



Sacramento Insight Meditation

Board Meeting Minutes for January 12, 2026

A regularly scheduled meeting of the Sacramento Insight Meditation (SIM) Board of Directors was convened at 6:00 PM on Monday, January 12, 2026 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(s)	Absent
Sacramento Dharma Center Rep	Diana Cassady
YPS Rep	Absent
Recorder	Christine Bitonti
Guest	Jerry Simkins

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 December 8, 2025 were reviewed and approved unanimously.

1.0 Consent Agenda (No Discussion Items)

1.1 YPS

1.2 Social Media

- 1.3 Operations Manager/ Professional Services
- 1.4 Volunteers/Projects

2.0. Fiscal

2.1 Financial Reports

Financial Summary as of December 2025 Monthly Report: Prior to this meeting, the Treasurer briefly reviewed SIM's Statement of Financial Position and Statement of Activity by Class reports for January 1, 2025, through December 31, 2025. These reports are provided in the Meeting Materials.

SIM's finances stand as follows:

Statement of Financial Position Total Liabilities and Equity through December 31, 2025: \$118,253.37 (Previous total \$99,760.90)

Statement of Activity by Class Net Revenue through December 31, 2025: \$32,402.80 (Previous total \$17,920.33)

Carmen reported a 16% decrease in expenses from 2024 and a 7.2% decrease in contributions (excluding pledges) compared to 2024. She emphasized the need to continue reviewing SIM's financial status beyond pledge contributions (which will expire in five years) to understand any financial vulnerability.

2.2 Big Day of Giving

The Board agreed that SIM will participate in the Big Day of Giving again. Amy noted that in 2025, SIM did not emphasize this fundraising activity because its own donation drive was underway. Board members agreed that this year SIM should be more actively involved in the program's activities and encourage SIM members to contribute. The Big Day of Giving is scheduled for May 7, 2026, with organization sign-ups beginning in January. Rich Howard will register SIM.

2.3 Pledge Drive Email

Amy reported that an email will be sent to all those who pledged last year, reminding them of their pledges and when to contribute.

3.0 Board-Faculty Communication

3.1 Faculty Report

No faculty report was available, and no faculty member was present at the Board meeting. Mention was made of the Eightfold Path talk series that has begun. The series might benefit from additional promotion in the newsletter.

4.0 Operations Issues

4.1 Teacher Liaison Crew Update

Karen reported that David is working to fill open Thursday nights. One scheduling opportunity is pending; two July dates have been filled by new visiting teacher Tanya Wiser (who will join via Zoom), leaving five Thursday evenings open (the first is not until the end of April). Per Karen, the scheduling is in good shape.

4.2 2025 Holiday Party

Board members agreed that the Holiday event was very successful, with approximately 67 people in attendance (not all of them regular SIM attendees). Amy credited Margaret and Katie for their substantial contributions to the event: organizing volunteers, handling set-up and clean-up, and providing the potluck food. A discussion ensued about the structure of the evening, which might need to be adjusted in the future to encourage more regular SIM attendees to participate (e.g., by adding a meditation session at the beginning). Also, reducing the pre-event workload might be accomplished with a “cocktail” (non-alcoholic) or dessert-style structure (rather than a full potluck) with games or other activities.

4.3 End-of-year Thank You Notes

Amy, Karen, and Margaret have all volunteered to write the end-of-year thank-you notes to contributors (about 40–50). Amy will buy and distribute the cards to the two other volunteers, along with providing address labels.

4.4 Non-Residential Retreat March 16 – 18, 2026

Registration for the non-residential retreat will open in mid-January. Amy will follow up with Sabitre regarding this process. A sliding fee of \$100–200 for the three-day event has been established. Walt and Diana will be teaching the retreat together on March 16, 17, and 18 from 9:00 AM to 4:30 PM at the Sacramento Dharma Center. Karen will announce the retreat at the next Thursday evening session. Volunteers will be needed for daily set-up and clean-up. Other retreat yogis will be needed for bell ringing, maintaining hot water for tea, and other tasks (much the same as any daylong event).

4.5 HART Meal Sponsorship

Jerry Simkins attended the Board meeting to explain the Homeless Assistance Resource Team (HART) Winter Shelter Program (providing an evening meal, cots, clean sleeping bags, etc.) to unhoused individuals. Jerry requested that SIM donate the cost of one meatloaf meal, which was approved unanimously by the Board. The cost is estimated to be \$100 for the complete meal.

4.6 State of the Sangha – February 19, 2026

Amy is preparing for this event that will take place on the third Thursday night in February. She will[AK1] address the group and will focus on the organization’s financial and infrastructure issues. If a teacher is available, they will focus on the teaching component. She noted that, in addition to their reports, small-group discussions may also take place.

5.0 SIM Board

5.1 Board Recruitment

Amy will schedule an interview with a Board recruit for Wednesday, January 21, from 6:30–7:30 PM. If this individual is qualified and ready to serve, they would start in February for a two-year term of office. One additional person has reached out to Amy potentially for a position starting in 2027. Amy will discuss with them what would be required for Board involvement.

6.0. SDC

6.1 SDC Updates

Diana stated that there is no SDC Board meeting to report on. She noted that the organization’s fundraising campaign went well, raising \$64,000—enough to hire an administrator for 30 hours/week. She touched on several calendar dates for SDC activities, including a three-hour meeting at which Sara O’Gara will present a draft of the SDC Strategic Plan. All Board members of the three sanghas are invited to this three-hour session. Amy and Margaret committed to attending, and Karen would attend if available.

The SDC Event Calendar is available in Meeting Materials. Diana will get clarification regarding which events are specifically for sangha Board members and which will include all sangha members.

7.0 New Business

7.1 Open Discussion

Amy raised an item not on the agenda regarding audiovisual (AV) costs for in-person-only daylong events, as a follow-up to a previous email discussion. SIM will pay for AV services at these events to ensure a sufficient pool of individuals with adequate hours to remain on the AV roster and to avoid relying on Board members to volunteer for audio support. The Board agreed to move forward with this decision.

Action Items:

Who is responsible	Task/s to be performed	Completion Date
Amy	Follow up with Rich re: Big Day of Giving	January 14, 2026
Amy	Order note cards and prepare labels for Thank You notes; distribute to volunteers	January 14, 2026
Amy	Follow up with Sabitre re: non-residential retreat	January 14, 2026

Amy	Follow up with prospective Board member	January 31, 2026
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8.0 Next Board Meeting

February 9, 2026, 6:00-8:30 PM

Respectfully submitted,
Christine Bitonti, Recorder
Karen Tercho, Secretary