



Sacramento Insight Meditation

FINAL

Sacramento Insight Meditation Board Meeting Minutes, November 23, 2020

A regularly scheduled meeting of the Sacramento Insight Meditation (SIM) Board of Directors was convened at 6:00 pm on Monday, November 23, 2020, via videoconferencing.

In Attendance

President	Catherine Vigran	Member-At-Large	Alice Carney
Vice President	Jon Siiteri	Member-At-Large	Amy Kovak
Treasurer	Sara Denzler	Faculty Rep	Rich Howard
Secretary	Barbara Briscoe	SDC Rep	Bob Jenne
Recorder	Chris Bitonti		

Beginnings

The meeting was called to order by the Vice-President, Jon Siiteri, at 6:00 pm. He led the group in a brief period of meditation followed by a reading of the *Guidelines: Board Participation as Dharma Practice* and a member check-in.

Minutes

The draft of the Board of Directors' meeting minutes for October 26, 2020, was revised and approved by the Board and will be available in the SIM library.

1.0 Fiscal

1.1. October Financial Reports

Total Liabilities and Equity: \$113,717.87

Activity:

TOTAL Column:

Net Revenue through August: \$14,364.12 (-\$322.60)

Net Revenue through September: \$22,956.26 (+\$8,592.14)

Net Revenue through October: \$12,136.46 (-\$10,819.80)

Total Equity:

- Includes Past Annual Retreats

o \$1,000 remaining credit from Angela Center 2017

· ~\$5,800 in registration fees/deposits 2018

October: Dana payments made to John Travis for September retreat (\$7,670 in direct dana + \$3,000 from SIM Board)

1.2. Purchase of SIM Computer

Jon Siiteri reported that the donated computer which Sabitre has in her possession will probably suffice for the present as there is no need for it to have a camera as previously projected.

1.3. Year-End Fundraising Letter 2020

Sara Denzler reported that the letter has been approved by the Finance Committee (FC), is now posted on the website and Facebook, and will go out this week in eNews. Credit was given to Alice Carney for crafting the letter.

1.4 2021 Budget

Sara reported that the FC will review SIM's 2020 budget and discuss potential changes for next year prior to bringing the 2021 Budget to the December Board meeting for approval.

2.0. Community Outreach

2.1. Inclusivity Subcommittee Report and Revised Statement Draft

The revised, short Inclusivity Statement was read aloud by Alice Carney. Board members praised the effort and acknowledged that it is a stronger statement than the original. Amy was credited for having contributed to it in a substantial way. The short Inclusivity Statement and the longer Inclusivity Statement remain a "work in progress" as steps to clarify the objectives contained within them will be laid out in the future.

2.2 Community-building Zoom Suggestions

Two strategies for building community in a Zoom environment were described by Sara Denzler. The first involves creating a standard message that the host of any given Thursday sitting can send to new members in the "Chat" feature. Sara read a sample note to that effect, which Board members liked. The second strategy involves the use of Zoom break-out rooms to encourage interaction between new and ongoing SIM members during the Thursday night break. This approach will be tried on an upcoming Thursday evening in early December.

2.3 Karen Tercho as Young Person's Sangha Liaison

Cathy Vigran reported on a Zoom meeting she held with Karen Tercho regarding Karen's potential willingness to become a liaison between the Board of Directors and the Young Persons Sangha (YPS). The goal of this liaison position is to improve communication between YPS and SIM, and to help to integrate the YPS into the larger sangha. Karen is interested in the position, and requested time to talk with others in the YPS about it. Cathy is hoping that Karen can join the Board as a non-voting liaison in December. The Board discussed whether she should be given access to the SIM Google Drive.

3.0. Retreat and Class Updates

3.1. Residential Retreat 2020: Development of Managers' Handbook

Sara reported that Jerry Simkins has set up a Google Docs file into which he has placed documents produced for the 2020 residential retreat. Sara is working on a timeline to capture the steps that were taken to develop and implement the SIM annual retreat in a Zoom environment. A manager's handbook may result from these efforts or the materials by themselves may be adequate to inform future endeavors.

3.2. Status update - Other Side of Suffering and Beginning Meditation Classes

Rich Howard reported that Dennis Warren felt that the "Other Side of Suffering" class was very successful. He plans to teach it again next Fall. The Beginning Meditation class suffered a fair amount of attrition from about 20 or so students who started down to 6 or 7 who completed the course. Rich felt that the Zoom environment hampered the usual sense of connection that students experience when learning together in-person. He also believes that co-teaching with a female teacher would be a more productive approach. Sandra Sigrist is willing to co-teach the next class. Rich will also approach Matt Russell to find out if MBSR can be effectively taught on-line and if he would be willing to teach it.

4.0. Board-Faculty Communication

4.1. Faculty Report

Rich Howard reported that Diane Wilde's "Year to Live" course is coming to an end with the last study session in December and a review in January. She would like to teach the course again once it can be taught in person. Rich also reported that there are a regular group of 7 or 8 people attending the COVID support group twice a month which is being facilitated by Diane Wilde and Tom Vigran. Currently, Diane is mentoring four sangha members on a regular basis and four on a casual basis. Rich is also mentoring several individuals. The YPS is expanding their website and would like to sponsor a teacher appreciation evening.

4.2 Faculty Proposal for Graduating Teachers, Follow-up

Rich Howard led an extensive discussion of how SIM might acknowledge, support, and introduce to the sangha, graduates from two dharma teacher training programs: Neesha Patel, Vance Pryor, and Walt Opie (IMS) and Gullu Singh, Nowile Alexander, JD Doyle, and Andrea Castillo (Spirit Rock). They will be invited in two groups to Thursday evening sittings to share their experiences in the training programs. Jon Siiteri moved and Barbara Briscoe seconded a

proposal that dana of \$500 (minimum) be provided each graduate. The Board approved the measure.

5.0. Volunteer Updates

5.1. Holiday Event Update

Jon Siiteri reported that the final agenda for the Holiday Event will be available soon and will include a short guided meditation at the beginning and dedication of merit at the end (both given by Rich Howard), introductions by Cathy Vigran, rotating breakout sessions, and entertainment (poems, songs, etc.) by various sangha members. Margaret Buss will host the event on Thursday, December 10.

5.2. St. John's Holiday Event

Sara Denzler reported a very successful fundraising effort to support the St. John's Holiday Event. The goal of \$500 was exceeded by \$400 for a total of \$900 to support the effort. Vicky Ruben will purchase gifts for a total of five people (two small family units and a single person) and will buy \$25 gift certificates with the additional funds for St. John's staff and volunteers to distribute.

5.3. Year-end Event

Diane Wilde has expressed interest in leading a December 31 all-sangha event to commemorate the ending of 2020 and the beginning of 2021. Cathy Vigran will reach out to her with an email to see what she has in mind and to express the Board's interest in seeing this event organized and conducted.

6.0. SDC

6.1. Building Report

Bob Jenne reported that the Building Report is on file with no issues to address currently.

6.2. Policy Report

Barbara Colton's report indicated that no actions need to be taken at this time.

6.3. Re-Opening SDC Committee, Update

Due to current COVID conditions, the reopening of SDC will not take place before January 1, 2021, and it is uncertain how long after that it will take for the reopening to occur. Jon Siiteri reported that the protocols for outdoor events are available on the SDC webpage. Jon has agreed to train the trainers.

7.0. Operations Issues

7.1. Webpage Committee Report

Alice Carney reported that she and Dennis Warren met online with Angela Paris, representing the Florida website that had impressed the Webpage Subcommittee. They are looking at

various platforms that would allow teaching materials to be available on the site, greatly aiding the faculty in their work. Alice proposed that design costs may range from 10k to 20k with yearly maintenance costing, around \$3,500.

7.2. Protocol Updates

Remote Class Liaison Protocol has been posted in the “Materials to Edit” file for Board review.

Submission of items to eNews and webpage - Pending

Online Guest Teacher Protocol has been completed and will be revisited in June 2021.

7.3. Action Items

Barbara Briscoe introduced a different way to note Action Items that would not require a separate document. Action items would be noted in red in the appropriate place within the minutes of the last completed Board meeting. They would be reviewed during the current Board meeting and deleted after minutes were approved and before being placed on file. Board members agreed to try this system for a few months.

9.0. Next Board Meeting

December 28 , 2020 @ 6pm - 8:30pm

Respectfully Submitted,
Barbara Briscoe, Secretary
Christine Bitonti, Recorder

