**APPROVED**

**INARS Executive Meeting**

**July 5, 2014**

**10:30 pm-Noon EDT**

Present: Georgena Eggleston, Bonnie Muller, Theresa Pettersen-Chu and Nan Shugart

Absent: None

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|  | **TOPIC** | **DISCUSSION** | **ACTIONS/**  **COMMENTS** | **RESPON-SIBILITY** | **TIME-**  **FRAME** |
| **1** | Welcome  and Updates on Role Transitions | Bonnie greeted us with a warm welcome and expressed gratitude to all of us on the Executive Committee. The image and metaphor of a ship has been with our INARS Board for a long while. Bonnie said that “the ship is ready to sail”. Bonnie noted that it is important to maintain our crew and get more crew on our ship. We have a captain and captains of committees but we need more crew. One of our challenges to bring to the board is to find ways to engage people in heart filled ways – image of diversifying our demographics. The spirit is with us – gratitude and excitement are working together. An energy vortex is happening! We have the leadership and we are going to find the crew among Synergists. We will be engaging and inviting people and allowing them to grow through their service.  Bonnie communicated an experience she had before this meeting where she saw herself sitting in the bird’s nest of a ship, getting sea sick, sliding down the mast and knowing from an earlier experience that she needed to get her butt down in the bottom of the boat so ballast was restored and the ship was then expanded into a large ship again. The wisdom of the body!  In regards to the INARS Treasurer Position, Georgena says that “arriving here is a sacred gift.“ Georgena suggested that Michael Beckwith and Life Visioning could be a way to see how to get more crew. Georgena is excited about being here – next 2 years as keeper of the monetary resources and steward of growing our financial resources.  As Secretary, Nan reported that with Bonnie’s help she is “learning to record the flow of movement” rather than every spoken word in meetings.  Bonnie commented on Georgena’s wonderful television presentation on trauma on June 30th on AM Northwest in Portland, OR. Bonnie asked if Georgena would write up an article about the movement of trauma, her personal experience in the moment and how she managed it. Georgena agreed.  Georgena and Nan asked Bonnie if she would have Bonnie T. send out a YouTube link to all Synergists of Bonnie and Chris’s collaboration of song and art titled “Presence Now …….and Then.” This is a song that Bonnie wrote. Bonnie sang and taught it to Synergists at the INARS conference while in Sedona during our Vision Quest. Since that time, Chris has added her beautiful drawings to the song.  Bonnie advised that we stay right in the center of our energy. Don’t be taken off our feet by getting ahead of it. We are stewards of this energy – blessed to be so clear of it. Getting grounded in our body, in RSM. We are in a stage of sophistication of serving others. A quality of our collective inspiration – the media – we are prepared to be seen!  Taking stock of where we are at this moment – clarity – all the ways it is being expressed right now. Doing this work – attracting people to it. Georgena’s TV appearance, Nan’s BYB programs, & Bonnie’s bodymind playshops – Blessed to be on the Executive Committee together.  Theresa shared her image of herself sitting on the boat and watching the sights. She has been on the INARS Board for 13 years (came on 2001 with Membership). What is clear to her now is “I have wisdom and experience so I can sit on the Board and offer my wisdom. I need to write my book – that is how I can be of service – nourishing my soul will nourish the souls of others.”  Helping others to know “What is mine to do?” There is so much wealth and richness of our calling. Georgena shared: CEO: Claiming Expansive Opulence.  Theresa shared thoughts about what our new Membership Theme could be for this year. One theme that kept coming up was “Grounding in Service; Seizing New Horizons” This feels like the next step – image of grounding in the flow.  Bonnie will set up a meeting with Executive Board and the past Member Services Chair (Sarah Baker) and the present Member Services Chair (Mary Petschen) to discuss theme of Membership Drive. | Write article on trauma & movement in the moment.  Share Bonnie and Chris’ collaboration of song and drawings to all Synergists  Set up meeting with Exec. Board & past & present Member Services Chairs | Georgena  Bonnie  Bonnie | At her convenience  At her convenience  This month |
| **2** | Janice Thomas:  Term length | Nan recently realized that she made a mistake on the INARS Election Ballot. She listed the Member at Large position that Janice Thomas was elected to as a two year term but it is a one year term (the remaining one year that Nan had left on her Member at Large position). Nan has communicated the mistake to Janice and Janice would like to commit to two years in this position if this is workable.  The Executive Board agreed and is recommending that in 11 months the Board consider appointing Janice to the Board when her term expires. The INARS Board can have 3 appointed Synergists and Janice could be one of the three. | Include recommendation in Board Agenda. | Bonnie | Now |
| **3** | Agenda for Board Meeting | Welcome New Board members  Review Board Meeting procedures with all Board Members (2 documents)  Grounding in Service, Touching More Lives  Member at Large recommendation re: Janice Thomas  Demographics (picture of the people who are Synergists).  Update on Marney Makridakis, consultant  Bonnie is passionate about diversity, including more men and color in RSM because what we have to offer is for everybody. It heals everybody and it should appeal to everybody. Bonnie would like to open a conversation with Board members and invite everyone to speak from their heart. As Secretary, Nan should try to capture what each person says. | Send Board Agenda to Board Members  Send reminder email to Board | Bonnie  Nan | Now  A few days prior to Board Meeting |
| **4** | Marney  Makridakis, Consultant to assist INARS | Marney’s original start date for consulting work with the INARS Board was July 5. Bonnie spoke with Marney and they agreed to pause for a bit to give our new Board time to discuss our needs which will give Marney more time to be informed by the new Board before beginning her consultation plan with us.  Theresa stated that Marney has been paid the first payment of $1250.00 which is based on the proposal process, not on amount of time. | Update Board | Bonnie | Next Board Meeting |
| **5** | Next meeting: | Executive Board Meeting is scheduled for Thursday, August 7 from 9:00 am – 10:30 am, EDT. | Email reminder | Bonnie | A few days prior to meeting |