



## **LIFERING SECULAR RECOVERY MONTHLY MEETING MINUTES**

### **SUNDAY AUGUST 13, 2023**

#### ***CALL TO ORDER AND IDENTIFICATION OF PUBLIC ATTENDEES***

The meeting was called to order by Sue at 9:00am Pacific Time.

##### **Board Members Present:**

- Sue Betts (Chair/Interim ED)
- Joe Franklin
- Lisa Swing-Corney
- Monica Foy (voted to the BOD 08/13/2023)
- Rafal Klopotoski
- Robert Stump

##### **Non-board Members Present:**

- Kemper M.
- Kris X.
- Mark F.
- Michael T.
- Mike H.
- Ric R.
- Tim B.

##### **Absent Board Members:**

- Bobbi Campbell
- Mary Beth O'Connor
- Njon Sanders

##### **Absent Officers:**

- Interim Secretary Anna Bedolla was not present
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#### **APPOINTMENT OF NEW DIRECTOR**

Sue introduced BOD candidate Monica Foy to the BOD for consideration to fill vacancy on the BOD. Monica introduces herself. Sue made a motion to approve appointment of Monica Foy to the vacant BOD seat for the remainder of the BOD 2023-2024 year. Lisa and Robert second the motion.

**VOTE:** Unanimously Approved.

*Michael T. joins the meeting.*

## **APPROVAL OF CONSENT AGENDA**

**July Minutes:** Motion to adopt as presented made by Joe. Seconded by Rafal.

**VOTE:** Unanimously approved.

*Kris X. joins the meeting.*

### **July Profit and Loss Statement:**

Concerns were brought forward regarding reporting discrepancy in the P&L Report. Robert explained that the discrepancy was a result of two credit card purchases not being tracked in Quickbooks. Will be resolved in the next P&L Report.

**VOTE:** Approval of July P&L Report tabled for September 2023 meeting.

## **ONGOING BUSINESS – Status Updates**

### **2024 Annual Conference:**

It was agreed that the 2024 Annual Conference would be held on Saturday, June 8th and Sunday, June 9th, 2024.

### **Engagement Opportunity | LifeRing Secretary:**

Sue reminds all that Anna is acting as interim Secretary and would like to have someone take over the position. No hands were raised by meeting attendees.

### **Bank Signers:**

LifeRing has a business account with Chase Bank.

#### **New LifeRing, Inc. Authorized Chase Business Account Signers are:**

- Susan (Sue) Betts (LifeRing President for banking purposes), and
- Lisa Swing-Corney (LifeRing Assistant Secretary for banking purposes).

#### **Removed as Authorized Signers are**

- Mary Beth O'Connor and
- Dan Carrigan

#### **LifeRing Officers are:**

- Anna Bedolla -- Secretary (for banking purposes)
- Joe Franklin -- Treasurer
- Susan (Sue) Betts -- Executive Director (for banking purposes)

Motion was made to approve new signers and remove old signers by Sue and seconded by Joe.

**VOTE:** Unanimously Approved.

## **NEW BUSINESS**

### **Relations | International Entities – Cooley**

Mary Beth was not in attendance. Sue called on Lisa to share regarding the upcoming meeting with Cooley – LifeRing’s Pro Bono Legal Advisors – to discuss relationships with LifeRing international entities. Lisa explains that an initial meeting has been scheduled for early September with Cooley. Lisa and Mary Beth will be in that meeting to discuss governance and structure.

### **Proposed Changes to Existing Sobriety Policy Statement**

Sue reminds BOD that this language proposal to change the language to LifeRing’s Sobriety Policy Statement was introduced in June. She calls on Michael T. to talk to his proposed changes. His objections are with the tone and goes against LifeRing’s embracement of I-statements.

Michael also brought forward convenor response to people who are “serial slippers” and wants to have meetings open to discuss difficult subjects including moderation while recognizing and protecting against triggering of others. Support others to find their way forward rather than shove them away.

Sue opens BOD discussion of possible “sober-curious” meetings and changing language in the current Sobriety Policy Statement. Michael clarifies that the meeting would be forums where people can have difficult discussions with the recommendation for people to be completely abstinent.

Lisa feels sober-curious meetings will be an extension of sober coffee or holiday gatherings. Proposed change to policy: the term illicit can be removed and we’re moving away from that word in other materials.

*Sue shares the comparison between proposed and current Sobriety Policy Statement language.*

Proposed language changes do not address an additional meeting type. Sue suggests using “sober-curious” meetings as an identifier. If approved, these meetings would be uncharted and outside the umbrella of LifeRing chartered meetings. Michael suggests writing an opening statement and “rules of engagement” to support this new meeting proposal. Sue proposed a Stakeholders Town Hall when we have a clearer view of this proposal.

**Straw Vote:** Do we want to hold a Stakeholders Town Hall to discuss once the proposal is solidified? Unanimous approval.

*Sue opens the meeting for public discussion.*

**Ric:** Does all recovery fall under LifeRing? Individual recovery paths can engage multiple pathways. Concerns about “Feature Creep” – that LifeRing will position itself as a “One Stop Shop.” Where are we going with this?

**Michael:** Clarifying language convenors can use when facing difficult discussions like moderation.

*Sue shares an email Michael posted on LifeRing Convenors group recommending 5 responses convenors can use when facing questions regarding moderation.*

**Michael** clarifies objectives:

1. Change language on Sobriety Statement Policy
2. Come up with a way for people who are unsure to openly discuss what it really means to be abstinent and this is what others have found when trying moderation.

**Tim:** If you start the discussion about moderation, you can trigger those who are choosing abstinence. Endorses idea of forum for people who are in search.

**Kemper:** Create reciprocal “agreement” with Moderation Management. Define language. Suggests monthly meeting he could beta test even though he doesn’t agree with it.

**Ric:** We’re not equipped to support people who are on paths other than abstinence. Supporting others to find the paths that work for them through recommending other resources, but keeping the door open should they choose to explore abstinence.

**Lisa:** Thanks Kemper for bringing up the need for definitions and talks about medication-assisted recovery, which may not be embraced by other abstinence-based organizations.

**Michael:** Saying things like “we’re an abstinence-based program. We’re here and we’re going to support you” but some convenors are more abrupt. Perhaps we just need to look at more guidance around appropriate language available.

**Mike:** Shares Veterans letter introducing LifeRing to Veterans Assistance and status of shipping.

Sue asks Michael to create an opening statement and is happy with the direction we’re heading.

### **Conflict Resolution & Complaints Policy**

Uptick in complaints – looking to update policy to tone down and add flexibility.

### **LifeRing Policies Review and Update Project Plan**

Create and update policy language needed to ensure clear expectations and consistent governance.

### **LifeRing App Development Funding Request**

\$1,000 to fund complete development, debugging, and final rollout of LifeRing app for Apple ios user.

**Michael:** LifeRing developer account for \$100

**Mike:** VA gives out free Apple apps

**Joe:** Approves funding request with notated changes for board vote

Sue motions to approve funding in the amount of \$1,000.00 USD for the development and debugging of LifeRing App for Apple ios. Lisa seconds motion.

**VOTE:** Unanimously Approved. Joe asks that expenses be tracked.

### **Community Code of Conduct**

Sue motions to approve a new workgroup to create a community code of conduct. Joe seconds motion.

**VOTE:** Unanimous Approved.

### **Diversity, Equity and Inclusion**

Lisa introduces a guide to gender identity terms for the BOD to familiarize themselves with.

### **High Level Review of Finance**

Joe introduces the July report. LifeRing still in the black. We have money sitting in the bank. Suggests we find ways to spend it. Sue invites the community to bring forward any project suggestions. Shows spreadsheet to group and thanks Joe for taking over the Treasurership..

## **LIFERING TEAM REPORTS**

Joe starting **Finance Committee**. Robert and Monica tapped to join.

**Regional Reps** Quarterly Meeting not held in July. Changed to November. Report is up to date.

**Online Regional Rep Report** – Robert explains that we're doing well. Three new meetings with committed convenors ensure LifeRing remains a vibrant community.

**Director of Development Report** tabled until September. Lorraine starts her term in August.

### **Adjournment of Public BOD Business Meeting**

Sue makes a motion to adjourn the public board business meeting. Robert seconds motion.

**VOTE:** Unanimously Approved.

The public board business meeting is closed at 10:27am Pacific.

## **LIFERING PUBLIC FORUM**

**Mike:** PAL2 researchers include a full-time VA researcher, so LifeRing is definitely on the VA radar.

**Kemper:**

1. Suggestion for Conflict Resolution Policy: a new section 1.4. Send to Lorraine or Sue? *Sue: send to Lorraine, Lisa and Sue*
2. Wants to train the convenors regarding standards and conflict resolution.
3. Wants to be part of the Community Code of Conduct Collaboration Team.
4. Wants to be a delegate for his meetings. *Lisa: Look at the Bylaws for rules.*
5. BOD should know about promotion of other communities during LifeRing meetings.
6. Active texts about contacting LifeRing Service with complaints during LifeRing meetings.
7. Executive Director – If a paid position, wants to put his name in the hat.

**Ric:** Remember Twenty One Questions to Ask About a Support Group in *Recovery by Choice*. Also Labor Day Gathering?

Close of LifeRing Public Forum | 10:41am Pacific Time

## **EXECUTIVE SESSION**

The board met to discuss:

- International Concerns
- Bylaws 10.4.10.1

Respectfully submitted on September 7, 2023 by

Sue Betts