

**Shramadana Project Meeting Minutes**  
**Triangle Insight Meditation Community**  
by Mary Mudd for 11 October 2017

**Attendees:** Daya Breckinridge, Meredith Casper, Cathy Cole, Leslie Killeen, Gerri McGuire, Mary Mudd, Barbara Shumannfang, Howard Staab, Ron Vereen, Karen Ziegler

We discussed the following agenda items:

**1. Update on Service to the Episcopal Center** – Painting as requested by Sam Laurent was completed in July by 14 members. Howard Staab is building the window seat cabinets that will hold the cushions and pillows. He plans to complete these by the end of October.

**2. Update on "Media Night"** – Gerri McGuire reported that the next media night will be November 10 and will be a different type of event. Erica Alexander will provide an evening of music and meditation. She will bring Native American flutes for participants to try. Current plan is to continue to hold these events quarterly. New ideas for films or other types of events are welcome.

**3. Volunteer Needs for Lama Rod Owens' Visit Oct. 17-22** – Ron Vereen has received several responses to the message he sent requesting volunteers for activities during this week. Several SP members in attendance signed-up for open tasks and Ron has logged this information. There are still openings, but we expect there to be volunteers also from the Shambhala center.

Cathy Cole has been handling the registration for the weekend workshops and will send a reminder message to registrants a week before the meetings. The core team planning the Lama Rod visit will meet again as needed.

**4. Caring Circles** – Currently we have ten people who have requested joining the distribution list of potential volunteers, and we have had three requests for support. Our webmaster, Mary Ka Powers, still controls the addition of people to the email list of potential volunteers. I will follow-up with her to be sure she has acted on all requests to date.

**5. Sangha Tiny Library and Idea for Bulletin Board** – The library is well-stocked with books, magazines and DVDs. We briefly discussed adding a small cork board above the bookcase that could be used to display the current newsletter each month. Ron will discuss this idea with the other teachers and Sam Laurent.

**6. David Loy Visit** – Best case for having Ecodharma teacher David Loy visit is April of 2018. Ron will follow-up with Duke faculty who also have interest for this visit.

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**7. Retreat Plans** – An Insight Dialogue retreat is scheduled for January 2018 at Avila. Mary Grigsby is managing this and Daya Breckinridge will let her know to contact us if she needs any assistance.

Karen Ziegler has reserved space for a 2018 Memorial Day weekend retreat at Avila. We will discuss planning for this retreat early in the new year.

**8. Other Future Events** - A trip to DC to tour the new Museum of African American History and Culture has been postponed for now due to the many other activities going on over the next year.

Ruth King has been scheduled to visit our sangha March 15-17, 2019.

**9. Quarterly Community Gathering and Potluck** – Ron will mention this idea at the next meeting of Buddhist Teachers and will suggest that we try it once and see how it goes. Besides this idea, we discussed having potlucks/social gatherings within our sangha to provide more interaction and connection amongst members.

**10. Quarterly Small Group Sangha Meetings** - Ron reviewed this idea with the other teachers. There are more questions about how best to do this – is Wednesday night the best venue? Could these meetings take place before or after the regular Wednesday meeting? Is there something we can do to make newcomers feel more welcome and integrated with the rest of the sangha members? Ron will discuss this further with the other teachers.

**11. Equity Training Workshop** – This is scheduled for Dec. 1 at the Temple Building and will be for our sangha. It will be announced in the November newsletter.

**12. Groundwater Presentation** – A separate email was sent out about this event that will be held on Dec. 2 in Carrboro. There is a need for volunteers to help this day, and the message includes links to register as well as to help.

**13. Newsletter and Website Enhancements** – Leah Rutchick has completed significant work to streamline the TI website and newsletter. She will share this information with us at a meeting in November. An announcement will be sent as soon as the date has been decided.

**Next Meeting**

Following our meeting with Leah, our next SP meeting will be in January. I will send a Doodle poll closer to that time. Our sub-groups will meet more often, as needed.