

**Shramadana Project Meeting Minutes**  
**Triangle Insight Meditation Community**

by Mary Mudd for 17 August 2016

Amended

**Attendees:** Cathy Cole, Tom Howlett, Leslie Killeen, Gordon Livermore, Gerri McGuire, Mary Mudd, Glaeshia O'Rourke, Kathy Shipp, Barbara Shumannfang, Ron Vereen, Karen Ziegler

We discussed the following agenda items:

1. **Update on Mindfulness Training a DCRC** – Ron Vereen has not heard back from the DCRC coordinator who is organizing DCRC groups. He will follow-up with her for an update.
2. **Planning for October Retreat at Avila**– The lottery has closed and there are 26 registrants leaving room for 8 more. Karen Ziegler will again lead the retreat planning group that includes Gordy Livermore, Mary Mudd, Leah Rutchick, Howard Staab and Ron Vereen. She will schedule a planning meeting closer to the retreat date.
3. **Update on Service to the Episcopal Center** – Ron Vereen has discussed landscaping work at the entrance to the center with Sam Laurent, the manager of the center. Sam needs to review this plan with Duke before we can proceed. He will be back in touch with Ron when he has an answer from Duke.
4. **Update on "Media Night"** – Gerri McGuire and her team have reserved the center for October 21 for a second "Media Night". The film, "Being Mortal", will be provided by Betsy Barton and shown that evening. There will be suggested donations for attendance. The group recommended having this event on a quarterly basis. The sangha has funds available for future films.

Tom Howlett mentioned that he is especially interested in racial justice issues and using media and the arts to open the collective suffering with these issues. The media group will look for media dealing with these issues, and will also be open to media covering other issues to broaden the scope of meaningful subject matter for this event.

5. **Speaker System Set-Up & Take-Down** –We agreed that this task is fairly simple, and training is unnecessary. I will create a Doodle poll to send to volunteers to sign-up for this task on Wednesday evenings. It is best to have 2 people work together since the speaker is heavy to lift onto and off the stand. Barbara Shumannfang will make a sign to put on the speaker to alert volunteers to always be sure the speaker is turned off before setting-up and connecting wires, and before disconnecting wires and taking-down. She will also make a sign to put in the closet

showing where the speaker box goes so it is not covered with blankets or other objects.

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6. **Caring Circles** - Gordy Livermore has drafted an announcement for the next newsletter. He will update it with a few changes and forward it to Ron and Leah.

Gordy will also contact Mary Ka Powers and request she create [caringcircles@triangleinsight.org](mailto:caringcircles@triangleinsight.org) email address that sangha members can use to request being added to the caring circles group that receives support requests and can also use this email address to make requests for support.

Gordy will also ask Mary Ka to create a Google email account and Google Group for us to use to include the caring circles group participants , or to propose another method to use to distribute requests for support to the group participants.

Once the [caringcircles@triangleinsight.org](mailto:caringcircles@triangleinsight.org) account is set up, we can set up the forwarding of messages to coordinators Cathy Cole, Leslie Killeen, Mary Mudd, Howard Staab, Karen Ziegler and Gordy so that all of us will receive requests from the sangha. Thereafter, Gordy and the other coordinators can agree on a rotation of responsibilities for managing requests.

7. **Rev. Angel Kyodo Williams' October Visit** – Ron announced at the end of the TIMC meeting that volunteers are needed to help with all the weekend set-up and activities. Several people have already offered their help and Ron has started a list. The next newsletter will include more details and a link to the registration process. Ron is also contacting the Regulator Bookshop to see if they will carry her books and possibly offer a book reading and signing.
8. **Sangha Library** – Barbara Shumannfang suggested creating a free library with a box of books that we can leave at the Episcopal Center for use by our sangha members as well as other groups using the center. We will discuss this more at the next meeting
9. **Other Items of Interest to Sangha Members** – these items were mentioned during a discussion of racial injustice issues: art exhibit at the Nasher by Brian Stevenson, articles by Barry Yeoman in the journal, *Mindfulness*, art exhibit at the Arts Center in Carrboro, forum on race Oct. 15 at Durham Friends.

**Next Meeting**

Our next meeting will be in November. I will send a Doodle poll closer to that time. Our sub-groups (retreat planning, media night, caring circles) will meet more often, as needed.