

BFA AGM

Zoom, 3rd April 2022

(Minutes by Locana)

ATTENDED:

Alison Thorpe, Amanda Raine, Amona Buechler, Celia Dawson, Elizabeth Smith, Fiona Parr, Gordon Adam, Greg Thomas, Ildiko Davis, Kay Hoffmann, Locana/Elizabeth English, Paula Newman, Peter Gill, Susan Jordan, Suzi Mackenzie, Robert Copperwhite, Sarah Hadfield, Srikanth Narayanan

WELCOME TO NEW MEMBERS:

Julia Brammer, Sarah Paul, Vera R Fryd Lyngmo

APOLOGIES

Peter Afford, Rob Foxcroft, Greg Madison, Clare Myatt.

MATTERS ARISING FROM:

- - SOFA PERSONS' REPORT – Peter Gill and Kay Hoffmann

Thank you from Elizabeth S., and Fiona. Peter G feels like a well-worn piece of furniture, well sat in -ready to be upholstered by new sofa-people.

- - TREASURER'S REPORT – Camilla Sim

Report to follow. Main a/c £7,130. Events a/c £5,843. Many thanks to Greg for taking on treasurer role, with Welsh dragon ready to guard it. And gratitude to Camilla for her amazing job over the years.

- - MEMBERSHIP SECRETARY'S REPORT – Suzi Mackenzie

Ildiko appreciated Suzi's way of automating the membership secretary role – as it will make it easier going forward, with the growing membership. Suzi acknowledged Peter and Ildiko in that process. Much appreciated by all.

- - NEWSLETTER REPORT – Gordon Adam

Gordon described some hiatus here. New people are involved, and need to reconvene, to find a means of moving this forward later in the year. Fiona offered thanks, and comments that the newsletter 'comes when it comes'. Susan pointed out its high quality production. Thanks from others flowed in. Gordon asked people to write to him if they wish to be involved.

- - WEBSITE REPORT – Ildiko Davis

Ildiko points out there is a resources section with some tabs, with a video section that is currently empty, and suggests it widens to include other kinds of resources. Fiona agrees this is a good idea, e.g. felt sense exercises that could be shared and posted.

Susan asks if there is a member's area. Ildiko explains what is visible to the public, and what is not visible. There is no area where members can share resources just with other members – but this is probably fulfilled (as Peter G comments) that we could also link PDFs and docs to the [personal profile](#) – as this is only visible to members when they log in (e.g. also when you create an event, which only members can see). We hear that 'my accounts page' is the area where we can add documents if we wish, for members only.

Peter G also reminds people about the blog area – any member can share anything there. E.g. Locana's book is out, or that kind of announcement – any member can share on the blog. Also members can share articles (a different section). The blog needs to be visited intentionally. So Gordon suggests we may benefit from having a system that would flag it up. Otherwise it becomes a 'dusty corner' of the website.

Huge thanks from all to Ildiko for huge work, and amazing job.

- - ADMIN REPORT – Clare Myatt

Thanks to Clare for handling all enquiries – such great work. Locana amazed she checks it every day.

ELECTION OF OFFICERS

HERE WE PAUSE... THEN KAY ASKS FOR A DRUM ROLL. PETER PROVIDES A (SUBTLE) DRUM ROLL... (a world premier).

Celia Dawson and Alison Thorpe have offered to take over the sofa. General rejoicing. Each one is proposed and seconded.

INTRODUCTIONS

Celia Dawson

Celia ran a small person-centred counselling service for people in Bradford ... learned focusing about 25 years ago ... Simon Kilner sent her to learn it from a couple of nuns, life-changing. Also trained with René, although worked more with teenagers. She became a coordinator with TIFI. When she retired from running counselling service, she taught focusing, along with Dzmitry Karpuk as co-teachers. Then they moved into teaching **complex trauma**, currently about one a month and set up institute. Also, a shamanic practitioner, which becomes mixed up with focusing (in a good way). Celia now wishing to look towards focusing, as it 'does its own work' ...

Alison Thorpe

Alison is a focusing-oriented counsellor & focusing practitioner. Focusing for 11 years. Alison described her path towards becoming a sofa person ... talking it over with Kay and Celia, focusing on it (just a week ago, Alison considered being a cushion, rather than a sofa...) yet there is energy in her for the social and connecting side of BFA. She would like to continue this from Kay and Peter's sofaship. She met Celia back in 2011, at the first Focusing School at the focusing corner and they became focusing partners for that week.

Kay says we are all behind you and supporting you both. Thanks flowed in from others, like Fiona.

WE PAUSE IN APPRECIATION FOR GETTING ON THE SOFA. AND WE WISH YOU A COMFORTABLE SEAT, WITH NOT TOO MANY LUMPS AND BUMPS.

DATE OF 2023 GATHERING

We already have the in person gathering booked at Lower Shaw Farm in Swindon, for 3rd-6th Nov 2022. Decision needed about gatherings for 2023. Perhaps a spring gathering in person for 2023, and autumn online. Amona remembers this was the preference for most people. Locana requests that it is near to Easter **9th April 2023**, to help those with teaching terms (eg. weekend before or after Easter).

Elizabeth S also suggests we go for Sunday to Wednesday because it is easier of those who cannot manage weekends.

We have consensus for event to be held Sunday to Wednesday.

- **April 2nd-5th 2023** – about 14.5 people free.
- **April 16th – Weds 19th** – about 16.5 people free.

Celia offers to look for venues for the spring gathering.

AGM date for 2023, this could be online in November – or we can leave the sofas to sense into this. Some discussion as to whether online AGM may be more inclusive, or better attended.

Fiona then points out it is useful to generate ideas when we meet in person – so this element would benefit from in-person contact, although it doesn't need to happen in an AGM format.

The summer camp is also a way for bringing us together, at low cost.

Amona also suggests the AGM could happen a week after the in-person event, so that ideas generated in person can be caught after reflection, close to the event.

AGM AOB

- Susan Jordan, Jane/Karunamati Stephens and Helen Bower have been revising the guidelines for use in situations where there is difficulty between members and others. They are drafting guidelines for a mediation process which can be used in situations where difficulties

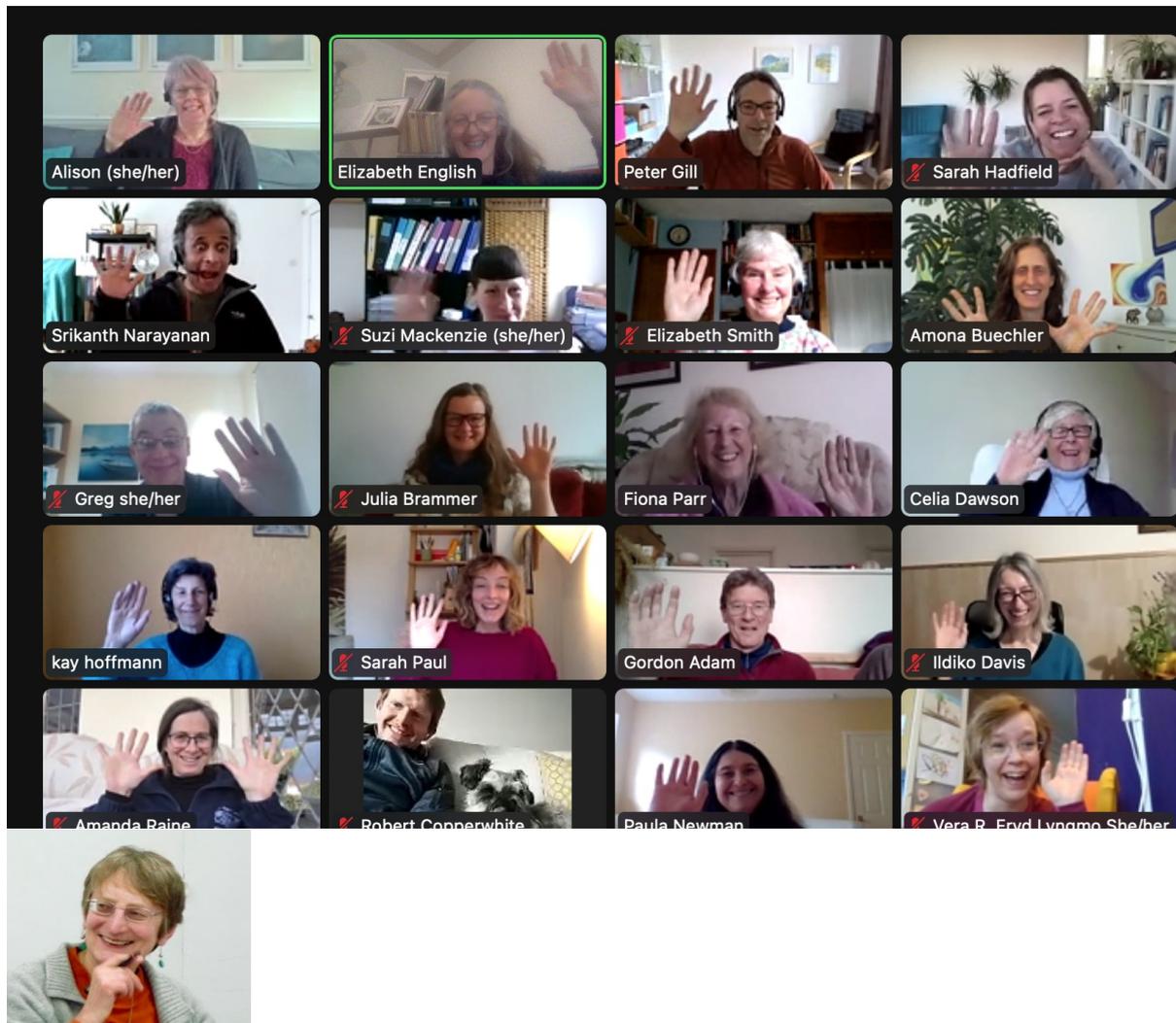
between members, or between a member and BFA, cannot be resolved in our usual way. This will be circulated when it is ready.

- Amanda talked about secondary mentor guidelines process – which is also on its way. ‘Coming soon!’

THANKS

Kay asks us to thank whole membership for being lovely humans.

We also thanked everyone who took on a role in any way...



Unfortunately we forgot to take the photo while Susan was still on Zoom, but here she is with us all.