



Sacramento Insight Meditation

Sacramento Insight Meditation

Board Meeting Minutes for May 12, 2025

A regularly scheduled meeting of the Sacramento Insight Meditation (SIM) Board of Directors was convened at 6:00 PM on Monday, May 12, 2025 via Zoom.

Attendance

President	Amy Kovak
Vice-President	Vacant
Treasurer	Carmen Pereira
Secretary	Karen Tercho
Member-At-Large	Margaret Buss
Member-At-Large	Katie Stonebraker
Faculty Rep	Rich Howard
Sacramento Dharma Center Rep	Absent
YPS Rep	Absent
Recorder	Christine Bitonti

Beginnings

The meeting began with a five-minute sitting, reading of the Board Participation Guidelines, and a personal check-in.

Meeting Minutes

The Board Minutes for April 14, 2025 were reviewed and approved unanimously.

1.0. Fiscal

1.1 Financial Reports

Financial Summary as of April 30, 2025

Prior to this meeting, the Treasurer briefly reviewed SIM's Statement of Financial Position and Statement of Activity Reports for January 1, 2025, through April 30, 2025. Those reports are provided in the Meeting Materials. An additional report includes the Statement of Activity by Class.

SIM's finances stand as follows:

Statement of Financial Position

Total Liabilities and Equity through April 30, 2025: \$92,002.98 (previous total \$117,047.76)

Statement of Activity

Net Revenue through April 30, 2025: \$10,789.04 (previous total \$35,791.72)

Carmen noted that SIM has ended each month so far this year with a positive number. The retreat expenses exceeded income by a little more than \$2000. Total revenue from January through April of this year is up from 2024 by approximately \$8000 (the 75%/25% Teacher/SIM split has helped).

The Board engaged in an extensive discussion about the details of the financial reports presented by the Treasurer. Several questions were raised regarding the differences in Presenter Expenditures between January–April 2024 and the same period in 2025. Carmen and Amy will continue reviewing the figures to clarify how the Board's financial improvement efforts are reflected in the data.

1.2 Every.org

Carmen explained how the nonprofit fundraising platform works and how its use could help SIM save on transaction fees associated with stock donations and bank transfers. The website appears user-friendly, though it does request voluntary contributions to support the platform, which Carmen noted is presented more explicitly than on similar platforms. The Board unanimously agreed to move forward with offering this platform to donors.

2.0 Board-Faculty Communication

2.1 Faculty Report

Rich reported that Diane is on retreat and Dennis did not have anything to report. A discussion ensued regarding residential retreats. A venue for 2026 has not been secured. Reservations for June 2027 and March 2028 have been secured at the Mercy Center, which is holding the dates, but not yet requiring payment.

The Beginning Meditation class is going well with Sara and Rich in person and the new teachers zooming in. There were 30 people in attendance at the second session (24 in person and 6 on Zoom).

The next all-faculty meeting will be on July 15, 2025.

3.0 Community Outreach

3.1 YPS Update

Amy shared that YPS has hosted a mix of guest teachers and peer leaders, welcomed 3–4 new members, and has two upcoming visits scheduled with SIM's new teachers. YPS leaders raised concerns about how to provide dana for the new teachers, given SIM's agreements with them and YPS's limited financial resources. After discussion, the Board agreed to follow its own structure to provide \$200 in dana for each session, supplementing any dana collected by YPS to reach that amount.

3.2 Social Media

Katie reported 384 followers on Instagram. She will continue to do postings for daylongs at the beginning of the month plus a flyer to bring to the Dharma Center.

4.0 Operations Issues

4.1 Operations Manager/ Professional Services

No report this month.

4.2 Teacher Liaison Crew Update

Rich noted that typically there is no Saturday daylong on the weekend following Thanksgiving Day due to the likelihood of low attendance. The date is reserved for SIM on the calendar. The Board decided to offer that date to other teachers, and if no one is interested, to remove it from the SDC calendar.

Rich has asked Jeff Hardin (on the East Coast) to teach on August 7. Plans for Diana's three-day in-person events are being worked out.

4.3 2026 Residential Retreat

Amy explained why scheduling a 2026 residential retreat is not likely to happen: no venue available, teacher/s not available or committed, etc. She led a discussion about how SIM could conduct a 2026 retreat without a residential venue. A non-residential “householder” retreat is a possibility. This would involve retreatants coming to a local venue for the day for sitting and walking meditation and dharma talks and returning home for the night. Advantages include lower cost, greater ease for those with family commitments, and less work for Board members who do most of the planning for these events.

A lengthy discussion ensued regarding the merits of trying a new format (shorter duration, use of another venue besides SDC, appealing to those who may never have tried a retreat, etc.). Board members favored the use of SDC, because it would require less work as SDC amenities are well known and suited to the format. Final decisions on other matters will be left open, pending discussions with teachers regarding their availability.

Board members expressed support for the concept.

4.4 Fundraising Committee Report

Amy reported that the pledge drive is progressing well, with sixteen donors pledging to date. She recommended expanding outreach to encourage participation from individuals who may be able to give smaller amounts. So far, SIM has received several pledges ranging from \$1,000 to \$5,000 each.

Rich reported on the Big Day of Giving fundraising. While SIM participated, the event was deliberately downplayed because of the pledge drive. Even so, SIM received a \$300 donation (matched by the donor’s employer) and one \$50 donation for a total of \$597 (after fees deducted). Rich recommended focusing more on this campaign next year.

4.5 Diana’s May 30th Friday Informal Event

This three-day event will follow the same format as Walt’s with the Thursday night sit, Friday afternoon tea and socializing (from 2-4 PM), and the daylong on Saturday.

4.6 SIM Microphone

Karen proposed purchasing a microphone that would be owned by SIM, noting that the lapel mics provided by SDC are difficult to use. Some teachers prefer over-the-ear microphones with an on/off switch and improved sound quality. Rich will follow up with teachers to gather their preferences. Karen noted that the equipment would cost between \$75 and \$100. The Board unanimously approved the purchase.

5.0 Volunteer Updates

5.1 Volunteers/Projects

No report this month.

6.0 SIM Board

6.1 Board Recruitment

Margaret suggested the name of a long-time SIM participant who has become more active since retiring and may be open to joining the Board. She is well-known within the community as someone who is diligent and reliable. The Board will take this recommendation under consideration.

7.0. SDC

7.1 SDC Updates

No report this month as SDC Board does not meet until Wednesday.

8.0 New Business

8.1 Open Discussion

None at this time.

Action Items:

Who is responsible	Task/s to be performed	Completion Date
Amy	Change PayPal ownership to SIM	6/30/2025

9.0 Next Board Meeting

June 9, 2025, 6:00-8:30 PM

Respectfully submitted,
Christine Bitonti, Recorder
Karen Tercho, Secretary