



The European Focusing Association Minutes of General Assembly 2023

Bassano del Grappa, October 28th 2023, 15:30 – 18:00

Present: Peter Afford, Bruna Blandino, Amona Buechler, Michael Callifronas, Rosa Catoio, Teresa Dawson, Heidrun Essler, Evelyn Fendler-Lee, Hejo Feuerstein, Cornelius Gehrig, Ria van Hage, Ruth Hirsch, Lucy Hyde, Regina Jürgens, Eveline Kroese, Robert Lee, Monica Lindner, Fiona Parr, Sari Pekki, Lucy van Praag, Konrad Reschke, Rosella Salari, Greg Walkerden

1. Opening the EFA General Assembly 2023

Welcoming words and introduction of General Assembly by Cornelius

Fiona introduced the colour cards - how to use them to support our communication.

The minutes of the assembly were recorded by Sari; checked by Fiona, Amona and Ria

2. Funds collected

Funds will be forwarded to EFA / the website project and a portion to the villa personnel as a tip or donation to the community.

3. Interest groups

Fiona introduced what we at EFA mean by interest groups. In an interest group, people get together to collaborate together in some topic or on a project. Should anyone like to join an interest group, they are invited to contact interest group members directly. All interest groups are listed on the EFA website. The current interest groups are the following:

1. EFA Facebook page and group for members: Sari, Ruth, Yehudit
 - The interest group has established an EFA Facebook page and a members's group
 - The page is an official channel for EFA and it's public; everyone on Facebook and even outside Facebook can see the content; only administrators can create content
 - The members group, European Focusing Forum (EFA), joining by request, all members can post to the group and only members can view the feed
 - Ruth and Sari introduced the interest group and invited members to create content to EFA Focusing Forum
 - in a monthly meeting and also in the newsletter Sari will introduce and describe how to join the Members Forum



2. Climate change: Teresa
 - Goal: To use focusing on issues related to climate change, including how to deal with it in a focusing way
 - The interest group has had occasional meetings in the past, more regular meetings can be arranged
 - Ruth volunteered to advertise the interest group in the EFA Members Forum if Teresa can send a paragraph describing what she'd like others to know about the group.
 - Theresa suggested that we can arrange the interest group in a language other than English
3. Teachers group: Fiona
 - The group is open for all who teach focusing and is open to new members
 - The group meets regularly on a monthly basis (on the 2nd Monday of the month at 19 CET)
4. EFA website: Amona and Dietmar (presented by Amona)
 - Creating the new EFA webpage was a huge project. The General Assembly acknowledges and appreciates the huge work that has been done.
 - On the website you can create a member account
 - Becoming a member is free of charge
 - Members can add their own articles in their own language and click the language so that everyone can filter articles in a selected language
 - If articles are presented as text (not PDFs), it allows for the text to be translated into different languages.
 - Instructions on how to upload articles are on the website: <https://efa-focusing.eu/resource/instructions-for-the-efa-website/>
 - Funding the website
 - We use professionals for technical maintenance and therefore we need funding
 - At the moment there is not an urgent need for money for the website
 - Amona and Dietmar invited volunteers to develop the website, and have also been taking care of and maintaining the webpage and sending out EFA newsletters
5. Monthly meetings: Fiona, Amona, Michael and Dietmar
 - Open for all EFA members
 - On the 1st day of the Month at 19 CET
 - Contact Fiona if you are not on the invitation email list
6. Suggestions for the following groups are under consideration:
 - To create a way/structure to get personal support to members in need of help / Hejo
 - Interest group on how to get more members to contribute to the carrying forward of EFA



4. Next EFA gatherings

- a) Regina suggested a venue in Germany near the Baltic Sea
 - Theodor-Schartz-Haus in Travemünde
 - An offer for three days gathering in the last week (24-27) of October 2024
 - Regina will check if the date could be made earlier
- b) Heidrun had a message from Greek members
 - One proposal: Aegina, Greece / Patricia
 - One meeting room, but possibilities to have workshops outside
 - Another proposal for 2025: Old town of Athens / Anna
 - Michael pointed out that Athens is less affordable for many
- c) Monica offered to ask Georgetta about options in Romania
- d) Waffaa told Monica that she would check out possibilities in Bulgaria and France
- e) Cornelius will check the prices in Achberg for 2025 or 2026

Suggestions and comments:

- The steering group wants to check that the date will not conflict with other events
- The preference is to have the gathering earlier
- The steering group will arrange a Doodle questionnaire about the date as soon as possible
- Fiona suggested having a feel for the interest in the location for 2024 and the tendency was North Germany
- To also take into consideration travelling costs; maybe arranging a gathering in the north in one year and in the south in another year
- We will discuss this further at the next monthly meeting on November 1st, and also about the gatherings of the following years
- Evelin volunteered to send a suggestion to the steering group on a structure for organizing the gatherings

5. Other suggestions or comments

- How to spread the awareness of EFA to other Focusing communities in different countries?
 - Monica volunteered to spread the message in French and Spanish communities

6. Steering group

- EFA invites people to let the steering group know if they are interested in joining it.
- There is a place for one person, but as we have already 4 persons from Germany, it would be preferable to have a new member from another European country
- The steering group meets every month, but if someone is interested in participating in a time-limited project it is possible to attend only occasionally (for instance in every other meeting as long as the project lasts)

7. Closing the General Assembly 2023

by Cornelius