



LIFERING SECULAR RECOVERY MONTHLY MEETING MINUTES
SUNDAY JUNE 4, 2023

CALL TO ORDER AND IDENTIFICATION OF PUBLIC ATTENDEES

The meeting was called to order by Sue at 11:32 a.m. pst.

Board members present:

- Sue Betts (Chair/Interim ED)
- Anna Bedolla (Interim Secretary)
- Bobbi Campbell
- Steve Gonzales (Treasurer)
- Lorraine Hull
- Rafal Klopotoski
- Mary Beth O'Connor
- Lisa Swing-Corney
- Michael Toal

Non-board members present:

- Robert S. (Operations Manager)
- Michael A.
- Jenni O.
- Joe F.
- Kathleen G.
- Kristy B.
- Kemper M.
- Mark F.
- Mark F.
- Mark H.
- Mike H.
- Mike M.
- Njon S.
- Sara Y.
- Twyla W.

Approval of Minutes

May Minutes: Sue asked if there were any corrections. Lisa mentioned she is not on the bank accounts. Anna made the correction, but the posted version of the meetings had not yet been updated. Lorraine first, Lisa second.

VOTE: Approved.

Approval of April Profit and Loss Statement

We do not have the report at this time. We will review and vote on this next BOD.

ONGOING BUSINESS — STATUS UPDATES

LifeRing Secretary

Anna confirmed she would be taking minutes for this meeting and will continue on as Secretary until someone else is identified.

Director of Development | Contractor Funding Request

Sue shared that we have a candidate (Lorriane Hull) who we think would do a great job. Would use Emily Marcus bequest to pay for the contractor fee until it becomes self-funding. Sue asked whether there were questions about the funding. Njon asked whether we had considered funding it as a percentage of grants received. Sue: salary would be \$2500/month, working remotely, and 40 hours/month, although possibly more to support specific events or needs. Quarterly review, monthly reports.

Mary Beth asked whether we should roll the discussion of the candidate over to the next BOD meeting when the new BOD is in place in July. Sue declined the idea, reminding the current BOD that they were aware of the review process and didn't want to start from scratch with the new board, which would result in a delay of implementation. Rafal asked if there were other candidates; Sue said no, and that she would like to have the vote today. Steve and Lorraine recused themselves from the voting.

Sue motion to hire Lorraine Hull as contractor Director of Development. First (I didn't catch who first), Rafal second. Mary Beth opposed.

Mary Beth offered to work with Cooley to prepare contractor contract.

VOTE: Approved

Lorraine will start new position July 1st

In-Person Grant Approval Process

Lisa: the BOD approved in-person meetings grant. Language approved included that the approval process is reviewed by regional reps with final review by CA regional rep. However, Chris has stepped down from his role as CA regional rep. Therefore, Lisa proposed to change the approval process to final approval by two regional reps. She asked whether we need a

formal vote. Sue didn't think so and asked if there were any issues. None were raised. Lisa was approved to move forward with the new process, and Sue thanked her for her efforts.

NEW BUSINESS

DEI BOD Awareness: BOD DEI Resources | Neurodiversity

Lisa provides an update about DEI to the BOD each month since DEI is one of the goals of our Strategic Plan. This month's focus is on neurodiversity. Lisa shared a link that covers the basics of neurodiversity. <https://www.verywellhealth.com/neurodivergent-5216749>

The article explains how some people's brains work differently. Some conditions under the umbrella include ADHD, autism, dyslexia, etc. It also discussed some of the challenges/issues as well as the history of neurodiversity. Lisa encouraged everyone to check it out.

High Level Review of Finances | May 2023

Sue asked Steve if he had anything to add to what he presented at the LifeRing Annual Conference. He did not. Sue stated we will be posting the review. Sue thanked Steve for his efforts.

Committees and Workgroups Updates

Sue explained for the non BOD/delegates attending that each month we have a report on the committees.

LifeRing Team Status Reports

Fundraising, Marketing, and Communications

Lorraine we spent a lot of time on prep for the Annual Conf, grant opportunities (e.g. Bobbi's work), increased MailChimp subscribers. Cars 2 Charities signed off but no response from them. Fundraising is increasing. Summer fundraiser starting next month. FMC has 8 solid members. FunMarCom

Sue asked Bobbi about social media. Bobbi said there is always room for more, spending time building relationships with other recovery communities to get more likes and more talking on posts. No shortage of materials to post about, she doesn't have a lot of time and feels behind the curve on what she could be posting about. Sue mentioned social media is a lot of work and encouraged people to check it out. She thanked Michael, who manages the Reddit account. Bobbi encourages people to check out, like and subscribe/follow FB, Twitter, and Instagram. Mary Beth mentioned that if you have your own social media account, consider tagging LifeRing in your comments to increase conversation.

Lorraine reminded everyone that Bobbi is always looking for content, ideas that she can post.

Meetings & Convener Support

Robbert: Conveners monthly meeting meets the 3rd Saturday of each month at 9:00am pst, followed by Meetings and Convenors (MCC) team meeting where some of the discussion/topics raised in the first meeting spills over. MCC meets the fourth Tuesday of each month, delves into specifics, and is more of a working meeting. Attendance varies. 5-7 people. Convenor book/pamphlet they are putting together; HWYW was written when in-person meetings were dominant. This is more focused on online meetings. Not sure whether it should be a book or something smaller that could be more easily distributed. Marty in 2019 gave LLifeRing copyrights to his books. Other topics: camera on/off, Sue thanked Robert.

Outreach

Mary Beth mentioned the Speakers Bureau (training video and outline) and encouraged people to contact her if interested. Don't get a lot of requests coming in, we have to reach out and submit our interest in speaking at events. Multiple Pathways to Recovery conference is in Des Moines, where she was invited to be keynote and host a table. Submitted to Collegiate Recovery Professionals, which is in June and talks about multiple pathways of which LifeRing is part. 132 speaking engagements, TV and radio. Written for Recovery Today about multiple pathways, including LifeRing. Recovery Month is September and she encourages people to identify events that might need speakers or at which we could have a table. Sue thanked Mary Beth.

Strategy Planning

Lisa shared that the team is meeting every two weeks. Hoping to get new participants with the new BOD coming in. Sue thanked Lisa for her help in coordinating.

Tech and Website

Led by Robert. Michael received the Emily Marcus award for his work on the app. Michael shared that there are still some things to iron out especially on the iphone side. Chat is being used by people to support each other.

Sue shared that on Google apps there are over 100 downloads. Michael said it would be good if we could get people using the Donate button. Bobbi asked whether she could mention the app on social media or whether it should wait until the iphone version is ready. Michael said there are still bugs being worked out and would rather wait to launch it until it was ready.

Robert said our website is the central online hub. We will need to spend money and new BOD needs to be involved to weigh in on what we want the website to do, as it might take awhile and we might need funding. Needs BOD to help him and Bobbi, who has volunteered to chair the website committee, which is distinct from the tech committee. Bobbi reiterated what Robert said, on her list of priorities, need BOD involvement, and the new committee needs to meet on a regular basis. She asked for anyone with expertise to contact her.

Regional Representatives Quarterly | Updates

Lisa mentioned she is onboarding a new CA rep and maybe has another for the Northeast area. Reg reps maintain contact with meetings, website info is correct, regular check in, find

resources, Speaker Bureau and training for local people to do talks/engagements to help them prepare. Local speaking engagements. Coordinating with Robert on an in-person interest form. Are you interested in doing an in-person talk? We can train them and then make them available to in-person meetings. Currently seeing an increase in interest, potentially 12 new meetings. Sue thanked Lisa because she is single handedly leading this effort.

ADJOURNMENT OF BOARD OF DIRECTORS MEETING

Sue asked if there was any other business that the BOD needed to cover. There was not, and Sue adjourned the BOD meeting at 12:33pm pst.

Motion to adjourn Sue, second Michael/Bobbi

PUBLIC FORUM

Mike H has a new project, working with FunMarCom to form Veterans of LifeRing to educate the VA about LifeRing. Just starting, coming up with ideas, has about four members. Has a list of 142 treatment centers. Will be starting up a zoom meeting. Njon offered to Mike that he may have a contact who previously worked with the VA in San Fran.

Mike McDonnell: very positive about the annual conference and looks forward to working with US colleagues, will bring information back to his groups in Ireland, and is energized. Thanked Sue for running the meeting. Sue mentioned some of his ideas: Mentorship, focus meetings, having professional speakers/Meeting or Convener Salons, etc.that we could work together on. Lisa will be sending Mike McD information about some of the questions he raised.

Kathleen was excited about how LifeRing is growing and doing compared with 2011. Sue mentioned Kathleen is updating Humanly Possible and is looking for submissions of 300-500 words.

ADJOURNED: 12:45pm pst

EXECUTIVE SESSION

The board met to discuss:

- External LifeRing Meetings
- Executive Director Search | Engagement Opportunities | Paid | US
- International Relationships

Closed Session: Fiduciary Interests

Respectfully submitted on June 24, 2023 by

Anna Bedolla