020

In response to the spread of the COVID-19 and current CDC recommendations regarding large group gatherings, an interim meeting was called and convened by Vice-President, Jerry Simkins, at 1 pm via Zoom. The President, Cathy Vigran, is out of the country.

#### In Attendance

<b>President</b>	Absent	<b>Member-At-Large</b>	Alice Carney
<b>Vice President</b>	Jerry Simkins	<b>Member-At-Large</b>	Jon Siiteri
<b>Treasurer</b>	Sara Denzler	<b>Faculty</b>	Rich Howard
<b>Secretary</b>	Barbara Briscoe	<b>Faculty</b>	Dennis Warren
<b>Volunteer Coord</b>	Margaret Buss	<b>Faculty</b>	Diane Wilde

#### 1.0 The Effect of Covid-19 on SIM Events/Activities

##### 1.1. Thursday Dharma Talk 3/11/2010

After considerable email discussion, SIM Board, in conjunction with Rich Howard and Margaret Buss decided to proceed to have an in-person dharma talk last Thursday, March 11 with Rich Howard agreeing to facilitate a talk entitled, *Meditative Tools for These Uncertain Times*. A special E-News was sent including precautions that were being taken and recommendations for participation.

Margaret Buss reported that the evening went well, twenty-two chairs were set-up the required six feet apart. Approximately, twenty people attended the event.

##### 1.2. Future SIM Events/Activities

Considering current CDC recommendations for large group gatherings, the Board agreed to suspend all future, in-person events at the SDC until April 15, 2020, to be re-assessed at the next Board meeting on March 23, 2020.

The Board agreed to use the conferencing service, [zoom.com](https://zoom.us), to offer Thursday dharma talks and to continue current class participation. Diane Wilde, Dennis Warren, Rich Howard will all sign-up (on a monthly basis) to host meetings on Zoom and will be reimbursed by the Board. Jerry Simkins is already signed up as a host and will also be reimbursed.

The Buddhist Recovery Group will be informed of the above change and will also have the option to meet via conference call. Informal gatherings, such as book study groups, can meet off-site, at their own discretion.

The following issues were addressed:

- Participant access - link versus invite and registration
- Access assistance
- Hosting Zoom meetings
- Recordings
- Dana
- Informing the community

Jerry Simkins will host the Thursday dharma talk on March 19, via Zoom and will open the “meeting” at 6:45pm.

## **2.0. Senior Teacher Week with Vance Pryor (March 24 - 28, 2020)**

Vice-President and Board Liaison, Jerry Simkins, has been in communication with Vance and it is understood that Vance will not be coming to Sacramento. Jerry will discuss with Vance whether he is interested in offering some/all portions of the planned week via Zoom. If so, participant access to the “zoom meeting” will need to be set-up with Sabitre Rodriguez and will likely include a registration process.

Dennis Warren has agreed to do the Introduction to Meditation Class scheduled that week, Thursday, March 26, 2020.

## **3.0. SDC Building**

The SDC Building will presumably still be available for administrative uses. Rich Howard asked, and received Board approval, to have FOX News film him in the North lobby teaching/demonstrating “walking meditation.”

Volunteer coordinator, Margaret Buss, agreed to inventory cleaning supplies and to make signs instructing users about required clean-up upon leaving the building.

## **4.0. Community Outreach**

Diane Wilde, Alice Carney and Barbara Briscoe with the assistance of Sara Denzler, agreed to establish a format for outreach to community members that may need assistance. Once the specifics are known a notice will be sent out to the community.

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Respectfully Submitted  
Barbara Briscoe  
SIM Board, Secretary

