

**AIMC Board Meeting  
Date: February 18, 2019**

**Notetaker: Osa**

**BOD PRESENT: Betsy VanLeit, Osa/Anne Arkin, Deb Benton, Kathryn Turnipseed, Lisa Herrington  
guests: Ken Munoz, Cece Shantzek, Bill Hershey**

Approve Dec.18 minute	approved	to go onto website
Approve consent agenda	approved	to go to website
April BOD meeting	proposed change to April 8 due to Betsy being out of town the third Monday--approved	date changed on website; Osa will send email to BOD

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<b>Agenda Item</b>	<b>Discussion</b>	<b>Action Plan (who, what, when)</b>
Discuss mission	What draws you to AIMC? What would it look like if we were doing our best work? Who and how do we serve? Why does AIMC matter? Looking for a group to meditate with, didn't know what vipassana was, just wanted to meditate. we appeal to people who are not particularly interested in buddhism or vipassana, ie people hear about secular mindfulness , do they want more than just mindfulness. soon after she came in, she knew she was in a safe place, kathryn smiled at her, she felt welcome; this is a place with warmth, safety, refuge, and the yesness of possibility of being able to be just who i am. Heart is opened when i am here. Also felt strongly about service to the sangha (its part of who she is). feeling of responsibility keeps her coming back--what does make me keep	subgroup of the BOD will work to synthesize integrate all the input, led by Betsy.

	<p>wanting to serve in a volunteer role? Belonging is important to me--I wanted to belong to a spiritual community.</p> <p>I came for more meditation after a mindfulness class. Felt at home immediately, and always wants to be a volunteer. Easy to get involved. once you come, you learn so much--especially great when you don't know what to expect.</p> <p>was in recovery from life stressors--wasn't drawn to meditation, was drawn to dharma talks as a touchstone of ethics and compassion. Tried to leave several times, tried other churches, but these teachings have added so much to my life. Wanted a spiritual home, raised in a church, so having a community with which to gather is central. Having friends here. Community of people bringing practice out in the world</p> <p>The dharma keeps me coming, practice is sustained by the community. the people i relate to here are the people who i feel the most comfortable with. spiritual home, esp. at morning sits, a container for what I needed. to volunteer is how I offer value in return for what I get from here. community has warmth, consciousness, open heartedness, welcoming to one's whole self. Some of it is ineffable, but some can be communicated in our messaging. grateful for the practice. when my meditation is good my grades are better. Engaged spirituality important to me.</p> <p>50+yrs in Lutheran community, mostly social action. he and Sarah came here for the sun. They interviewed the Lutheran pastors here and found them wanting, couldn't find an open congregation.</p>	
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Insight talks were important for him, sangha = sitting with the elders to do inquiry into the dharma. He has to work at meditation, but the teachings and the community are the most important parts. Loves emptiness. A safe place for inquiry into the teachings.

Spiritual home has been different over the years. sangha gives me what I need to explore diff parts of the path--sometimes it is more of the practice, sometimes more about inquiry and study, and other times dharma and engagement in the world, not something solely in the individual. Service is a big part of how i understand my practice. you never know what seed will take root in anyone over time. But we are the hub for that fertilization.

came because i was a wreck idea of being a part of community would be helpful / resolve wretchedness / different from what I thought of / a friend came because he was stayed, but stayed because he was confused / this was true for me / began to learn more about what the teachings were / resonated deeply / loved that / got myself involved / things snowballed / feel committed to involvement because of what i know for my experience...having this be here can do for people / that's what i think is incredibly important / a place to broadcast seeds, plus water, sun, chemistry, you don't know what will bear fruit / fertile field / tension of secular mindfulness and 'the practice' / if everyone took a mindfulness class, that would be really good / want to support the teachings being here / support the ways others want to take that out in the world

what might be our best work?  
study groups, classes;  
we stick to our knitting (meditation, insight);  
when social justice gets pushed too hard it can create a lot of struggle  
a way of being is essential--welcoming and warm, lack of pretentiousness  
conscientiousness about cohesion, when we think about opening our doors, we do it with the intention of bringing everyone along, how do we package who and what we are so whoever walks in the door knows what/who we are. We look at what is stirring and create a container for that  
And how to incorporate people who have been on the path a long time.  
teaching through the lens of collective awakening not just individual awakening. Not an escape from the world but nourishing ways to navigate the world (and ourselves) are we are, including race, climate, trauma, etc. Responding to what we know people are holding, not just becoming activist.  
Celebration/food. covered dish optional.  
Service as one of the pathways in. adds to sense of connection and belonging--having lots of opportunities for this for folks to be even more drawn in.  
Social aspect--restarting the dinners has been great, helps cement connections. to come and go without knowing people and being known vs. digging in and getting to know other yogis.

who do we serve/how do we serve?  
always emphasize for the sake of all beings, to say that,

that is his anchor, that notion is a reason i am here--i learn, sit and act for the sake of all beings.  
use of personal experience to connect the dots of the teachings. makes teachings and all of us more available to all beings, for the sake of all beings.  
make sure that we are creating that which we are aligned with, nurture the depth of dharma, show what we value. when we articulate and live our mission, that sense of purpose, when we model that it is the lens with which we see the world, how we approach the world, that lives here, which we take out into the world when we leave.

who do we serve: we don't know! Just important to meet people where they are.

why does AIMC matter?  
we are unique in the community. People discouraged by the modern church, now asking, where do I fit? where does my spiritual life fit? Gives people a place to go and feel supported. these teachings can help us explore difficult territory and harm in the world, we won't undo that harm in a substantial way without undoing the tension of whiteness--this practice doesn't offer an escape but a link in. this is a safe place to be a recovering racist and keep working that growing edge. not sugarcoating it and not in peoples face about it, a truly mindful approach.

keep the teachings so yogis are willing to look at what is difficult, not just come in and float along. But not make it so difficult that people are turned away. Enough in the teachings to challenge ignorance and delusion.  
the paradox of coming to peace, is coming through the

	fire.	
SCDL Report	<p>how might a second year look? can't have a second fulltime job. some things she couldn't do, or couldn't do well. coming to terms with what she cannot do. If so, what then? still teaching, no admin stuff. BOD needs to make a commitment to someone who does have the time.</p>	<p>what is missing now that there is no SCDL?  how to help it work for Betsy as she takes more work on?</p>