

## **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

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Chairperson: Alda Ngo

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Secretary: Amber Borotsik