

Calgary Meditation Group

General Meeting

October 2, 2011

Attendance: Aparna Anand, Denise Semmens, Naeodi Downey, Alice Charland, Anton Shouli, Paul Ramikie, Harlend Brisdon, John Tatlow, Sann Ikeda, Lisa Gaffan, Ernie Meyer, Morgan Billick, Kunal Khanna, Elisabeth Fayt, Greg Mather

Elisabeth chaired the meeting and opened with a prayer.

The purpose of this meeting is to introduce the Managing Team (Kunal Khanna, Greg Mather, Elisabeth Fayt) and to unite the group in harmony, inspire on the path and have fun.

Harlend agreed to be the time keeper for the meeting.

Goals of Managing Team

1. To work on our own sadhana (asked the group to do the same)
2. To work with Harmony and Inclusivity while following the teachings
3. To consider the building and parking situation (this is for the future as Mother Center has asked for the focus to be the group function at present)

Meditation Etiquette

See attached list

Discussion was had on the points of this list and the conclusions will be refined and posted on the bulletin board and included with these minutes.

Spring Retreat

The Tim Horton's Children's Ranch is available to us for April 21st and 22nd, for the cost of \$210.00 per person, food and lodging included. This facility has been newly renovated. We have had other successful and well attended retreats here

in the past. A show of hands indicated many people are interested and would be willing to be readers. Arrangements for this retreat will go ahead.

Volunteer Appreciation

At this time Managing Team would like to recognize and appreciate all the hard work of some key individuals who have given selflessly to maintain the Calgary Group. To name a few people, they are Vinod Raja, Ernie Meyer, Paul Ramikie, Chris Dillman and Marni Lee.

Managing Team is planning an all day retreat to appreciate all volunteers. Details of this retreat will be coming out soon.

Weekly Schedule of Services – Proposed Changes

There are some proposed changes to the services to create a quiet meditative environment for deep meditation. It has been noticed that we have fallen short in creating this environment for our devotees. Signs will be made for the front door indicating changes. The front door will be locked once the service has begun and the side door will be left open so latecomers can meditate downstairs until there is a chant, at which time they may join the group.

Discussion was had about this proposal. It was agreed there may be an adjustment period but in the interest of creating silence for meditation this idea had merit. A show of hands indicated people were prepared to try these proposals.

Sunday Morning Service

10:00 am to 10:45am – guided meditation (short 5 min reading only i.e.: Spiritual Diary)

10:45 am to 11:00 am – arrival time for 11:00 am service

11:00 am to noon – regular service

Sunday Evening Service

The idea was proposed that one Sunday evening per month we offer an audio/visual presentation to enhance the teachings. Discussion indicated that for some devotees Sunday evening was a sacred time not to be disturbed. Friday and Saturday evenings were discussed as alternatives for an audio/visual evening.

It was suggested to announce at Sunday morning service, the topic for Sunday evening service to encourage people to attend the evening meditation.

Saturday Morning Service

Greg suggested that we change the time of Saturday morning meditation from 6:00 am – noon, back to 7:00 am – noon. The first hour has not been well attended this past year.

Special Services

There was discussion around making the time change for special services to be a firm 7:30 pm to 9:00 pm (7:30 – 8:00 for meditation and 8:00 – 9:00 for the service).

Sunday school

Ideas were discussed around the timing of Sunday school to minimize the possible noise for upstairs. Ideas will continue to be discussed.

An important point was made to those devotees who come downstairs to use the washroom facilities, please remember to be respectful of the Sunday school participants. This is important service time for these individuals and interruptions are not welcome. Please enter and leave the downstairs area quietly.

Managing Team will take all of the above ideas to Mother Center for discussion and feedback.

Brainstorming Exercise

This idea is borrowed from the Texas group who had great success with it.

The group was asked to answer the following question and ideas were written on the board.

With no limitations what would you like to see for our group?

Mortgage paid	Elderly support	2 monastic visits per year
Parking space	full house on Sunday	monks and nuns visit
Sense of true community		room for 100
Handicapped access	Guruji to materialize	outreach system (coord)
Outdoor meditation (gazebo)		California weather
Youth outreach program		community garden
Circular room for kirtans/video, etc		solid group sadhana
Community service (i.e.: Volunteer League)		supportive harmonious group
Video ability	new building	Mentorship program within
Silent meditations	300 Calgary members attending	
Monks outreach program	program to help devotees attend Convocation	
Environmentally aware group	long med. once per week with kirtan	
Expanding Love	chapel open 24 hours	financial security
Surplus of money to donate	annual monastic led retreat	
AM med. every morning	24 hour meditation	
Private Sunday school facility	family night to support devotees	
Our own country retreat centre	strong youth group	

When the Texas group did their exercise, within 5 years they materialized 33 of the 35 items on their Wish List.

Questions/ Comments

Comment to clarify for future potluck/tea and cookies events. Think about the wording and ask for who brings what to which event.

A devotee gave kudos to our group for how well we are doing.

If anyone has anything more to add, please contact Managing Team.

Thank you and.....

Closing Prayer