

Sangha team meeting - 15th May 2022

Helen started the meeting by thanking all sangha hosts for their input and talked about the sanghas being the way that the community is growing.

Sanghas are a place where people can feel safe and have a sense of community. If someone joins without speaking or putting their camera on and this is perfectly ok. This allows them a safe place to be able to connect when they can. Everyone is welcome to join at whatever level they feel they are able to.

We are looking for more sangha hosts now given that a few sanghas have stopped due to hosts leaving GP.

Helen also reminded all the hosts that if there are any issues that they can reach out to the team for further support. Helen would like to be the first one to hear about any issues and be available to help anyone.

There was a reminder that there is a Facebook group that should be used more to facilitate the support of other sangha hosts.

Savitur said that he feels that the sanghas he is hosting are providing a good safe place for all people attending. He says that even the silences are beautiful and everyone feels welcome.

Ian talked about new people attending sangha, which seems to always be a varied group. If the silences are prolonged he goes back to the reading. Ian had a challenging question from someone with a low energy, he did feel a bit challenged to provide an answer to the question. He did open the question to other sangha members who came forward with their opinions and interpretations. He also suggested that the question could be put forward to Helen as a satsang question.

Helen reminded that it is ok to say if something is not appropriate in a sangha, i.e. aggressive.

Natasha talked how she felt nervous about doing things right at first but has seen that change to see it is a sangha for her too and she really enjoys it. Helen added that hosts are not there to teach but to facilitate the sangha, this makes the sanghas more open for discussions. It's ok to admit if you are unsure or nervous as a sangha host.

Ron talked about hosting a GP sangha which seems to be the same people each week, listening to something then sharing back. Helen asked about whether the DTE and GP groups are being more like study groups. Helen A advised that it seems to be a bit of a mix of study and general sharing. She feels that she may get more as a host from it, Helen said that this is as it should be as hosts are often facing resistance in being a host. It is okay that you may feel something could have been better but that is not what the people attending will see.

Helen asked that anyone without a co host needs to be in touch so we can have a look at sorting these. Sometimes it is easier to cancel a sangha in advance rather than a last minute panic. Helen is aware that the hosts have lives.

Helen is going to put together some videos for YouTube to encourage people to attend the sanghas as she feels these are important to build a community. Ideally in the future Helen would like people to have access to sanghas on a daily basis eventually to find the support they need.

We have been contacted by a couple of people wanting to help and if they would like to do sanghas Maggie will be in touch with Savitur if this happens. Sanghas do not have to be weekly if people cannot commit to this, once a month is better than nothing. Amy and Caroline are looking to be available once their circumstances change.

Michael suggested that GP sangha hosts could introduce themselves in the same way as he does as the GP ambassador. Of course, this is only if the hosts would be comfortable with doing this as part of the GP program. Helen talked about having mentors that would be available to encourage new people to come to sanghas, like a bit of hand holding.

There was some discussion of adding hosts pictures to the website to provide an introduction to people wanting to attend the sanghas. Helen A suggested that we could add testimonials to this as well.

The posts on Facebook help to promote the sanghas and can be scheduled - if anyone would like help to do this please let us know.