

Team Meeting - March 6th 2022

Maggie - thanks to all for your help

Sanghas - There are guidelines in place, these guidelines are in place to provide a safe place and a uniformity in the groups. Sanghas are there to develop community and for members to be able to talk through any issues and for others to provide support. Any additions can detract from this, there will be separate sanghas for other core teachings coming up in the future. Ian advised that there is a new sangha for Qigong on a Monday after the meditation group. This will be for half an hour.

We would like for there to be further sanghas for the core teachings, all five in eventuality and all time zones. Helen asked if there was anyone available to host these groups, the hosts need to have been in the GP for at least 3 months, initially to co-host with another member then to run their own. We are also looking for someone to coordinate these sanghas, Savitur co-ordinates the other sanghas.

Helen has been speaking with GP members at her core teachings sessions and there are members who cannot attend due to their timezones. We are looking at alternating the GP sessions between 12pm UK time and 7pm UK times to allow more members to attend the live session. Helen asked that Michael and Caroline meet to discuss changing the time of the Saturday GP sangha to accommodate these changes. Maybe look at doing this on a Sunday, Caroline in having changes to her work rotas and they will discuss this further once these are finalised. Helen advised that the changes to GP sessions would only be made once we have sorted this.

There are statement process groups on WhatsApp, these are working well mostly. There has been some feedback that some members are feeling that the leaps between the statements on the groups. These can sometimes then be felt as a failure by the member asking for help. We need to set a good example by making smaller steps in these groups, statements that are slightly better, if there is a struggle to find the next statement often the process is left or not used. Natasha asked how to do this, do we ignore the larger leap? Helen advised that we would still follow the statement by feeling it out and making a statement reflecting this. It is ok to suggest statements in a group, to gently challenge as well whether the statement is true and feels better to the person asking for statements. The smaller steps more often unearth further resistance or epiphanies for everyone

The GP Facebook page has been used for statements this week and this is working really well. Gaynor is going on as Satsang with Helen, liking comments and giving feedback. We do need people to help out to allow people access to groups, not really in ET time as we have cover in that timezone. We are also looking at someone to schedule Facebook posts within the groups. The information would be provided by us, there may be short notice posts occasionally and we would provide any training.

Jannine works on Facebook and YouTube, she is looking for some help to find quotes for Facebook and the editing of the YouTube uploads.

We have a Twitter account but we do not have anyone who looks after this, is there anyone who could help with this ?

We would like to look at arranging a GP get together prior to the retreats this year. This would be a meal the day prior to the retreats, is there someone who would be able to coordinate this ?

Caroline asked for help with regards to the indexing of the next DTE course. Helen suggested putting a post in the GP Facebook page, and also to put it in the announcements at the GP Q and A session on the 18th February. Helen advised that if there are not enough people to index all the sessions then we can leave the Q and A sessions without indexing. All the indexing is a bonus to the students. Melissa has volunteered to help.

Zoe asked if there is an opening within the sangha groups that the host can ask if there is anyone in crisis that would like additional support. A sangha member reached out to her advising that she had been in crisis and unable to speak, Helen advised this would work.

Zoe asked would a conscious imagining group work, Helen advised that this would be in the same way as the statement groups, talking through the process with the person. We would also run training sessions prior to starting the group.

Marcy said that she is having issues with regards to allowing people access, she is not on Facebook all the time and misses them. Helen advised that the notifications may not show up when Marcy is logged in as herself rather than at Satsang with Helen Hamilton. We are asking for further help with regards to this.

Zoe has something else on the first Saturday of the month, there may be a need to cancel her sangha on these dates. As long as we can cover the changes on the calendar, and people are informed that's fine. Michelle has advised that she would be able to cover these sanghas, she will attend with Zoe as a cohost. All updates or changes to be emailed to Savitur.