

GOING AS A RIVER | 2024 Annual General Meeting Minutes

Date: Dec 21, 2024

Time: 10:00 AM - 1:15 PM

Location: 10946 - 84 Ave (Seaneen's Residence)

1. Attendance

Present: Alda Ngo, Lucy Lu, Seaneen O'Rourke, Catherine Disnard, Amber Borotsik, Carolyn Howe, Ryan Bielby

2. Call to Order

The meeting was called to order at 10:00 AM by Alda Ngo.

3. Silent Meditation (6 mins) and Mindful Meeting Meditation Reading

Meditation read by Ryan Bielby & Carolyn Howe

4. Welcoming & Opening Remarks

Presented by Alda Ngo

Overview of Sangha's origins (est. 2022) and alignment with Plum Village practices.

Emphasis on Caretaking Council's (CTC) role in consensus-based decision-making, in the best interests of the sangha as a whole & not any one individual.

Sangha members are invited to attend any CTC meeting to share in the process but all final decisions are made by the CTC by consensus.

3. Approval of Agenda

Motion: To approve the meeting agenda.

Moved by: Alda Ngo. Approved by acclamation.

4. Approval of Previous Minutes

Motion: To approve the [minutes from the 2023 AGM.](#)

Moved by: Alda Ngo. Approved by acclamation.

5. Chairperson's Report

Presented by Alda Ngo.

A summary of the Sangha's achievements and challenges for 2024:

Achievements:

- Relocated to Riverdale Rinkhouse. With special thanks to Catherine Disnard for coordination & representation.
- Organized remembrance and memorial for Michael Webber.
- Hosted Mindful Meow-ments family mindfulness day.
- Conducted a Truth and Reconciliation racial justice practice.
- Held the trauma-informed Fall Retreat at Pine Lake. GAR's first retreat, Trauma informed practice, largest Western PV sangha gathering & co-organized with Wild Rose Sangha.
- Participated in the International Touching Simplicity Walk. Special thanks to Catherine, Amber & Carolyn.
- Expanded the Caretaking Council (CTC) membership to welcome Amber & Catherine.

Challenges:

- Transitioned venues and coordinated first large regional event.
- Balancing growth with organizational capacity to prevent burnout.

Goals:

- Prepare for the May 2025 Westlock Monastic Retreat (130 participants). Continue with planning efforts, organize & coordinate volunteers.
- Engage more volunteer support for weekly gatherings. Develop and share Sangha service role spreadsheets.
- Facilitation support. Re-engage facilitator training to those who are eligible
- Monthly Deepening Practice offerings to support OI Aspirants from Tracey (Regional DT track OI) & Alda (local OI)

6. Financial Report

Presented by Lucy Lu.

Summary of income, expenses, and funds allocated for hosting Plum Village monastics.

View Report [HERE](#)

7. Updates on Current and Upcoming Projects

- Monastic Retreat scheduled for May 1-4, 2025. Part of a series of Western Canada retreats.
- Ongoing fundraising, planning & volunteer recruitment.

8. Other Business

Ideas discussed:

- Continue to build inclusion and diversity initiatives:
 - Establish pick-up locations to increase accessibility to support diversity & inclusion. Safety considerations to be factored in.
 - Develop online affinity group meet & greets
 - Bridge with other communities (eg. U of A)
- Build Wake-Up Sangha & Outreach.
 - consider a new practice location on the same day to connect with people on-site
- Build Climate change awareness & peace building initiatives.
- Create a lending library.
- Build Study Group & reading club practice opportunities.
- Develop an improved system for gathering ideas & input from sangha members with ease & joy.
- Develop a strategic plan for implementation of ideas that considers staying within the limitations of the sangha's capacity.
- Establish a system to share info about CTC meetings.
- Consider a November date for 2026 AGM.

9. Closing Remarks & Adjournment

The meeting was adjourned at 1:15 PM by Alda Ngo.

10. Dedication of Merit

Offered by Carolyn Howe.

11. Signatures

Chairperson: Alda Ngo

Secretary: Amber Borotsik