

Shramadana Project Meeting Minutes
Triangle Insight Meditation Community
13 January 2016

Attendees: Cathy Cole, Tom Howlett, Gordon Livermore, Gerri McGuire, Mary Mudd, Leah Rutchick, Kathy Shipp, Barbara Shumannfang, Howard Staab, Megan Van Noord, Ron Vereen, Karen Ziegler

Following brief introductions, we discussed the following agenda items:

1. **Update on Mindfulness Training a DCRC** – Ron has spoken with the DCRC coordinator who is organizing DCRC groups. She will get back in touch with Ron when she figures out the best place to fit this training into her groups.
2. **Planning for May Retreat at Avila**– Ron updated the group with a few items:
 - The large meeting room at Avila is not available to us until Friday, May 27. We agreed with Ron’s suggestion to move the dates for the retreat from Thursday–Sunday to Friday-Monday so that we will not need to change rooms during our time there.
 - Ron also has been in contact with the person in charge of meals. She will work with us to provide the vegetarian meals we want to have.
 - Title of the retreat will be “Dwelling in the Dharma” and will focus on integrating study and practice.

Karen Ziegler volunteered to take on the role of coordinator for planning the retreat. Other participants include Gordon Livermore, Mary Mudd, Leah Rutchick, Howard Staab, Jeanne Van Gamert and Ron Vereen. Karen will schedule the first retreat planning meeting for 8pm on a Wednesday in February. (Ron is unavailable Feb. 24).

Templates of task lists, retreat schedules and other planning tools from past retreats are available. I will send copies to Karen.

3. **Update on Service to the Episcopal Center** – Ron has not yet discussed this with the head of the center. He will follow-up on this when he discusses other issues about the center.
4. **Update on “Movie Night”** – Gerri McGuire has emailed the head of the center twice to inquire about using the center for movies/films one evening a month. She has also suggested that this event could be opened to members of the EC and other faith-based communities at Duke. She has not received a response yet. Ron will follow-up on this along with other issues he needs to discuss with the EC head.

We agreed to change the name from “Movie Night” to “Media Night” to broaden the scope of films and videos we might want to include. Gerri will continue to lead this effort with help from Tom Howlett, Leah Rutchick and Karen Ziegler. This group will work out details of frequency, dates, times, list of media, refreshments and other details when we have more information.

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5. **Community-at-Large Activities** – Barbara Shumannfang compiled a list of organizations seeking volunteers. This was included as a link in the January newsletter. She pointed out that there are many more organizations in our community in need of help. Her list included only organizations that cover areas of interest expressed at our November meeting.

Gerri McGuire mentioned the Church World Services organization and recommended that anyone interested in this group look at their website and think about trying out some simple volunteer opportunities before committing as a group.

We discussed how best to make this information available to the rest of the sangha. All agreed that we need a SP page on the TIMC website where we can include basic information about the project (mission/goals), meeting minutes, groups, such as Retreat Planning and Media Night, and the list of community organizations seeking volunteers. I will draft a basic page structure for this and send it to Ron to discuss with our website administrator.

Other ideas for moving forward included using a Google Group or ListServ for communications about volunteer activities. Also, a Facebook page could be used. We will discuss these ideas more at our next meeting.

6. **Set-Up & Clean-Up Help** – Barbara Shumannfang and Karen Ziegler have been helping with special events like our holiday party in December. Other sangha members seem to pitch in when they see these tasks being done. Going forward, we will think about forming a group to rotate individuals to handle these tasks.

7. **New Items**

- Caring Circles – Gerri McGuire suggested finding a way to provide care/support to members of our sangha. Examples include providing meals, transportation, visits, etc. We all agreed with this idea of providing support. Ron will investigate introducing this and acts of service through one of his talks at TIMC. This idea fits well with the training to *take refuge in the sangha*.
- We recognized that we need a few people besides Ron who can set-up and take down the speaker system. Howard Staab will speak to a sangha member whom he thinks would be good at this to see if she is willing to be trained to help with this task.

Next Meeting

We agreed that this SP group can meet quarterly. I will schedule our next meeting for April. Our sub-groups (retreat planning, media night) will meet more often, as needed.