

## **PSMC Council Meeting Thursday, November 19th, 2015**

### **Agenda**

*Attendance Members present: Corey Adkins, Jason Bray, Lisa Stanley, Jack Bodner, Dan Rubin, Bettina Hetz, Michaela McCormick, John David Smith*

*Members absent:*

### **Meeting Minutes**

- Review of Council Agreements on Communication
  - *In the last Council Retreat, the Council came up with a [series of agreements](#) pertaining to communication in Council business. Our hope was for these to be a basis of practice of communication, one that could be used in our group as well as in our work outside of the Council.*
  - **Issues:**
    - How would Dan hold the witness role?
      - Notice arisings of neurosis and say something, notice arising of sanity and say something. Kind and direct. Reflect what he's seeing, name it.
      - Have time for debrief and feedback afterwards during the Retreat.
    - Still hold a collective responsibility for communication.
  - **Decisions:**
    - **Proposal** Council Reviews them and then has a conversation on them in the Council Retreat.
      - Dan holds witness role during the retreat to try it out. Mini-check in before lunch, and another check in at the end of the day to see how it's going, give feedback.
  - **Action Items:**
    - Corey reminds Council to review notes
- Council Retreat Items
  - *The Council has a retreat on December 5th, and used this time to plan items for that meeting.*
  - **Issues:**
    - Key to review the budget ahead of time before the meeting for time's sake
    - Decisions around Calendar in Council-
      - Normally everything doesn't need to be reviewed. But some big changes in the Calendar, need to be looked at.
    - Use of Power/Authority Discussion
      - View of authority in Shambhala Governance, each of our understandings
      - Might have different motivations and needs in this conversation.
      - Will need skillful communication.

- Make a commitment in that meeting, keep to it.
    - Sharing documents that speak to view
  - **Decisions:**
    - **Proposal:** Lisa shares governance documents to review, people could share their own documents. Take a portion of time at retreat for this conversation- start with check-in's on needs, see where it takes our conversation. Use Council model for check-in?
      - Say briefly at the end what we're each taking from the conversation.
      - **Broad agreement**
  - **Action Items**
    - Michaela, Lisa create a commentary on things that are new or unusual in the events spreadsheet/calendar
    - Corey and Lisa create agenda for meeting, send it out
- Jason's proposal and SHWB relationship to Desung (See in SHWB Director Reports below)
  - *Our SHWB Director Jason Bray has proposed adding some new volunteer roles to support his position, and as part of that wants to encourage us adding someone into the Desung role, which is technically under the sphere of the Dorje Kasung, but is there to support the health of the community.*
  - **Issues:**
    - Roles support the SHWB Director so that they can fully take their seat on Council.
    - Looked at what duties should remain with Director, are in a Lha part of the sphere.
    - Often centers had a care person and a Desung in separate roles.
    - Have everyone's eyes ears out.
    - Start looking towards Jason's replacement.
- Establishing policy on term limits for the Director and Council members
  - **Issues:**
    - Adopt same term limit proposal for Council that is used for Director. 3 year term, with a renewal for 3 years.
    - Renewal mirrors the process for Director.
    - Guidelines for appointments of leaders for Shambhala Centers-
      - Exists in there
    - We haven't had a conversation about what needs to be on Council, what roles need to be represented?
      - For ex. Communications joined Council without a conversation about how it's needed/fits. But it is crucial.
  - **Decisions:**
    - **Proposal** Hold ourselves to this policy, but give room for particular situations
      - **Broad Agreement**

## Member Reports:

### Director

We completed the Holocek program, great feedback on the program, interest from participants in future programs. The collaboration with Tergar went well and there is openness on both sides to do something together again in future. See Jack's report re:revenue, which exceeded our projection.

Myself, Rayna and John met to discuss strategies for the Dir of P&E Search, identified potential candidates and considered new approach to the structure of P&E, possible interest in a non-Council level coordinator as interim solution. We sent JD to Vajrayana list but no candidates have emerged from that group. Abbey to post on Gov Bulletin Board.

The Members and Friends' Appreciation Party on Halloween was smaller than previous year but full of energy and camaraderie. The offerings were again a highlight, esp the preponderance of 'onesies' costumes, but some newer Members performed. I think there was some conflict with other Halloween events vis a vis attendance.

Attended Teacher's Meeting, teachers signed up for 2016 programs. Will look at need for visiting teachers.

Calendar Group has been meeting regularly. We plan to finalize the first draft of the 2016 Calendar tomorrow, Wed for review by Council at our Dec Retreat. Very happy to report that we have scheduled hosting the Regional Kasung Retreat in January.

Working with Jack to edit and help finalize the follow up letter to our Members who have not yet donated, inviting them to do so. Year end phone calls are still on the list should we decide that we want to pursue this to meet our goal of 7k.

Rayna and I met with Janie to support the upcoming training for shrinerroom roles. We discussed both view and protocols including clarification of current forms. Janie will write all of this up to share with all of our umdzes, gatekeepers so they have this information. We currently have 15 signed up so this could make a real positive impact on our need for staff for our public programs. This also helps us meet the goal of mentoring newer folks into service and leadership.

SMR Birthday - low attendance. This is another event that would benefit from someone consistently holding and timely publicity. Next year I'd like us to consider what would draw attendance and also have more of our leadership present.

Relocation - we've identified what steps are needed to move forward. Bettina and I meeting to determine sq footage and space needs to help in our research of the market, and to also begin to identify and recruit volunteers to take on needed tasks such as real estate research, budget projections and spreadsheets to begin our feasibility study.

David and I meeting to discuss goals and needs related to Membership in 2016.

Met with Nick Urban to discuss his ideas to support our publicity of serial programs, and to improve our online payment system. He has met with Abbey, Jack and John Smith and has already begun work on this.

## Finance & Chagdzo

### Quick Report Through October

Through October, we are running \$5000 in the black; the budget predicted we would be -\$500 through October, so we are \$5,500 ahead of budget. Based on an updated estimate, we should end up between \$4000 & \$7000 in the black, depending on the final results of the Harvest of Peace / Year End Campaign.

### Harvest of Peace / Year End Campaign

We are continuing the campaign with the mailing of pledge cards to members who have not yet contributed. These will go out before Thanksgiving. Abbey has put up a **red thermometer** showing fundraising totals to date! So far, we have raised around \$4,200 towards the goal of \$7,000.

### Graceful Exit Program

72 participants (64 regular plus 8 work-study), plus five staff. Net income of \$5,952.05, split between ourselves and co-sponsors Tergar, Oregon. So our net income for the program is \$2,976.02.

Also \$375 in books sold (net: approximately \$100.)

## Practice & Study

[Fearlessness in Everyday Life](#) – Oct. 21-Nov. 18, 7 registrants

[Shambhala Training Level IV](#) – Oct. 23-25, 12 participants

[Learn to Meditate Workshop](#) – Oct. 31, 8 participants

[Aging in Enlightened Society](#) - Nov. 2 – Dec. 7, 15 participants

[Drala](#) – Nov. 6-8, 8 participants

[Shambhala Training Level I](#) – Nov. 13-14, 19 registrants

[Community Practice Training](#) – Nov. 20-21, 16 registrants

*Bodhisattva Path Study Group* – This group, made up of strong practitioners, will begin meeting on Nov. 30. Ray Sten is facilitating it. In 2016, they want to begin meeting twice a month, but the Calendar Group is having a hard time finding enough open dates on the calendar.

*Teachers Meeting* – Michaela met with the teachers on Nov. 9, primarily to assign classes in 2016. Now that Lee Scher has decided to teach again, we have six authorized teachers, plus Michaela to teach some LTM's and some of the 1<sup>st</sup> three IEL classes. That is an adequate number of teachers for now. We also have six recently trained and authorized Course Leaders who will begin assisting with the 1<sup>st</sup> three IEL classes by facilitating discussions, under the mentorship of a teacher who will give the talks. The Course Leaders will also begin assisting and being mentored in the LTM's. The teachers will meet sometime before the end of the year for some social time and to discuss our path and development. None of our teachers stepped up to direct our Spring Weekthun. Michaela will look for a teacher from out of town, and if she can't recruit one, Lisa will direct the Weekthun. (Note from Lisa - I'm considering this and its feasibility! - LS)

On-going *Profound study group* meeting every other Friday 3 - 5 pm. Location rotation: Hetz, Stewart/McCann, Jacobson homes. All Scorpion Seal 2 participants welcome, drop in is fine.

## Societal Health & Well Being

### Director (Jason):

I have some big changes coming in my life that will likely change my availability quite dramatically. In order to fulfill my commitment to the center and our community, I am seeking one or two Deputy Directors of Societal Health and Well-Being.

Ideally, **Deputy #1** would be a volunteer who is interested in acting in the role of Desung to help oversee the care and conduct aspects of SHWB: Heart of Recovery, Community Care, Listening Team, Aging, and Diversity. **Deputy #2** would help oversee the social/affinity groups: Young Meditators, Queer Dharma, Family Council, Meditation Warriors Book Group, Drala Hikes.

If you or someone you know may be interested in serving our community in this way, please let me know.

I am currently helping the Heart of Recovery group reform and re-start. We have formed a whole team to help keep the group running. See Heart of Recovery report below.

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

Approximately 22 in attendance for Michaela's talk and discussion titled, Looking Within: From Doubt to Wonder. Many newcomers. An appeal was made for the fall fundraiser. Meeting scheduled with Julia Sagebien to discuss December's Queer Dharma, which she will lead via skype.

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

Plans for Children's Day/Winter Solstice shaping up. Promo copy [HERE](#). Message to the community to go out soon. We have six children who have been brought forward for the naming ceremony - their names and info have gone to the Sakyong's office. Since he is in Tibet right now (and may not be home in time to have names ready for our ceremony) we'll be working on a contingency plan.

**Listening Team (Mark Douglass)** - Meetings are being scheduled by the team, initial reports are positive and that people are glad to be asked to engage in conversation. More to come...

**Young Meditators (Corey):**

Young Meditators met on October 21st and November 12th. On October 21st I hosted a "game night" where we walked down to the game night at My Father's Place, a bar on MLK, not my actual Father's place :) It ended up just being Stephen Jensen and I, but was still fun.

On November 12th David Cook hosted another monthly social meditation session. Another small group, about six of us, but it was a fun discussion, and we all went and grabbed dinner together afterwards. At this meeting I gave a pitch for the Fall Fundraiser, and handed out fundraising envelopes. I asked people to let me know how much they donated so we could work towards a goal of raising a certain amount, but it didn't seem that was a hot idea, so I'm not sure exactly how much was donated by them.

We're having a potluck dinner this Sunday the 22nd instead of meeting on Thanksgiving. The plan is we'll be talking about what we want this group to look like in the future, and doing some co-visioning, with the hope that creating the vision together will get some folks involved in making it happen. I am also planning on doing another Fundraising pitch then.

**Heart of Recovery (Gardner, David, Deborah):**

Gardner Murphy, David Engelbrecht and Deborah Kuprunas have agreed to take on the Heart of Recovery group as a team. Official start-back date set for January. Notes from our leadership meeting can be viewed [HERE](#).

**Diversity (Michaela):**

The mandala-wide Diversity Working Group (DWG) is working on creating a new web site through which it will offer video talks, online classes, readings, news, and links to other diversity resources. The DWG is also planning to develop online classes, and more trainings for teachers/directors in order to equip them to address diversity issues in all their classes. Two DWG members will soon conduct an AD training in Berkeley focusing on the issues of social conditioning, inclusion and exclusion, and cultural humility.

Michaela will be facilitating the video talk by Acharya Judith Simmer-Brown and DWG member Robert Horton on "Social Conditioning" on September 24, 2016, at our Center.

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

The Graceful Exit event with Andrew Holecek that we co-hosted with Tergar Portland, was a success. There were about 75 people in attendance for the weekend program. Ann's "Aging in Enlightened Society" group started November 2 and meets each Monday for the next 4 weeks. A second series will start in January.

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

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

**Deleks (Aletha):**

**Drala Hikes (Liz):**

**Nyida Day Planning Committee**

Plans for Children's Day/Winter Solstice shaping up. Promo copy [HERE](#).

Save the date message for Midsummer's Day drafted and nearly ready to send to community. Copy can be viewed [HERE](#).

Procured a donation of some practice items that may serve as nice auction items for Shambhala Day. They are currently being stored in the library.

**Culture & Decorum**

Birthday celebration for SMR combined with community practice session Sunday 11/15/15. Jack Bodner to lead the Elixir of Life sadhana. Cake, refreshments, and stories about the Sakyong to follow.

Community Practice Training Nov. 20 & 21 will include decorum discussions on the Shambhala culture of service, hosting and hospitality.

## Kasung

- Mr. and Mrs. Dodds, and Ms. Hetz attended the Trident Assembly in Seattle.
- Rupon Dan Peterson will come down to Portland this Dec. to administer the oral exam, allowing those studying the Trident text to receive the next section, and participate in on-line study groups. There will be a mess open to all Kasung and Council members. Stay tuned for details.
- Kasung gathering 11/14/15 at Ms. Hetz' home to participate in Rupon David Mukpo's on-line presentation. B. Hetz, D. Rubin, T. B-Dodds, B. Dodds attended. Dim sum at Wong's King afterwards. K. Mullen joined with her children.
- Portland will host the annual regimental maneuvers from 1/29/16-1/31/16! This will be taught by Regimental Commander Jai Crappella.
- We are looking for a Khenchung (2nd in command to Rusung) and a Desung. Let me (Dan) know if you think of anyone who may be interested.

## Communications - John Smith

### Activities this month

- Events Spreadsheet for 2016 has been populated by David Engelbrecht and several of us have met to discuss slight changes to meet current needs. We've changed events proposal form with updates suggested by the Calendar group and it now includes a link to the Events Spreadsheet.
- Gave meditation instruction to 16 students and 4 faculty from the Village Free School. Fun!
- Nick Urban and John Smith are working on a comparison of the VANCO and Paypal payment clearance systems, gathering lots of detail for the comparison. How payments are processed is quite intricate and touches on the work of many different people, including donors and registrants. We will be meeting with Jack and then with Abbey, Maralena, and Carol Lieberman.
- There are still some small problems with the MailChimp / SDB interface that have required some attention. Working with Nick Urban, we are planning to have more of the email we send out to come through MailChimp. In the meantime, Nick has devised email headers on the SDB that render well on a cell phone; the long term goal is to make all our communication work well on a cell phone -- including program registration and payment!
- Generated lists of people who had taken the Bodhisattva vow and provided support for several other people with their information needs. One example was producing a summary of the feedback sheets from the Graceful Exit program.
- Had several communications with Laura Allen of Palo Alto and Keith Hitchcock of Seattle Shambhala Centers about Portland Communications experience compared to theirs.
- Worked with Lisa and Rayna on the P&E Director search. Interviewed people in Seattle and Vancouver about how P&E was functioning in their centers and forwarded my notes to the team; very interesting conversations. (I'm willing to share those notes if you are interested.) Met with two prospective candidates and forwarded my notes to the others



on the team.

- The Steering IT in the Mandala committee is very active right now. I act as committee secretary and worked on recruiting some new members. I produced [a data dictionary for the SDB](#); it turns out to be a very useful source of all kinds of statistics about the Shambhala Mandala as well as to contain a few very sensitive nits that had to be redacted by hand. We are producing a report on our activities (and on the IT resources for the mandala as a whole) for the Sakyong; it's due in early December; I've led an effort to get committee members to contribute to it but so far have gotten scant contributions (i.e., I seem to be the only writer in the bunch).
- I participated in the director reappointment meetings with council members as a group and with individual council members.

## Communications profile

Readership for popular or Recent blog posts suggests that the Halloween report, the MailChimp / SDB summary and Ann Cason's piece about the Graceful Exit program drew the largest audience.

Post Title	Date	Page Views	Avg Minutes on Page
Nice and dry on a dark and stormy Halloween	11/8/2015	59	2.1
How do you see it?	11/1/2015	23	2.15
October Council Meeting Summary and Meeting Notes	10/31/2015	23	3.56
Relationships and Parkinson's Disease	10/23/2015	19	1.57
Notes from the Director's HoP State of the Center Address	10/15/2015	29	1.82
September Council Meeting Summary and Meeting Notes	10/13/2015	26	3.73
Connecting MailChimp and the SDB at the Portland Shambhala Center	10/9/2015	77	3.7
Appointment of Rusung Dan Rubin	10/6/2015	17	2.39
How much is enough?	10/6/2015	27	2.62
Graceful Exit: preparing for a good death	9/30/2015	31	1.7
August Council Meeting Summary and Meeting Notes	9/25/2015	5	3.23
Harvest of Peace Volunteer Acknowledgements	9/21/2015	11	10.57
Taking Refuge	7/14/2015	9	1.3
How to keep on helping	6/29/2014	10	2.88

- **Website changes this month**

We saw updates from three different people this month. There might have been other small changes that escaped notice.

Nov ??, 2015 - John - publish link to events spreadsheet in the Events proposal form  
as per Calendar Team request

Nov 15, 2015 - David - Added Bodhisattva Path Study Group to Community/ Groups and Programs and also created a web page

Oct 19, 2015 - Nick - Update Registration Funnel to use more accurate pattern matching for URLs

- **Consolidated email publications report**

We are sending a lot of email!

<b>Date</b>	<b>Message Sender</b>	<b>Subject</b>	<b>Total Recipients</b>	<b>Stats</b>
10/15/2015	Pub Team	This Month at Shambhala - September and October gatherings, programs, and events	1340	18.21% / 0.75%
10/15/2015	Abbey Pleviak	You're warmly invited to a Halloween Party at the Shambhala Center!	207	
10/16/2015	Abbey Pleviak	Still Time to Register for Fearlessness in Everyday Life -- beginning Wed, Oct 21	46	
10/16/2015	Abbey Pleviak	Still Time to Register for Fearlessness in Everyday Life -- beginning Wed, Oct 21	32	
10/16/2015	Abbey Pleviak	Still Time to Register for Level IV: Awakened Heart: Oct 23-25	36	
10/19/2015	Pub Team	Newsletter: Open House; Young Meditator's Group; Fearlessness in Everyday Life; Shambhala Training Level IV; Awakened Heart; Drala Hike: Ape Cave	1338	23.02% / 4.56%
10/19/2015	Abbey Pleviak	Shambhala Retreat: Level 1: The Art of Being Human: Nov 13 + 14	1449	
10/20/2015	Linda Pardun	Seeking Coordinator and Three Staff for Level V December 11-13	82	
10/20/2015	Abbey Pleviak	Dear Members, Keep An Ear Out for an Invitation from the Listening Team!	128	
10/21/2015	Abbey Pleviak	Safety Alert from Rusung Rubin	1449	
10/21/2015	Jack Bodner	Our Harvest of Peace and Generosity Practice!	1444	
10/22/2015	Janie Paige	You are warmly invited to the Shambhala Sadhana Feast this Monday!	178	
10/22/2015	Abbey Pleviak	Shambhala class Level IV: Awakened Heart: Check In begins at 6:30pm on Friday, October 23	5	
10/22/2015	Abbey Pleviak	Shambhala class Level IV: Awakened Heart: Check In begins at 6:30 pm on Friday, October 23	7	
10/23/2015	Abbey Pleviak	You -- Yes You! -- are Warmly Invited to a Shambhala Halloween Party!	220	
10/23/2015	John Smith	test message using	2	
10/24/2015	Abbey Pleviak	Still Time to Register for: Learn to Meditate: Turning	1445	

		Your Mind into an Ally! Sat, Oct 31		
10/26/2015	Pub Team	Newsletter: Mahayana Morning Liturgy Practice; Shambhala Sadhana; Open House Talk; Learn to Meditate Workshop; Members and Friends' Halloween Party	1332	24.79% / 5.94%
10/26/2015	Abbey Pleviak	Aging in Enlightened Society with Ann Cason begins Mon, Nov 3, 10am	1445	
10/27/2015	Abbey Pleviak	Meditation Warriors Book Group: Day/Time Change: next meeting Tue Nov 2, 8:15pm	1449	
10/27/2015	Abbey Pleviak	Reminder: Children's Naming Ceremony: Deadline 10/31/15	1440	
10/27/2015	Deborah Kuprunas	Welcome to Portland Shambhala Newsletter!	17	
10/28/2015	Deborah Kuprunas	Welcome to Portland Shambhala Newsletter!	5	
10/28/2015	Deborah Kuprunas	Welcome to Portland Shambhala Newsletter!	12	
10/29/2015	Abbey Pleviak	Shambhala Community Practice Training -- Nov 20 + 21 -- Free!	1439	
10/29/2015	Abbey Pleviak	Shambhala class Learn to Meditate: Check In begins at 8:30am on Sat, Oct 31	4	
10/29/2015	Abbey Pleviak	Shambhala class Learn to Meditate: Check In begins at 8:30am on Sat, Oct 31	6	
10/31/2015	Nick Urban	Testing new email template	2	
11/1/2015	Abbey Pleviak	Still Time to Register for Drala: Nov 6-8	36	
11/1/2015	Abbey Pleviak	Still Time to Register for Drala: Nov 6-8	6	
11/2/2015	Pub Team	Newsletter: Aging in Enlightened Society: The Landscape of Aging; Open House; Meditation Warriors Book Study Group; Drala;	1328	23.41% / 5.36%
11/3/2015	Deborah Kuprunas	Welcome to Portland Shambhala Newsletter!	12	
11/4/2015	Abbey Pleviak	Shambhala class Drala: Check In begins at 6:30pm on Fri, Nov 6	8	
11/4/2015	Abbey Pleviak	Shambhala class Drala: Check In begins at 6:30pm on Fri, Nov 6	2	
11/9/2015	Pub Team	Newsletter: Mahayana Morning Liturgy; Aging in Enlightened Society; Sadhana of Mahamudra; Young Meditator's Group; Shambhala Training Level I	1331	23.63% / 5.72%
11/9/2015	Lisa Stanley	Orders of equipment	5	
11/10/2015	Lisa Stanley	update price	5	
11/10/2015	Abbey Pleviak	Shambhala Thanksgiving Invitation	215	
11/11/2015	Lisa Stanley	Ikebana Sunday, rsvp by Thu	11	
11/11/2015	Abbey Pleviak	Test Email	1	

11/11/2015	Abbey Pleviak	Shambhala class Level 1: Check In begins at 6:30 pm on Friday, November 13	11	
11/11/2015	Abbey Pleviak	Shambhala class Level 1: Check In begins at 6:30 pm on Friday, November 13	8	
11/11/2015	Deborah Kuprunas	Welcome to Portland Shambhala Newsletter!	7	
11/11/2015	Abbey Pleviak	You're Invited to a Birthday Party for Sakyong Mipham Rinpoche this Sun, Nov 15!	1453	
11/12/2015	Abbey Pleviak	Sakyong's Birthday Party this Sunday -- with corrected link	1452	
11/15/2015	Pub Team	This Month at Shambhala - November and December gatherings, programs, and events	1329	16.79% / 1.05%
11/16/2015	Pub Team	Newsletter: Aging in Enlightened Society; Community Practice; Meditation Warriors Book Group; Padmasambhava Feast; Community Practice Training;	1326	19.62% / 4.45%
11/17/2015	Deborah Kuprunas	Welcome to Portland Shambhala Newsletter!	20	

It's interesting to see how the "most popular" links in our newsletter mix the topical blog posts or "of interest" items and our program announcements. More detail is in [a spreadsheet](#). This table suggests to me that our strategy of making the weekly newsletter "a gift to the larger community" is an effective one in drawing attention to our programs (as well as helping people pursue their interest in Dharma and meditation). The following tables shows the links that showed more than six clicks-throughs in the issues sent out during the previous month, in descending order of click frequency.

subj line	date sent	Total Clicks	URL or program title
Newsletter:	11/16/2015	24	<a href="http://shambhalatimes.org/2015/11/12/leadership-changes-in-shambhala/">http://shambhalatimes.org/2015/11/12/leadership-changes-in-shambhala/</a>
Newsletter:	10/26/2015	20	Oct 27 - Oct 27 - Open House Talk: Basic Goodness is Everything with Michaela McCormick
Newsletter:	11/9/2015	18	<a href="http://portland.shambhala.org/program-details/?id=241613">http://portland.shambhala.org/program-details/?id=241613</a>
Newsletter:	11/2/2015	17	Nov 2 - Nov 2 - Aging in Enlightened Society: The Landscape of Aging
Newsletter:	11/2/2015	16	<a href="http://www.lionsroar.com/how-to-love-donald-trump-even-if-you-dont-like-him/">http://www.lionsroar.com/how-to-love-donald-trump-even-if-you-dont-like-him/</a>
Newsletter:	11/9/2015	16	<a href="https://www.youtube.com/watch?v=TQr97TYzaA&amp;list=PLrIJeQfYmUnfxYqkhLn9oo_-JDCQidA9K&amp;index=2">https://www.youtube.com/watch?v=TQr97TYzaA&amp;list=PLrIJeQfYmUnfxYqkhLn9oo_-JDCQidA9K&amp;index=2</a>
Newsletter:	11/9/2015	16	<a href="http://www.lionsroar.com/no-richard-gere-did-not-hand-out-100-bills-to-take-homeless-but-he-does-have-something-to-offer-us-all/">http://www.lionsroar.com/no-richard-gere-did-not-hand-out-100-bills-to-take-homeless-but-he-does-have-something-to-offer-us-all/</a>
Newsletter:	10/26/2015	16	<a href="http://www.lionsroar.com/ask-the-teachers-should-i-believe-the-thought-that-i-want-a-divorce/">http://www.lionsroar.com/ask-the-teachers-should-i-believe-the-thought-that-i-want-a-divorce/</a>
Newsletter:	10/26/2015	16	<a href="http://portland.shambhala.org/program-details/?id=241612">http://portland.shambhala.org/program-details/?id=241612</a>
Newsletter:	10/26/2015	15	<a href="http://www.lionsroar.com/beyond-stress-management-real-peacesepte">http://www.lionsroar.com/beyond-stress-management-real-peacesepte</a>

			<a href="#">mber-2012/</a>
Newsletter:	11/2/2015	13	<a href="http://www.lionsroar.com/rainbow-dharma-lgbtqi-buddhists/">http://www.lionsroar.com/rainbow-dharma-lgbtqi-buddhists/</a>
Newsletter:	11/9/2015	13	<a href="http://learning.tergar.org/2015/11/02/mingyur-rinpoche-has-emerged-from-his-retreat/">http://learning.tergar.org/2015/11/02/mingyur-rinpoche-has-emerged-from-his-retreat/</a>
Newsletter:	10/19/2015	11	<a href="http://www.lionsroar.com/does-being-a-buddhist-mean-you-have-to-be-a-vegetarian/">http://www.lionsroar.com/does-being-a-buddhist-mean-you-have-to-be-a-vegetarian/</a>
This Month	11/15/2015	9	Nov 30 - Nov 30 - Bodhisattva Path Study Group
Newsletter:	11/2/2015	9	<a href="https://www.youtube.com/watch?v=b-PWjt04g3M">https://www.youtube.com/watch?v=b-PWjt04g3M</a>
Newsletter:	10/19/2015	9	Oct 24 - Oct 24 - Drala Meditation Hike: Ape Cave
Newsletter:	10/19/2015	9	<a href="http://www.lionsroar.com/meditation-be-kind-to-yourself/">http://www.lionsroar.com/meditation-be-kind-to-yourself/</a>
Newsletter:	10/19/2015	9	<a href="http://www.sakyong.com/get-involved/">http://www.sakyong.com/get-involved/</a>
Newsletter:	11/16/2015	8	Nov 2 - Nov 2 - Aging in Enlightened Society: The Landscape of Aging
Newsletter:	11/9/2015	8	Nov 13 - Nov 13 - Shambhala Training Level I: The Art of Being Human
Newsletter:	11/9/2015	8	<a href="http://portland.shambhala.org/2015/11/08/nice-and-dry-on-a-dark-and-stormy-halloween/">http://portland.shambhala.org/2015/11/08/nice-and-dry-on-a-dark-and-stormy-halloween/</a>
Newsletter:	10/26/2015	8	<a href="http://dharma-rain.org/new-campus-2/">http://dharma-rain.org/new-campus-2/</a>
Newsletter:	10/26/2015	8	<a href="http://www.sakyong.com/get-involved/">http://www.sakyong.com/get-involved/</a>
Newsletter:	11/16/2015	7	<a href="http://www.lionsroar.com/searching-for-the-ox-the-path-to-enlightenment-in-10-pictures/">http://www.lionsroar.com/searching-for-the-ox-the-path-to-enlightenment-in-10-pictures/</a>
Newsletter:	11/16/2015	7	<a href="http://www.lionsroar.com/buddhism-by-the-numbers-the-four-noble-truths/">http://www.lionsroar.com/buddhism-by-the-numbers-the-four-noble-truths/</a>
Newsletter:	10/19/2015	7	Oct 21 - Oct 21 - Fearlessness in Everyday Life
Newsletter:	10/19/2015	7	<a href="http://portland.shambhala.org/2015/10/06/how-much-is-enough/">http://portland.shambhala.org/2015/10/06/how-much-is-enough/</a>
Newsletter:	10/19/2015	7	<a href="https://www.youtube.com/watch?v=FDSAAlrqAHM&amp;index=3&amp;list=PLZDhFg8ijcRy7D_cHjZVDp7chM8940Zcu">https://www.youtube.com/watch?v=FDSAAlrqAHM&amp;index=3&amp;list=PLZDhFg8ijcRy7D_cHjZVDp7chM8940Zcu</a>
Newsletter:	10/26/2015	7	Nov 2 - Nov 2 - Aging in Enlightened Society: The Landscape of Aging
Newsletter:	11/16/2015	6	<a href="http://www.lionsroar.com/aung-san-suu-kyis-party-wins-apparent-landslide-in-burmese-election/">http://www.lionsroar.com/aung-san-suu-kyis-party-wins-apparent-landslide-in-burmese-election/</a>
Newsletter:	11/2/2015	6	Nov 13 - Nov 13 - Shambhala Training Level I: The Art of Being Human
Newsletter:	11/2/2015	6	<a href="http://shambhalatimes.org/2015/10/28/taking-refuge-2/">http://shambhalatimes.org/2015/10/28/taking-refuge-2/</a>

- **Registration and Website Activity**

The programs that are generating the most interest on our website are part of our core offerings: FIEL, LTM, and Level I. They are followed by a group that's quite diverse: Aging, Drala, and the Community Practice Training. The Bodhisattva Path Study group enrollments are a surprise in that page views are modest but registration is high; that suggests that word-of-mouth has been what led to registration.

Program Name	Date	Registration	Page Views last week	Page Views total
--------------	------	--------------	----------------------	------------------

Fearlessness in Everyday Life	10/21/2015	7	21	223
Open House Talk: Basic Goodness is Everything with Michaela McCormick	10/27/2015		1	66
Learn to Meditate Workshop: Turning the Mind into an Ally	10/31/2015	12	1	258
Aging in Enlightened Society: The Landscape of Aging	11/2/2015	15	28	148
Drala	11/6/2015	8	7	129
Working with what we don't like with David Parker	11/10/2015		28	28
Shambhala Training Level I: The Art of Being Human	11/13/2015	20	99	367
Sunday Community Practice and Birthday Celebration for Sakyong Mipham Rinpoche	11/15/2015		81	105
Community Practice Training	11/20/2015	16	44	135
Annual Holiday Shambhala Thanksgiving Dinner	11/26/2015		12	32
Shambhala Sadhana Practice and Feast	11/27/2015		6	26
Vajrayana Practice Intensives	11/29/2015		5	9
Bodhisattva Path Study Group	11/30/2015	16	48	48
Council Retreat	12/5/2015		1	2
Learn to Meditate Workshop: Turning the Mind into an Ally	12/5/2015	6	57	122
Shambhala Training Level V: Open Sky	12/11/2015	7	20	54
Winter Solstice & Children's Day Celebration	12/19/2015		33	42
Bodhisattva Path Study Group	12/21/2015		2	2
Vajrayana Practice Intensives	12/26/2015		1	1
Community Nyinthun	12/27/2015	1	11	15
Shambhala Sadhana Practice and Feast	12/28/2015		2	5
Dorje Kasung Regional Gathering	1/29/2015		2	2