

## Embodydance Community Council

### Minutes of Meeting, Thursday, October 30<sup>th</sup>

In attendance: Kim Cote, facilitator, Raphael Weisman, scribe, Guthrie Miller, Ana Gonzales Biele, Alexanna Hope, James Martin,

Meeting called to order 5:25 PM

1. Agenda:
1. Managing the agenda
  2. Scheduling
  3. FaceBook Group
  4. Mail Chimp and newsletters
  5. Google Group and communications
  6. APFs (Agenda Proposal Forms)
  - 7.M.O.S.I.
  8. Publicity check in
  9. New table for altar
  10. Board of Directors report

1. Managing the agenda: Kim noted that we did not follow the agenda at meetings, that we jumped around a lot instead of completing item by item. Raphael suggested that on the basis of the Formal Consensus outline he had circulated, it is the role of the facilitator to be in charge of following the agenda and keep the discussion on point. He also added that there is a timekeeper and proposed that the agenda should allocate an estimated time allotment for each item. Approved, also that someone volunteer to be timekeeper each meeting.

2. Scheduling: Agreed to keep next meeting on Thursday at 5PM for Nov 13<sup>th</sup> meeting @ Guthrie's house, 509 Camino Lejo and add scheduling as an agenda item for the meeting.

3. FaceBook Group is currently private, new people have to be approved by Tracy Collins, admin. Kim recommended making it public. She will call Tracy and report next meeting. Add to agenda for next meeting.

4. Mail Chimp and newsletters. John Cavanagh currently sends out newsletters with MailChimp. Raphael will talk to John and he and Ana will take on job of sending newsletters, starting with a fundraising one soon.

5. Google Group and communications: Ana manages the group. Some people did not respond to the test email. Alexanna has different Google email address. It will be added to group and Neil's email address

checked too. In the new year Ana will change the name to leave out 2014 and make it more generic. Guthrie on Dropbox: Suggested we have contact list (Phone and email) of coordinators and facilitators there. Ana will send list to Guthrie to post on Dropbox. Raphael will talk to John about possibility of posting them on website beside the weekly list of coordinators after Ana has got OK from coordinators. Also put the coordinator's Google group email address on website in case people who sign up for work exchange need to contact a coordinator for changes. Ana also suggested they post on our FaceBook page if they can't make their commitment and need a substitute.

6. APFs: Seems like some of them have gotten lost. Guthrie will check with John to investigate.

7. M.O.S.I. Mindfulness Oriented Somatic Inquiry. Guthrie introduced James who facilitates MOSI. MOSI is a mindful somatics practice that combines mindfulness meditation and somatics field about embodiment practice—integration of body, mind and spirit. James said it is part of the gifting economy. Guthrie proposed we have a link to MOSI website [www.mindfulsomatics.org](http://www.mindfulsomatics.org) on our website. Approved.

Here is the description and link for the EmbodyDance web site:

MOSI (pronounced moh-zee) is an acronym for Mindfulness Oriented Somatic Inquiry, which is a mindful somatics practice community in Santa Fe, New Mexico. We practice body-oriented mindfulness meditation in the five “modes” of Stillness, Movement, Listening, Voice and Touch. To learn more about MOSI, check out our website at [www.mindfulsomatics.org](http://www.mindfulsomatics.org)

It was also agreed that Santa Fe authentic Games have a link. Raphael will ask John to revive the Community Pages on our website for these links and it was also approved that we could include the HeartThread and Medicine water Wheel info on those pages.

8. Publicity check in and BOD report: Raphael still working on publicity. Because of our financial situation (We apparently “lost” \$1200 in August and \$38 in September —\$6,000 in negative Jan–Sept 14<sup>th</sup> according to BOD minutes which is not yet posted on website) James offered to be part of a fundraising group, which will consist of James, Ana, Alexanna and Raphael. Raphael will check the cost of having a regular ad on the back page of the SF Reporter and Guthrie offered to donate the cost.

9. New table: SanD had mentioned in an email that the Altar table was apparently broken and it was agreed to announce a request for the donation of a table at closing circle. (note) It seems however that we may not need one as the small table appears to be fine at the last two dances (as of 2nd Nov) Raphael offered loan of small table and Kim suggested [www.Kindista.com](http://www.Kindista.com) for donations.

Next meeting at Guthrie's 509 Camino Lejo at 5 PM Thursday Nov 13<sup>th</sup>. Raphael will facilitate. He and Kim will confer about agenda.

Note: Alexanna's email: Ahla917@Gmail.com, James River's email: JRiverMartin@Gmail.com