

# Lifering Secular Recovery

March 26, 2006

## Minutes of the Delegates Assembly

Meeting called to order at 9 am.

Present: Robert B., Deanna H., Katie F., Marty N., Owen P., Jack M., Clem, Kathleen G., Mark C., Mark L., Chet G., Jeff, Bill C., Craig O., Ken., George., Dan K., Ted E., Bruce S., Susan P., Dennis., Jamie.

### Corrections to 2005 Minutes

Robert was elected to BoD last year, not Owen  
Approval of Minutes

Marty moved, Deanna seconded, Motion carried and minutes are approved.

### CEO Annual Report

The CEO Annual Report was passed out at the meeting. Comments included

. Eventually, running an organization on an all-volunteer model will break down. We need to work toward paid employees.

. Owen said that he is familiar with state and federal funding scene. We need to be far bigger, need a proven track record, and have no political advantage before we can expect funding on that level. He suggests we approach fund raising through the Lions and Rotary.

. Deanna: what does an employee cost? About \$50,000 per year.

. Carola the CFO is working on funding and needs people to be on the Finance Committee. Kathleen G said she'd be on a Finance Cte. So did Mark L.

. Service aspect of Annual report.

We can't require certain service requirements. What about a checklist on how to promote a meeting? We have that, it's called *How was Your Week*. But yes, we could also do a checklist.

Suggestion was made to substitute "Service" for "Self-Help" as the third S.  
Discussion deferred.

Katie reminded the attendees that the motto of the Service Center is "Serve the Meetings" and therefore mailings, brochures and other services are a convenor's right to request.

Annual report does not need a vote to approve it.

### CFO Financial Report

The CFO was unable to attend due to an injury. She provided the report to the Board and former CFO Chet relayed a summary to the Congress. : In 2005, income was \$24,590; expenses were \$28,700, to an annual loss of about \$4,000. The Guelph

conference took in \$8800 and spent \$13,000. Basically, we broke even except for the overrun in Guelph. Next year we will institute better fiscal control over local expenditures.

There was discussion of different types of meeting spaces: churches, schools, junior colleges, treatment centers, and others.

### **Meeting Builder Bulk Mailing Program**

Marty passed out the attached description of the Bulk Mailing Program. The Service Center will do a series of 6 mailings to treatment providers in your area drawn from the Substance Abuse and Mental Health Statistical Assn database. Significant input is needed from the local meeting, as is described in the program description.

One such mailing was recently done in Los Angeles and one is about to be done in Colorado. Mailings can be grouped together to achieve the minimum 150 piece count required by the post office for bulk rates. Therefore Montana and New York can work together. A mailing of about 350 pieces costs \$80 so Los Angeles's mailing totaled about \$480

Contact the Service Center for more information.

### **Meeting Reports**

Written reports were submitted by Telford, PA and Green Bay, Wisc.

John W.

Convenes the Telford, PA meeting on Monday evenings. The meeting was founded in late 2002 and met ever other week in the Library. Summer 2005 the meeting moved to the Telford Community Building which provided weekly meeting space. Meetings range from 2-10. They could do more promotion if they had the time. [For a full copy of the report, contact the Service Center.]

Tom K

Convenes the Green Bay WI meeting on Thursdays. Meeting has existed for >3 years, averages 5-7 attendees. Sobriety ranges from 3 months to 4 years. We pass a basket to give some money to the host building, the Unitarian church. Lifering members have been in contact with local treatment centers and a local EAP provider. Recruiting additional members remains a goal for the group.

Deanna H.

Convenes the Vallejo Friday noon meeting. Most people are referred from Kaiser and meeting runs 20-25 people. Kaiser Vallejo is now backing Lifering and referring people to us. It provides a good hand-off to other meetings such as Walnut Creek.

Jeff

Convenes the Mandana House on Thursday. Meetings are held by candlelight and popcorn. They get lots of drop ins.

Katie F.

Convenes 2 meetings. One is at Herrick Hospital on Tuesday afternoons. The other is at Villa Fairmont on Friday afternoons. Both are locked dual diagnosis facilities. Herrick averages 6 attendees per week, Fairmont averages 12 people. These are facilities where people are in acute need.

Craig W.

Moderates the LSR Safe online list which has more than 100 members. There are a few dozen active people. He also moderates LSRBody which is less active. The group covers health issues, especially weight. The Pals list provides 1 on 1 contact. It is a minimal first step to recovery but is good for those who are tentative or shy. He will develop and formalize the list into an organized pool of people who can offer pen pal services, not just the same people over and over again.

Chet G.

Moderates the Weds Oakland at 6:30 meeting. He gets 5-15 people. Something has changed in the Kaiser schedule, resulting in lower attendance.

Robert B.

Morgantown WV on Weds. Gets about 4 people per meeting, it was chartered in 10/99. He gets referrals from DUI people.

Ken K.

Convenes the Sunday in Richmond, CA meeting. He is a new convenor, the previous convenor died. He is looking for a co-convenor. His job is to build up and activate the meeting and then step back.

Clem

Convenes the Martinez, Wednesday meeting. Average age is 17 – 65 years; they have 8 regular people. Sober time is 1 day to four years. They have had lots of spouses come to the meeting.

Mark C.

Convenes the San Francisco Tuesday lunch meeting. It is during the lunch of most CDRP patients so the meeting can't last beyond its 1 hour format. He has been convening the meeting for 1-1/2 years and would appreciate some help with it.

George.

Convenes Oakland Kaiser Sunday morning. Gets about 12 regulars with 24 hours to 5-6 years sobriety. Lots of people are referred by Kaiser and by private therapists.

Jack M.

Convenes the Nanaimo and 2 Vancouver meetings. The Vancouver meetings are doing fine with new convenors and don't require his attendance. He is concentrating on Nanaimo with 8-10 people. If he had more convenors, he could have more meetings. He gets lots of AA dropouts.

Dan K. from Illinois

Moderates online chat meetings. There are about 8-12 chat rooms. He will be up to 18 rooms by the end of the year.

Kathleen G.,

Convenes Denver Monday and Thursday. ¼ of the meeting basket goes to the Church, the rest the Service Center. Monday she gets 6-12 people, Thursday she gets 4-6 people. She is looking forward to doing a mailing thru the Service Center. They were also scheduled to be in a Health Fair but the Fair has been non-responsive. Saturday morning is a coffee group but it is not on the schedule because it's more for gossip.

Bruce S.

Friday at Herrick Hospital meeting. Averages 10 people. It is a diverse crowd with short and long-term sobriety.

Susan P.

Represents Carolla Z. in the Monday Women's meeting in Walnut Creek. Susan will take over convening starting April. Rent is only \$13 per month, they average 1-8 people.

Dennis

Convenes Oakland Wednesday at 12:30 meeting. Averages 15-20 people. Those in the Kaiser program turn over in ~4-6 meetings and move on.

Mark L

Convenes Walnut Creek Tuesday and Thursday meetings. They have lots of regulars. Tuesday averages 8-10 people, Thursday has 2-8 people. Referrals come from CFR, Kaiser CDRP and MPI.

Jamie

Convenes the Saturday LGBT meeting. It's about 50/50 gay and straight.

Owen P.

Convenes a meeting at Center for Recovery on Thursday in Concord. It's a new meeting having met only 4 times so far, averaging 6 people. He is getting lots of support from counselors at the CFR. Lots of people have to leave at 8:30 pm to take busses home so there's not much lingering. He sees a need for a young persons meeting for age 16 to 30. He feels the need for another Lifering person to bolster him at the meetings.

Marty N.

Convenes 3 meetings. The first is the Workbook study group meeting on Tuesdays. It's not working out because too little of the workbook gets reviewed in one meeting. He is

writing a new book consisting of short topics (selected from the Workbook) so groups can do it over the course of one year or less. This Topic Book will be separate from the Workbook.

Marty also does the Wednesday MPI meeting in Oakland. It's an inpatient facility where most people stay an average of 12 days. This means they come to two meetings and move on. He mixes the format between the chalk talk and regular format.

Marty also moderates the 2 hour Sunday night chat room based on the How Was Your Week format.

## Motions

### A. Expand the Board of Directors from Seven to Nine members

This proposal would amend the Lifering Bylaws at Article 6, Sections 6.1 and 6.3 as follows:

#### Current text:

- 6.1 LifeRing Inc. shall have a Board of Directors consisting of seven members.
- 6.2 Board members shall serve three-year terms.
- 6.3 Two members of the Board shall be elected at each Congress, except that three members of the Board shall be elected at the founding Congress and at every third Congress thereafter.

#### Proposed amendment:

- 6.1 LifeRing Inc. shall have a Board of Directors consisting of ~~seven~~ nine members.
- 6.2 Board members shall serve three-year terms.
- 6.3 ~~Two~~ Three members of the Board shall be elected at each Congress. ~~except that three members of the Board shall be elected at the founding Congress and at every third Congress thereafter.~~

The proposal requires a two-thirds vote of the delegates to pass.

The motion was presented to the Delegates and seconded by Deanna.

Discussion: We have a lot of leadership talent that needs to be brought onto the Board. What are the responsibilities? A face to face meeting once a year and chat discussions in-between. After thorough discussion,  
Motion carried unanimously.

### B. Establish a Professional Advisory Board

This proposal would add Article 8.4 to the Bylaws, as follows:

## **8.4 Professional Advisory Board**

**8.4.1** The Board of Directors shall establish the LifeRing Professional Advisory Board, consisting of professionals in the chemical dependency treatment field and in related areas who are sympathetic to the aims of LifeRing Secular Recovery and are in a position to assist with the progress of the LifeRing organization.

**8.4.2** The powers of the LifeRing Professional Advisory Board shall be advisory only.

The proposal requires two-thirds vote of the delegates to pass.

The motion was presented and seconded.

Discussion: Various amendments to the wording were proposed but withdrawn after discussion. After extended discussion, the motion Carried unanimously.

### **C. Delegates to have at least six months clean and sober**

This proposal would add Section 5.4.1 to the Bylaws, as follows:

5.4.1. To be seated as a delegate, a person shall have abstained from alcohol and illicit or non-medically indicated drugs continuously for at least six months prior to the Delegate's Assembly.

The motion was presented and seconded.

Discussion. Robert said delegates really need credibility to operate, and that should include 6 months sobriety. Others said that if you have the desire and enthusiasm, it's ok to take on the delegate role regardless of sobriety time. Mark says it addresses a potential non-issue and increases representation.

The motion requires 2/3 majority to pass. There were 5 yes's and more than 8 no's.

Motion defeated.

## **Elections to Board of Directors**

There are 4 slots open and 5 nominees:

- Chet G. from Oakland (incumbent)
- . Owen P. from Concord,
- . Deanna H. from Benicia,
- . Mark L. from Walnut Creek,
- . CA Edington from Japan.

The person with the least number of votes will not be on the Board. The person with the second least number of votes will receive the 2 year Board seat. The remaining 3 will sit for 3 years.

After voting, Chet, Deanna and Owen are elected for 3 year terms and Mark L for the 2 year term. CA Edington drops out.

Motion to adjourn at 12:45 passed.

Respectfully submitted by Katie Frohberg, Secretary  
27 March 2006