



Inner Journey Canada Seminars Inc.

2023 Annual General Meeting

Monday March 6, 2023 at 7:00pm. 111 Wurtemberg St, Ottawa, ON K1N 8M1 (Party room, first floor)

MINUTES

Meeting Administration		
1.1	<p>Call to order</p> <p>Alana McDonald called the 2023 IJC AGM to order at 7:12 pm. 8 members of the Inner Journey Canada community were in attendance in person, 2 online via zoom.</p>	Chair
1.2	<p>Inner Journey Canada Vision</p> <p>Alana McDonald read the Inner Journey Canada vision statement aloud.</p> <p style="text-align: center;"><i><u>Vision:</u> Inner Journey Canada is committed to a world where people are fully alive, self-aware and connected — and are acknowledged for who they are.</i></p>	Chair
1.3	<p>Check-in</p> <p>Alana McDonald led a 15-minute mindfulness meditation check-in for the group. Finished at 7:24</p>	Chair
AGM Business		
2.1	<p>Introductory Remarks</p> <p>Welcome back everyone! As a result of the ongoing global pandemic COVID-19, the Inner Journey Intensive program along with all other events and programs were not allowed to proceed due to federal health guidelines and policies for the years 2020, 2021 and for most of 2022. With the gradual easing of health measures and restrictions, Inner Journey Canada was able to hold its first Inner Journey Intensive in October 2022.</p> <p>In preparation of the October 2022 IJI: Sandra Hauch – IJC elected Treasurer, Robert Boggs – IJC elected Enrollment coordinator, Maureen Fallis – IJC elected Love & Care coordinator, Alana McDonald – communications volunteer and Synandra Lechner – IJC facilitator and circle volunteer - all met several times between May and December 2022 to discuss preparations for the initial IJI to be held post Covid pandemic and necessary requirements of moving forward for the community and other programs and events to be held in the years that follow. The Chair position alternated between members and the majority of meeting agendas and minutes were prepared by Alana McDonald – volunteer for the communications committee.</p>	Chair



	<p>As a result of this effort, 15 participants (8 women, 7 men) registered and completed the program in October. The IJI Celebration evening was later held on November 1st to complete the program for the participants as well as welcome their guests and offered an information session after.</p> <p>After the October IJI, Maureen “Mji” decided to step away from the Love & Care coordinator position, which now stands vacant and in need to be filled along with the following coordinator positions: Chair/Administration; Communications; Social and Training/ Facilitator Liaison. We hope that these positions will be filled during the election process here at this year’s AGM to ensure the ease and flow of running the Inner Journey Canada’s events, programs and events for years to come.</p> <p>With the renewed energy of new graduates from October, we hope that the volunteer base will continue to grow as it had greatly diminished over the previous years before the pandemic struck. We are truly grateful to those individuals who continue to volunteer their time and effort, along with the new volunteers who will be elected tonight to the Coordinating Circle. This program would be a challenge to run if it wasn’t for everyone who volunteers their time and energy. Thank you in advance to everyone who is willing to step into these important roles so that we may continue to bring a variety of programs and events to the community.</p>	
<p>2.2</p>	<p>Approval of 2022 AGM Minutes Alana McDonald led the group to review the 2022 IJC minutes from last year.</p> <p>Moved: Synandra Seconded: Josee Carried unanimously</p>	<p>Chair</p>
<p>2.3</p>	<p>2022 Financial Results Discussion led by Sandra Hauch – IJC Treasurer</p> <p>Sandra went through the 2022 IJC financial report with the group and after a few questions for clarification, the report was approved. <i>Please see attached financial report for more information.</i></p> <p>Moved: Gilles Seconded: JF Carried unanimously</p>	<p>IJC Treasurer</p>



<p>2.4</p>	<p>2023 Budget Discussion led by Sandra Hauch – IJC Treasurer</p> <p>Sandra then went through the 2023 IJC budget with the group and after a few questions for clarification with one typo/ correction required (budget is made for 14 participants, not 15), the budget was approved. <i>Please see attached financial report for more information.</i></p> <p>Moved: Gris Seconded: Josee Carried unanimously</p>	<p>IJC Treasurer</p>
<p>2.5</p>	<p>Nominations and Election of Circle Coordinators As the positions for Treasurer and Enrollment have been filled, the following positions are up for nomination:</p> <p>Chair/Administration: Alana McDonald nominated Gris Gutierrez to be the IJC Chair/ Administrator for the Coordinator Circle.</p> <p>Moved: Alana Seconded: Jack Carried unanimously</p> <p>Love & Care: Synandra nominated Carla Lipon to be the IJC Love & Care Coordinator for the Coordinator Circle.</p> <p>Moved: Gris Seconded: Alana Carried unanimously</p> <p>Communications: <i>There was no one nominated for the Communication Coordinator position.</i></p> <p>Alana asked the group if there was anyone interested in being the Communications coordinator and to spread the word throughout their friends and other members to see if anyone else in interested. There is plenty of support for this role.</p>	<p>Chair</p>



Social:

There was no one nominated for the Social Coordinator position.

Alana asked the group if there was anyone interested in being the Social coordinator. As a result of this conversation, we recognize that the IJC social is almost taking care of itself, we just need a coordinator to manage and take the lead in organizing the 2024 Winter Gala in January 2024. We will need to check into reservations etc. soon if we are to book something in advance.

Here is a list of social events that occurred in 2022 and events that will occur in the future or on a continual basis:

In 2022:

- Jack and Maria hosted a pool party in August 2022 once the health regulations were lifted (25-30 people in attendance).
- The men's group continued to meet on a weekly basis in 2022 and online throughout the pandemic.
- The women's group continued to meet on a bi-weekly basis in 2022 and online throughout the pandemic.
- The Facilitator and Staff Lead teams met on a regular basis throughout the pandemic time (online then in person) in order to stay connected and to keep the vision alive. There was a retreat in the spring of 2022 and a training in the fall of 2022.
- Robert Boggs organized 2 biodanza events for the IJ community in the fall of 2022 which were a success. More to be planned in 2023.

2023:

- The Facilitator, Staff Lead and new IJC Circle will all have a joint meeting soon to connect and plan the vision for the upcoming year.
- JF hosted the first 5 Elements Movement meditation for the first time since the covid-19 pandemic. As a result, we were able to offer a \$235 donation to the Ottawa Food bank (after the room rental of \$269).
- Margot has volunteered to organize the next IJ's Got Talent on April 1, 2023.
- Carla has offered to host a pool party this summer
- Jack and Maria have offered to host another pool party this summer as well.

Ongoing (2023 & beyond):

- Plan and organize the 2024 Winter Gala (to be held January 2024).
- Men's group will continue to meet every week.



	<ul style="list-style-type: none"> • Women’s group will continue to meet bi-weekly. • JF also volunteered to lead a 5 Elements meditation shortly after every Inner Journey Intensive moving forward. • JF has offered to volunteer to plan the Ministry of Coffee drop-ins after work once again. Alana requested that the days chosen would be either Mondays or Tuesdays. Frequency of drop-ins to be decided. • Robert will continue to work with Remi to organize ongoing Biodanza sessions for the IJ community. <p>Congratulations to Gris and Carla on their new roles on the IJC Coordinator circle! This new IJC CC will connect and discuss best options for meeting days and times soon. Alana will ensure that the contact information for everyone on the circle is given to the new circle members to connect and propose the first meeting to prepare for the upcoming May 2023 IJI program.</p> <p>Robert Boggs spoke about his enrollment report to the group over zoom and provided an update on this upcoming numbers for the May 2023 Inner Journey Intensive program.</p> <p><i>The coordinator reports were included in the information package with the IJC 2023 AGM Agenda. Please revisit the IJC website to download the full report package as the financial report is the only one to be included in the minutes.</i></p>	
<p>2.6</p>	<p>Meeting Adjournment Alana called for the IJC 2023 AGM meeting to be adjourned.</p> <p>Moved: Synandra Seconded: Alana</p> <p>AGM wrapped up at 8:02pm.</p>	<p>Chair</p>
<p>IJC Social Event begins!</p>		