

## **PSMC Council Meeting Thursday, August 20th, 2015**

### **Agenda**

*Attendance Members present: Lisa Stanley, Jason Bray, Michaela McCormick, Jack Bodner, Corey Adkins*

*Members absent: John Smith, Bettina Hetz, Dan Rubin*

Sit; Contemplation, raise Windhorse

Check in

Questions/discussion from Reports

Prioritize Agenda

### **Agenda Items- High Priority**

Items that need to be accomplished this meeting.

- Council Fundraising Duties
  - *The center is coming into its fundraising season, where traditionally we need to raise money to balance the budget and meet the needs of the center. The Council made a commitment towards helping fundraise as part of taking a leap in last years budgeting process and budgeting for more than what was projected to be raised.*
  - **Decisions:**
    - **Broad agreement from those present** to help with HoP for fundraising.
  - **Action Items:**
    - JB: Contacting missing Council Members to ask if they could help make calls.
- Discussion of Jane Arthur Call, next steps
  - *The Council had a short discussion around a call that was had between Council and Jane Arthur, Kalapa Envoy for Leadership and Training, on a new process for re-appointing Center Directors. Our Center Director, Lisa Stanley's, tenure ends on Shambhala Day of 2016, and we are working on the process to review and make a decision on her re-appointment, if she seeks another term.*
- Follow up on "**Extending Council greetings** to participants at the end of a program". Jason and John met to refine a proposal
  - *A proposal was brought in previously from Council members on having a Council Member "Rota" for attendance at events to speak to attendees about the center and Shambhala.*
  - **Decisions:**
    - **Table** until we get more feedback from teachers, review after feedback from this meeting is incorporated.
  - **Action Items:**
    - Send to the Teachers to get feedback.

- Prep for Communications on Sunday
  - *The Council prepared for work engaging with applied communications for the Council Retreat. This is part of the Council's ongoing work on team building, communications, and instilling a culture of kindness into the leadership that we hope will outlive the particular members of this Council, and spread out into the greater community. This work came from challenges the Council had faced in their history with effective and kind communication.*
- Should we reschedule the September Council Meeting?
  - Currently 2 days before HoP
  - **Decisions:**
    - No.

## Agenda Items- Moderate Priority

Items that need to be accomplished soon, preferably this meeting.

- [Proposal for the formation of a Nyida Day Planning Committee](#)
  - *Jason, our Societal Health and Well Being representative, brought in proposal to create a committee which would help plan the Nyida Days, our Shambhala Holidays. We have had challenges with who holds these days, and doing planning in advance enough that we can get a bigger picture, and not asking from the same volunteers.*
  - **Issues:**
    - As part of bringing this in, asking people to consider their ability to join or who they could suggest to fill a seat in their place.
    - Main obstacle has been not having a coordinator in a timely manner.
    - Reflecting the importance of Nyida Days. Could sort of be a standing committee that meets 6 to 8 weeks prior to the event to take care of all of the details.
  - **Decisions:**
    - **Broad Agreement Approval**
  - **Action Items:**
    - Jason: Send as a request, considering your personal involvement, and propose either yourself or another as a representative in the next 4-6 weeks.
- Proposal for meetup.com account
  - *The Council discussed funding a Meetup.com account for the affinity groups of the Center. Discussion around what is the best way of doing this (one Center account vs. multiple accounts for the different groups), where this fits into our budgeting and budget process, and the benefits of this expense.*
  - **Decisions:**
    - **Tabled.** Jason will bring it back in after more research.
  - **Action Items:**

- Jason will check in with Meetup again on having a Center account, and cost for adding more than 3. Is there a minimum time you have to commit?
- **Unresolved Issues:**
  - Confusion around Communications budget. How much is there? What can it be used for? What is left currently? What comes out of it and when?
  - Discrepancy between communications budget approved vs. Communications budget in spreadsheet?
  - Publicity budget for next year- Looking into what programs we should do banner ads for, investing more into this.
  - Spending the Overage money midyear, or before the end of the year?

## **Agenda Items- Low Priority**

Items that can be discussed/accomplished if time allows.

## **Member Reports:**

### **Director**

**Outreach** - We completed our 3rd Annual Life.Art. Being Festival and collaboration with BeSpace. Attendance was fair to good at Center events. Waiting for class report from Abbey to determine revenue. We are discussing bringing Lee Worley from Naropa next year as the keynote; possible Maitri Space program if fits.

Ongoing work on the Tergar/Shambhala collaborative program "Graceful Exits". We have a beautiful card and publicity which was professionally done yet affordable. The page is up on our website and registration is open.

We participated in the 24 Hour Interfaith Practice at the Great Vow Monastery. Timaree led a session which included the Basic Goodness reminders. Walker Blaine and David Brown advised her on the choice of chants to offer for this setting.

Myself and members of the Arts Council - Abbey and Deborah - met with the Director of Tours and a few of the docents at the Portland Art Museum to talk about their meditation tours. They gave us a tour and we offered feedback about it, as well as information about dharma art. It did not feel there was a further connection there for us but it was a good meeting and gave us visibility at PAM.

**Council Seats** - We have a new Rusung, Dan Rubin! Dan expressed keen interest in the role, and within a few days Regional Commander Jai Crapella approved the appointment. Auspiciously we had a Kasung Officer in town, Dr. Michael Gayner, who was able to give the Oath. Please welcome Rusung Rubin!

Michaela and I are having ongoing meetings to discuss her successor. We would like to post the opening soon and open it up to applications.

**Teacher cultivation** - Initiated with Rayna the idea of sending aspiring teachers to the upcoming Course Leader Training. Cultivating new teachers is a *high priority* for our Center as our teaching corps is aging, some have withdrawn from teaching and other moved. We may be sending 4-6 people to the training.

**Center Relocation** - Bettina and I met to initiate steps. We will be gathering a small group who served as key leaders/support for the last relocation effort. Bettina will host at her home; our hope is some of these folks will step into leadership again with this effort, and to gather information/insights from the prior efforts and to rouse some enthusiasm.

Bettina and I also plan to incorporate a "Members and Friends Center Relocation Town Hall" as part of Harvest of Peace. We will design a structure that will be the first step in visioning, addressing concerns, identifying needs and finding volunteers.

**Finance/HR** - I've asked Jack to research setting up a Health Savings Plan account for Center employees. This can be done through Key Bank without any fees. This would offer employees the ability to put money which would not be taxed into the account for medical and health care costs.

Jack and I are monitoring costs associated with 'Graceful Exits' program Jack generated a spreadsheet with projections which has been forwarded to Council. We opened registration a few days ago and currently have \$1400.00 in sales.

Jack and I will meet set up meetings related to the new Honoria suggestions sent by SI, and to begin the Budget planning process for 2016.

**Calendar Group** - we had our first meeting and have laid out the bones of the 2016 Calendar. This year we have invited people from various parts of the mandala (i.e. arts, Kasung etc) to send us dates for practice, social events and programs. The Teachers Corps was actively involved with this process in terms of curriculum planning, availability etc.

**Membership** - in addition to the Town Hall, the Membership Team is planning a Member's and Friends appreciation event on Halloween (costumes relating to Meek, Perky etc). This will be social not business just as we did last year.

We continue to grow! We appear to be holding steady at 130 which has also resulted in a growth in our dues revenue.

**Other** - Cultivating the Path of Protection was well attended and participants connected well. Hopefully this program will spark new interest in the path of Kasungship.

Jason and I met and have created a schedule and plan for Harvest of Peace. My vision is to enrich it more this year and try to heighten the generosity practice aspect of it as one of our main fundraisers; as well as the community aspect and initiation of the relocation process.

## Finance & Chagdzo

## Practice & Study

[Shambhala Training Level II:](#) July 24-26, 16 participants.

[Learn to Meditate Workshop:](#) August 1, 22 participants.

[Cultivating the Path of Protection:](#) August 8-9, 15 participants.

*Teachers Meeting:* Aug. 5. Shastri Rayna Jacobson, Doug McCanne, Jay Stewart, David Parker, and Michaela were present.

Rayna lead discussions on developing Course Leaders, as a way in part to build a stronger teacher cohort, mentoring people who give talks at various events who are not trained teachers, and SI's announcement that Shastris and senior teachers will begin being able to give instruction on Shambhala Meditation at certain events. Rayna and Doug appear to be our only teachers who are currently included in that.

We also discussed, in light of having a small and decreasing number of teachers, the need to teach maybe all of our classes solo, as opposed to co-teaching, the viability of conducting more online courses possibly facilitated by Course Leaders, using more out-of-town teachers, and offering the Basic Goodness classes in a weekend format.

Looking ahead to the 2016 schedule of classes, we reviewed the existing cohorts of students and what classes they are likely ready to take, i.e., Sacred Path and the later IEL classes, and we acknowledged that we are currently on track and in the black with our revenue from classes in light of trying to stretch our traditional 12 month cycle of classes over 18 months.

## Societal Health & Well Being

### **Director (Jason):**

I have drafted a proposal for the formation of a Nyida Day planning committee. Please [VIEW IT HERE](#) and give me your feedback and let me know if you might be able to join the committee, which would only meet approximately 6-8 times per year to ensure the timely planning of our major community events.

I have taken on coordination of Harvest of Peace and identified several volunteers for the day. Schedule for the event pending a meeting with Center Director. A flyer draft has been made. Multiple volunteers including: Deborah Kuprunas, Jude Cope, Ruth Hampton, Michele Caulkins.

Update on Midsummer's Day 2016: Meeting planned with Kersten Carr from Eugene to discuss. Booking for Silver Falls cannot happen until 9 months before the event. More details to come!

### **Queer Dharma (Jason & Michaela):**

Approximately 10 in attendance for talk and discussion led by Michaela titled "Spiritual Bypassing." Currently 9 registered for the Queer Dharma weekend retreat - but several more that say they are attending and just have not registered.

Jason and Michaela have spent considerable time promoting the retreat in the last few weeks before the event - Emails, facebook posts, meetup announcements, flyers. Michaela approached [Wild Planet Radio](#) who said they would announce the retreat over the air a few times.

### **Family Council (Mark Douglass, Heather Shaw):**

We had about three families (four counting my family) RSVP for the picnic but only a couple of us ended up gathering. It would be great to get some momentum going for family events, however. Is there a way to find out how many families with kids (under 18) we have in the sangha? Or is there a way to create a sign-up Google group or something similar to open up communication regarding future gatherings? **Jason will pursue.**

### **Young Meditators (Corey):**

YMG met on 7/23, led by Stephen Jensen. We discussed more readings from Jon Kabat-Zinn's "Wherever You Go, There You Are." It was a nice, good sized group.

The group met again on 8/13 for Social Meditation with David Cook. Wasn't able to attend, but sounds like it was a small group (4-5 people) but engaged.

A group of us volunteered at Jean's Place, a transitional housing project for women, on 8/17, cooking dinner for about 40 women there. We were led by Amina Kirby, who does volunteering there regularly. It was a nice experience, and the organization seems to be doing good work.

**Heart of Recovery (Ruth):**

I just wanted to report that I signed up HofR for a meetup group. :-) We'll see what happens. I put flyers around, but I'm not sure if that's the best way. I think that this new group listing will be a help. We've been doing well and moving along.

**Diversity (Michaela):**

Nothing to report.

**Aging Mandala (Ann, Bill, Nancy):**

As you may recall, last Fall the Shambhala Working Group on Aging (with funding from the Shambhala Trust) conducted a survey of Centre Directors, Group Coordinators, Societal Health & Well-Being Directors and other Centre leadership regarding issues that they saw at their Centres related to the growing population of aging Sangha members. We received a good and wide-ranging response from many of you.

We are pleased to finally release a report on the results of the survey:

[Aging Survey Executive Summary](#)

[Aging Survey Report \(the full report\)](#)

Our view is not just whether we are delivering needed services and supports, but is based on realizing that we are all engaged in the warriorship of aging. While the results show that basic goodness is alive and well in Shambhala, there are challenges. This survey will hopefully inform planning and offer ideas for meeting these needs.

Overall there are requests for information, education, and structures of service delivery around caring for each other and also on how to overcome obstacles to practice caused by issues of aging. Centres and groups have also come up with a lot of creative ideas which are brought out in the report (organized by subject.)

The survey was more narrative than statistical in nature. We encourage the reading of the report, which contains many heartfelt and moving quotes from the survey responders, inspired to create a culture of kindness.

Hopefully this report will provide a mirror and help to spread ideas and inspiration around the sangha.

This from Bill Kimbro about the Graceful Exit program in collaboration with Tergar:  
Ann McQueen-Smith of Tergar, Ann Cason, Jean Ellen Herzegh and myself met 8/11. Lisa Stanley was not feeling well and didn't make it but was involved in the items discussed. We will start more detailed planning and meet again 9/4. The program page is up and the registration is open. We hope for around 100 to attend.

**Community Care (Jason, interim):**

Jason and Michaela are looking into how we might provide for someone in a wheelchair that would like to attend the Queer Dharma retreat. This individual has attended functions at the center before and hopes to be able to walk short distances (including up the stairs with assistance) by the time of the retreat.

**Meditation Warriors Book Group (David):**

We had three people show up. I was told there were several people at Sunday Community Practice who wanted to attend, but I guess they left. One person suggested I change the time to 12pm.

Two of the three participants were members (Jude and Ted). The other participant was new to Shambhala. Jude and Ted liked the format and said they are coming back.

I started a Meetup today (8/16/15). I scheduled next meetups for 9/6 and 9/20.

**Deleks (Aletha):**

Nothing to report

**Drala Hikes (Liz):**

8/15 -We had nine for the Timberline Trail hike. 7 miles and 1500 ft up was a challenge for a few of us. It was wet from earlier showers with partial sun all morning. The ponds at the end of the hike were dry. The promised views of Mt Hood were obscured by clouds for most of the day, making the mountain's appearance in the afternoon magical. [Here are some photos](#)

Drala Hikers might enjoy Sketchbook: "How to Take a Nature Walk, Part One," by Roz Chast.  
<http://nyr.kr/1RZ1pUT>



## **Culture & Decorum**

### **Kasung**

#### **Council Secretary**

Been keeping Jay in the loop about our work with communication. She is planning on attending Sunday's Retreat with us for the Communications portion.

Organized the call with Jane Arthur, which I thought was quite informative. Personally very interested to hear how the Sakyong is beginning to manifest in his role as head of Governance.

Met with Shastri Busby over Skype several times to work on the contemplation I will be presenting at the Retreat. A lot more content is possible there, besides what we'll be chewing on Sunday. Might be interested in bringing in more in the future.

Met with Lisa on 7/29 to work on the Council Retreat. Met with Michaela on 8/11 to discuss Council Communication.

Attended the Leadership gathering with Dr. Gaynor on 8/7. I was very impressed with him, and the discussion had there. His emphasis on kindness was what stuck out to me.

Staffed the Path of Protection program on 8/8-8/9. Was a great program, enjoyed discovering more about these Kasung practices, and seeing a revitalization of Kasungship here. Very excited about Dan Rubin taking the Rusung seat, I think he'll be a valuable addition to Council. Really glad to see a Kasung desk in our center now.

Assumed my role as Co-Director of the Ziji Collective on 8/15. This role has started picking up already, as we are working heavily on laying the ground for a potential European Summit and Dathun in the summer of 2016.

## **Communications**

### **August 11 for August 22 meeting**

This is limited by the fact that John is at ESA.

#### **Overall administration**

- Setting up a new council member (Completed steps for Dan Rubin)

- Verify what email address(es) to use
- Check on whether to a new email address is needed
- Create a new gmail account if requested
- Add or change “contact us” links
- Change the SDB Center page
- Add to Google Group (for edit access and for receiving email)
- Add to Google Drive directories
- Send Welcome / details message
- Blog post & announcement?
- Record any changes in the Website change log
- Link & permission to Leadership Calendar

### Communications profile

- **Readership for popular or Recent blog posts**

Post Title	Date	Page Views	Minutes on Page
July Council Meeting Summary and Meeting Notes	8/7/2015	11	4.14
Personal thoughts on Cultivating the Path of Protection	7/26/2015	48	1.68
Taking Refuge	7/14/2015	50	3.25
Co-Creating a Vision of Shambhala	7/5/2015	68	3.78
June Council Meeting Summary and Meeting Notes	7/5/2015	29	7.32
Art Form Fusion - on the spot!	6/26/2015	13	1.23
It's getting hard to talk...	6/20/2015	14	2.15
May Council Meeting Summary and Meeting Notes	6/20/2015	11	2.42
Reflections on the 2014 Integrative Arts Festival	8/14/2014	6	1.56
How to keep on helping	6/29/2014	8	0.72
Learning to accept people's care for me has been both a hard and a good thing	6/8/2014	5	0

- **Website changes this month**

August 11, 2015 - John - Rusung Rubin setup

- Change program info in the SDB
- Add a contact on the website form for <http://portland.shambhala.org/what-we-offer/contact/?who=Dorje+Kasung>

July 17, 2015 - John - Family Council changes

- Deleted the Family-council-chair email address

- Added Heather Shaw to the Family council Google Group
- Changed “contact us” form to reflect that.

- **Consolidated email publications report**

SDB mailings summary

<b>week</b>	<b>Senders</b>	<b>Messages</b>	<b>Volume</b>
29	2	4	4266
30	5	10	7488
31	2	4	4285
32	3	8	4737

Consolidated Messages sent on behalf of the Shambhala Center this month

<b>Date</b>	<b>Message Sender</b>	<b>Subject</b>	<b>Total Recipients</b>	<b>Stats</b>
7/15/2015	Pub Team	This Month at Shambhala -July and August gatherings, programs, and events	1344	18.39% / 0.67%
7/19/2015	Abbey Pleviak	It's not too late to sign up for Level II: Birth of the Warrior this weekend!	117	
7/19/2015	Abbey Pleviak	Life.Art.Being. Integrative Art Festival begins next week! -- Sun, July 26 - Sat, Aug 1	1457	
7/20/2015	Pub Team	Newsletter: Open House (Q&A), Young Meditator's Group, Ashe Society, Shambhala Training Level III: Birth of the Warrior, Arts Fest L.A.B.	1348	25.35% / 7.29%
7/22/2015	Abbey Pleviak	Introduction to Contemplative Psychology: Aug 22-23	1457	
7/22/2015	Michaela McCormick	AD for Level II?	17	
7/22/2015	Abbey Pleviak	Shambhala Training Level II: Check In begins at 6:30 pm on Fri, July 24	24	
7/23/2015	John Smith	Leadership Potluck Gathering - Manifesting the Sakyong's View	259	
7/24/2015	Abbey Pleviak	Still Time to Register: Learn to Meditate: Turning Your Mind into an Ally! Sat, Aug 1	1457	
7/26/2015	Abbey Pleviak	Summer Ikebana Class: Basket Arrangement with Five Grasses! Sun, Aug 16	1457	
7/27/2015	Pub Team	Newsletter: Arts Fest L.A.B.; Open House Talk: Be, Witness, Create; Panel discussion and reception; Sadhana of Mahamudra; Drala Meditation Paddle	1343	23.21% / 5.37%

7/27/2015	Abbey Pleviak	Shambhala Arts III: Sat 27 + Sun 28: Please register by Mon Jun 22!	2	
7/28/2015	Abbey Pleviak	LGBTQ Weekend - Queer Dharma: \"Non-Self\" Help with Dr. Julia Sagebian	1456	
7/28/2015	Jason Bray	Our 2nd Queer Dharma Weekend: August 28th-30th	16	
7/31/2015	Abbey Pleviak	Shambhala class Learn to Meditate: Check In begins at 8:30am on Sat, Aug 1	19	
7/31/2015	Abbey Pleviak	Still Time to Register! Cultivating the Path of Protection: Hearts and Minds in Action: Aug 8 + 9, 2015	1457	
8/3/2015	Abbey Pleviak	Meditation Warriors Book Group starts Aug 16 with Pema Chodron, Taking the Leap	1461	
8/3/2015	Pub Team	Newsletter: Open House Talk: Conflict is Your Friend; Heart of Recovery; Leadership Potluck; Cultivating the Path of Protection; Werma Feast	1348	23.77% / 5.05%
8/5/2015	Abbey Pleviak	Cultivating the Protector Principle: Check In begins at 8am on Sat, Aug 8	9	
8/5/2015	Abbey Pleviak	Cultivating the Protector Principle: Check In begins at 8am on Sat, Aug 8	7	
8/5/2015	Abbey Pleviak	Shambhala Basic Goodness II: How Can I Help? begins Wed, Sept 2	1468	
8/6/2015	Michaela McCormick	Shambhala Sadhana and Sadhana of Mahamudra	23	
8/6/2015	Michaela McCormick	Shambhala Sadhana	204	
8/6/2015	Abbey Pleviak	Seeking Volunteers for Halloween Party + Social Outreach Project	209	
8/7/2015	Abbey Pleviak	Still Two Spots Available for Summer Ikebana Class -- Sun, Aug 16	1464	
8/10/2015	Pub Team	Newsletter: Drala hike, Ikebana workshop, Open House talk, Young Meditators mtg.; Sadhana of Mahamudra; VPI; Sunday am practice; Meditation Warriors	1353	20.86% / 3.70%

- **Registration and Website Activity**

Program Name	Date	Registration	Page Views last week	Page Views total
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Lojong Practice Day	7/11/2015	16	2	164
Shambhala Training Level II: Birth of the Warrior	7/24/2015	16	1	135
Shambhala Training Level II: Birth of the Warrior	7/24/2015	16	1	2
Open House Talk: Key Note Talk: Be, Witness, Create with Lisa Stanley	7/28/2015	4	2	129
Learn to Meditate Workshop: Turning the Mind into an Ally	8/1/2015	21	1	239
Waking up to the World: an Introduction to Shambhala Art	8/1/2015	3	1	68
Feast of Perception: Performance Salon and Potluck	8/1/2015	1	2	33
Open House Talk: Conflict is Your Friend: Transforming Obstacles into Opportunities for Awakening with Dan Rubin	8/4/2015	0	37	64
Leadership Potluck Gathering - Manifesting the Sakyong's View	8/7/2015	0	33	78
Cultivating the Path of Protection: Hearts and Minds in Action	8/8/2015	15	65	220
Drala Meditation Hike: Timberline Trail	8/15/2015	0	45	76
Vajrayana Practice Intensives	8/15/2015	0	15	20
Summer Ikebana (Japanese Flower Arranging) Workshop	8/16/2015	15	54	148
Introduction to Contemplative Psychology	8/22/2015	0	32	198
LGBTQ Weekend Retreat - Queer Dharma: "Non-Self" Help	8/28/2015	9	74	364
How Can I Help? The Basic Goodness of Society	9/2/2015	6	25	67
Drala Meditation Hike: Kelly Point Park	9/5/2015	0	6	15
Shambhala Training Level III: Warrior in the World	9/11/2015	4	8	29
Drala Meditation Hike: Cape Lookout	9/12/2015	0	9	19
Harvest of Peace	9/19/2015	0	1	7
Ikebana (Japanese Flower Arranging) Class Series	9/20/2015	4	5	35
Windhorse	9/25/2015	5	8	37
Community Nyinthun	10/3/2015	0	1	9
Transforming Stress through Mindfulness	10/9/2015	0	1	9
Graceful Exit: Preparing for A Good Death (Off Site)	10/16/2015	0	17	87
Fearlessness in Everyday Life	10/21/2015	1	1	22

Shambhala Training Level IV: Awakened Heart	10/23/2015	4	2	15
Drala Meditation Hike: Ape Cave	10/24/2015	0	3	5
Learn to Meditate Workshop: Turning the Mind into an Ally	10/31/2015	0	16	27
Drala	11/6/2015	3	1	10
TBD	11/13/2015	0	1	1
Shambhala Training Level I: The Art of Being Human	11/13/2015	2	16	83
Learn to Meditate Workshop: Turning the Mind into an Ally	12/5/2015	0	1	2