

Insight Chicago Coordinating Committee

Meeting Minutes for Nov 19, 2011

Dear Sangha Members and Friends,

The IC coordinating committee met on Saturday, November 19, 2011 to discuss a number of topics. There were ten people in attendance.

The agenda included:

- Update on the mentoring program
- 2011 recap: what happened, what went well, retreats, DOMs, teacher contact, finances
- 2012 plans: what is scheduled (retreats, DOMs, Phillip Moffitt event); ideas for IC activities; planning for teacher contact
- Insight Chicago discussion: mission, board, not-for-profit status, place, future offerings
- Conference calls with Santikaro and Sandra Hammond on 2012 offerings

Beginning Meditation Classes (formerly called Mentoring)

- The program formerly known as mentoring will now be called Beginning Meditation classes. Ann Leeds will email Greg Primosch a summary description of the classes to be put on the website.
- Based on two inquiries through the website, a class has formed that will meet for 4-5 weeks starting Tuesday, November 29. It will meet at the Ravenswood Therapy Group's offices.
- A spring class will be offered for 4-5 weeks starting Thursday, March 29. Ann Leeds will lead or find an alternate leader or leaders. The location will again be the Ravenswood Therapy Group offices (subject to confirmation from Nancy Randleman and colleagues).
- Rebecca proposed having a beginning meditation class to kick off any new sitting groups. The weekend sitting group that she is organizing in Uptown could be a first use of this approach.

2011 Recap

- Wednesday night sitting group (Northside): A group of 4-5 people form a core group that is committed to each other and to this sit. Carolyn Boerma has taken over as coordinator. The group meets from 7:00 – 8:30 pm; Carolyn is there from 6:30 pm for anyone who would like instruction in sitting and walking meditation. Deb Wright gave a talk at the Nov. 16 sit; there were about 10 people in attendance. The committee thanked Jacqueline Herbstman for her past work in starting up and hosting this sitting group.
- Tuesday night sitting group (Lakeside): Greg Gerber reported that this group is going well. They just completed a review of the eightfold path. The group has a balance between newer and more experienced practitioners. People in the group organize a monthly social gathering; Greg will check with the group to see if there is interest in expanding this gathering to the whole IC sangha.
- Days of mindfulness: There were three (Cheri Maples, Santikaro, and one other). We would like to offer a day once a quarter. Philip Moffet has expressed interest in leading a day of mindfulness for us. Greg Gerber will take the lead on organizing the days of mindfulness for 2012.
- Retreats: Joe Gaziano reported that there were three retreats in 2011 (Andrew Getz at the Cenacle and Will Kabat-Zinn and Anna Douglas at Portiuncula). Registration for all three was filled, with about five people signed onto waiting lists. Joe would like help in finding larger venues and teachers. Janet Hotch, Greg Gerber, Ann Leeds, and Deb Wright will help Joe; Janet will organize a meeting.

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Janet will also find out from Lakeside Sangha in Evanston the name of the location they use for retreats. Deb mentioned a retreat center in Des Plaines (<http://www.cabrinicenter.org/index.htm>).

2012 Plans

- Days of mindfulness: Greg Gerber will organize. Two lined up so far: Philip Moffet in November and Deb Wright.
- Retreats: Three are scheduled: Andrew Getz on the New Year's weekend; Santikaro in the Spring, and Will Kabat-Zinn in the Fall. The Cenacle has requested a deposit of \$5,000 to hold their retreat center space for us for 12 months; this time Joe was able to negotiate a lower deposit. However, this new rule creates a cash flow problem for us.
- Diversity: Discussion on making IC open and welcoming to all covered ideas such as days of mindfulness, retreats, and practice groups. Greg Gerber will contact Gina Sharpe and Larry Yang. Rebecca Teasdale is looking for space for a sitting group in Uptown.

Santikaro's 2012 Offering

- Santikaro will lead a study group on the Early Teachings. The group will meet from 8:30 am to Noon on May 12, June 9, July 14, and August 11.
- The group will be open to everyone, including those who have studied with Santikaro in past groups. Group size will be maximum 25 people, minimum 12 people.
- The preferred venue is Ancient Dragon Zen Gate on Irving Park Road. Rebecca Teasdale will check with her contact there.
- IC is to name someone to act as the principal contact for Santikaro for the running of this study group.

Sandra Hammond's 2012 Offering

- Sandra described her background (training, teachers, traditions, etc.) and the types of distance teaching she has been doing from some time.
- For IC, in 2012, Sandra proposed three possible formats:
 1. A series of talks for the entire sangha (see the audio teachings on <http://prairiesangha.org/> for examples);
 2. Individual practice development for anyone who would like to develop his/her practice or certain aspects of practice.
 3. A program for a group of up to 11-12 practitioners who would meet for a limited number of sessions on a topic that either Sandra or the group suggests. For this option, Sandra would charge a fee of \$40/month plus a one-time charge of \$5 for MP3 recordings.
- Sandra would be available starting around February.
- IC is to decide which option to offer and let Sandra know.
- A suggestion was made to do a poll through Facebook to determine the preferred option.

The meeting closed with a short sit. The next coordinating committee meeting is scheduled for some time in January 2012.

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Current members of the sangha coordinating committee are:

Larry Axelrod
Carolyn Boerma
Scott Chambers
Bill Deronne
Joe Gaziano
Greg Gerber
Jacqueline Herbstman
Janet Hotch
Patty Jones
Norbert Kamp
Roz Kaye

Ann Leeds
Jacquie Lewis
Jorge Manghi
Ellen McCammon
Grainne McKeown
Brad Potts
Greg Primosch
Nancy Randleman
Rebecca Teasdale
Deb Wright
Mike Zieve

If you are interested in participating more actively in the sangha, either as part of the coordinating committee or for specific projects or activities, feel free to contact Insight Chicago at <http://insightchicago.org/contact/>.