

Minutes for Embodysdance (ED) Community Council (CC) Meeting, November 2, 2015 at the home of Guthrie Miller.

Facilitator: Raphael Weisman; **Minutes:** Julie Glassmoyer

Attended:

CC/ Julie Glassmoyer, Raphael Weisman, Tracy Juechter, Guthrie Miller, Jay Lynch, John Bacon
GUESTS/ Dave Ruther, Samwell, Tracy Collins, Tom Nuñez, John Meade, John Cavanagh, Alec Walling, Doug Webb, Duija Ros, Patrick McGee-Russell, Safielle Toland

Opening

Meeting was called to order at 5:41pm with reading of the Consensus Statement.

Raphael opened with a Heart Threads meditation followed by the agenda overview. The focus of this gathering was to discuss our financial status and how to improve it, specifically in regards to Sunday Dance.

Each in attendance briefly introduced themselves.

The agenda was approved.

There was a motion to scrap the angel fund, and we are delaying this discussion.

Group Discussion/Brainstorming Regarding Sunday Dance and Overall Financials

Status Report

Tracy J provided a brief overview of the current Embodysdance (ED) financial situation:

ED's originally projected loss of \$10 K for the year 2015 appears to have been too high. At this point, due to the success of the ED fundraiser and better-than-expected attendance, ED is only \$3K behind costs at this time. So, the present prediction is for a \$4K rather than \$10K shortfall for the year.

We must experience a significant improvement to overcome losses within the next 2 months for ED to remain solvent. Thursday has carried Sunday in the past, but not at this time.

Tracy J then asked who was interested in ending Sunday without making effort to save it. Nobody raised a hand to scrap Sunday indicating that all in attendance want to spend the next 2 months working to improve Sunday profitability so that it can continue.

Discussion/Ideas Regarding Saving Sunday

Change time of Sunday Dance

There is no known option to dance in the morning at our current location although that seems to be the most popular time of day. Later in the day may be possible, but not as desirable. So, changing the time of Sunday Dance will likely require a change in location.

So, there was some review of survey results on this topic. It was mentioned that there is another sacred Dance on Sunday mornings. ED surveys have a slight majority of responses requesting a morning time, and nearly the same amount asking for a 4–7pm time change.

Sunday rent is \$90 (\$183 for facilitators, \$55 for coordinators, general overhead...\$479 total expenses) per dance. So, ED needs 50 dancers each Sunday at a cost of \$11 per person to break even. Approximately 40–60 people attend most Thursdays (some of those are volunteers/free). Sunday attendance has been much lower.

Guthrie emphasized that today is for brainstorming, and that the next gathering on this topic can include critique of ideas.

Tracy J asked, shall we focus on lower overhead or growth?

Lowering the Sunday fee was suggested.

Reminder was given in regards to ED operating as a gift economy, a non-profit model. Dancers can be encouraged to come even if they can pay no money to dance, and others with the ability can make additional contributions/donations. Dance Facilitators can artfully invite this participation.

One guest did not realize there was choice of payment for Dance, thought it cost a fee of \$10, and that maybe announcing a range can be helpful.

It was also noted that many dancers pay \$5 to dance, with a few paying a full \$12 on Sunday. Intake has been extremely slim.

There was a suggestion to cut free dances for CC, and another idea is to increase light/intensity of the experience so that dancers will want to pay for it. Emphasize creativity; bring forth the sacred aspects of dance! Or, simple guided movement at the opening of Dance can bring all together as a cohesive whole.

The discussion to REVITALIZE Sunday continued...along with ideas to lower Dance cost back to \$8, getting ALL to volunteer (coordinators, facilitators) AND even the suggestion to add another day (bringing ED to 3X/week!), with each day/week being distinctive. Others felt adding in the future, maybe.

Thoughts returned to a SACRED emphasis for NOW, and that this may/may not help financials depending on the percentage of people wanting it.

More Survey Results

Tracy J brought the group back to survey results:

Twenty people (25%) commented that Dance needs to be sacred.

Discussion turned to the topic of “sacred.” What is sacred?

And, when there is a problem, is ED a culture of responsibility? Is there capacity to directly address problems with one another to make the experience of it LESS scary? We are all dancing from inside out, what we do is a mirror of what we are feeling; expressing good/bad can create closeness. Conveying a framework for addressing discomfort with one another can be helpful.

Is ED social? We do not talk, drink beer we meet ourselves and one another. Get real.

Goals Setting

Tracy J proposed setting/meeting goals such as:

- 1) Shall Sunday remain same or be redesigned?
- 2) What survey ideas can move us to a new goal?
- 3) How do we prioritize short term and long-term goals to meet fiscal needs?
- 4) Can we target three items within survey results to direct refinement of ED?
- 5) How might any of these become topics for visioning gathering or task force?

Follow-up to this meeting, to be held after NEXT SUNDAY Dance

Professional facilitators will lead the gathering and provide a great opportunity to learn.

Guthrie suggested modeling circles around “true experience,” even if that is negative, using a facilitative format, letting the circle be the guru, allowing the process of refinement to go on continually.

General Comments/Brainstorming

Raphael invited those present who had remained quiet to speak...

Duija posed that those who dance with a casual interest may not want to look @ their shit. Sunday may be the place for this.

An example of an opening exercise can be to simply walk, then lightly brush hands w/o eye contact or anything more.

We are experiencing a moment of opportunity! Absence in Sunday calls for revitalization.

Suggestion to look closely @ time of dance.

NEED: promotion...volunteers: also need a Sunday task force to follow-up for both this and next meeting findings.

Sacred is through the space and those who hold the space...What is the place of the 5Rhythms™, time?

ED development of partnerships—young people (school for the arts)—real community.

Where are people going to volunteer?

Regarding promotion, there is a limited time frame. How quickly can these things turn around?

Will changing Sunday Dance time bring up numbers quickly?

Structure the Dance to be more intentional, contained, sacred. Good to have a group of people who come up with these ideas so we can explore implementation...a committee working with Facilitators over time for implementation.

Alternatives for making Sunday different: remove Facilitator cost, but give Facilitator profit earned beyond costs. Facilitator can invite their circle to attend as means of growing (Tess, Chloe, others, per John M, each

created with young people, and may help us to grow in this direction) With this, each Sunday could be quite different, following the intention but not necessarily the form of ED. This can deal with needs of the MOMENT.

Emphasis/response to keep character of ED with guest facilitators.
Also like idea to use old waves.

John C says: Changing form of dance “is changing the dance.” This facilitator stopped because the Dance was no longer deep.

Survey shows: make it safe; 5Rhythms™, sacred are desired. Suggests going deeper into the 5Rhythms™ without “doing” the 5Rhythms™. The 5Rhythms™ is a shamanic curve that has been used for years and years, going deep, creating the sacred. This the problem, not sure how to fix it.

Waves are specific to a moment in time, a season, a tone of community. It is inappropriate to re-use a wave. A wave is a one-time thing.

What we have that 5R does not have: the sacred practice of responsibility to co-create together...sacred, social, all of it! People = Experiences.

Tracy C said: Earlier, guided visualizations, explorations through consensus was halted by an attitude of ”shut-up and dance.” Gabriel Roth’s husband legally threatened ED, also. Bringing this into Sundays, deepen and learn more about your dance...have facilitators guide this on Sundays, simply, bringing awareness to ED as a path to presence. To move beyond the separation, and allow all to be as they are.
Regarding share-back circle, speaking is an accountability without finger-pointing or leaving. Facilitators can model this...depth, safety, container. Facilitators can give Sunday more focus.

Patrick shared: We can show 5Rhythms™ and convey we are one of many spin-offs.
It is a live-action process, so CD’s vs pre-programmed is a good method
Thursday night and Sunday morning are the unified 5R dance times.

Re church: more sacred, more a volunteer day for all, disagree with past waves issue...some sermons are timeless. Churches invite guest pastors and receive the benefit of variety. Research it; go to the shamanic root research rather than quoting “5Rhythms™” and dealing with legalities.

Dave shared: Preparation is important to spiritual journeys...better, deeper.
5Rhythms™, all has a beginning/middle/end, open/close, in/out...so many ways to describe the process

Regarding children on Sundays, 11.1% surveyed do not like children on dance floor. Yet, accommodating differences is an important part of the practice. Children grow-up on ED and it is great. Be aware, children have enhanced even those experiences that initially seem inappropriate with children. Children bring joy. It is social/ safe/ spontaneous for children to have this experience.
Sunday+Children, both special!

The “don’t coach us” complainers are no longer here ANYHOW!

Tracy C shared some words for continuity: Added dance to Tuesdays, hired a general mgr, losing \$...facilitators on back-burner for raises. 2 yrs ago, an agenda item that talked about raising the DOOR...decided against, yet facilitators salary was raised, effective immediately...all behind closed doors. Reconciliation needs to happen. Suggestion made to have 3 tiers of payment...honor elders/experience.

Tracy J led some Quick Votes:

More Sacred Ideas for Sunday 9
Attracting more young people 12
Safety on dance floor 14
Donation 12
(5Rhythms™) alignment conveyance...especially Sundays 11
Keep Sunday time for now 11
Guest Facilitators 3

Volunteers:

A few raised hands to volunteer to help promote Sunday Dance:

Raphael

Tracy

Alec

Guthrie

Julie

Tom

Jay

Safielle

Dave Ruther

(email/phone obtained as able)

Going Forward:

Meeting was adjourned, and it was agreed by CC that Julie is to convey to Board that Elise wants only Tracy C to connect with her regarding possible changes to our lease...keep it simple.

The next CC meeting, to choose action for Sunday Dance, will be held on Sunday, 11/8/15 at 4pm at the Railyard. We will have guest facilitators, and Guthrie has offered to take minutes for that meeting. Via email after the meeting, Ana B has offered to make notes for facilitators on big boards.

Respectfully submitted,

Julie G

11/5/15