

Community Ministry Status

For the Ministry of Rev. Barbara F. Meyers

March 2016

Status of ministry since last Report

Notes of Particular Importance

Joys

High-lights

- Connections had its first cash-positive month in January! The financial picture still needs a lot of attention, but things are looking up. We have hired two new psychotherapists and two music therapists. We are in search for a part time Executive Director and a psychiatrist.
- Continue helping care for both grandsons. Nate just had his 5th birthday, and Zach his 1st.
- Exercise schedule going well. Training for another half marathon every Saturday morning with the Heart Association
- Duties as executor of my father's estate are complete, or nearly so.

Challenges

- Keeping from being over committed. Sometimes this is easier than others.

Education

Classes, Conferences and Seminars Taken and Planned

- Attended an excellent week-long education retreat for Entrepreneurial Ministry in Raleigh, North Carolina, January 21-25. Most important learnings were about marketing and finance.
- Took an all-day class from Fred Pryor Seminars: *Dealing with Difficult People - Strategies, tips and techniques for fighting frustration in the workplace*. March 3. Had some good tips and techniques, especially on how to identify different types of approaches to work and what techniques work best for working with what types of people. Classified myself as having a "Get it Done" approach, vs. "Get it Right", "Get Along" and "Get Recognized."

Healing

Counseling Center

- Held monthly Board meetings, and many more working meetings. Recruited new Board members and marketing committee members. Added two psychotherapists and two music therapists. Financial situation getting better. We had our first cash-positive month in January! Still needs a lot of attention. In search for a part time executive director and a psychiatrist.

Reaching Across

Continued compensated job at Reaching Across organization, for quarter-time work. Attend Monday support group meetings, two Interfaith Support Groups per month, a spirituality group once a month, Friday craft days and some Wednesday events.

Support Groups

- Continued co-leading interfaith support group for people with depression and sadness.
- Continued to recommend support group for families of those with mental illness.

Pastoral Associates

- Led the Pastoral Associates meetings and worked with several congregation members as an associate. Substituting for congregational pastoral care for Jeremy Nickel when he was on vacation.

Community Ministry

- My mentee successfully received final fellowship with the UUA this year! This is the third mentee I have had who has received final fellowship.

Spiritual Direction

- I am a Spiritual Director at Connections. No clients so far.

BridgeWalk Angels – Participated in a suicide prevention walk on the Golden Gate Bridge on Valentine’s Day. Intend to participate in more of their events.

Priestly

- January 10, 2016 Service on *American Psychosis* – MPUUC Social Justice project
- March 6, 2016 service on *Holy Friendship*.
- Officiated at a memorial service for Anne Batey, a MPUUC member who died in January.

Social Justice

Mental Health Social Justice Project at MPUUC The yearly social justice project for MPUUC is Mental Health. Activities have included a book read and a service. Planning community education event.

Community Awareness

- Mental Health pages on MPUUC web site continue to be widely accessed.

UUA Accessibility Group

- The congregational disability accessibility certification program called the Accessibility and Inclusion Ministry (AIM) program continues its general availability. Four congregations have officially entered the program. I am in charge of implementing this program. I have set up four review teams to follow the congregations through the process.

UUA Addictions Ministry

- As member of the UUA Addictions Ministry, helped run their web site www.uuaddictionsministry.org.

Board Membership

- Resigned from the Board of the Universalist Recovery Church, a UU church specializing in recovery from mental health and substance abuse located near Portland, Oregon.

Other

Books Read

- *The Upside of Stress – Why Stress is Good for You, and How to Get Good at It*, by Kelly McGonigal, Random House, 2015. Excellent, mind-bending treatise upsetting much of what I have heard and believed about stress. Not sure I believe it applies in all situations, especially for people with mental illness, but it certainly challenged many of my assumptions. Having people write about what they value and how what they do contribute to the values, is a very powerful way to reduce harmful stress.
- *Behind the Masks – Personality Disorders in Religious Behavior*, by Wayne E. Oates, Westminster Press, 1987. By the granddaddy of pastoral counseling. How to handle various personality disorders in a congregation. Somewhat superficial, and overly optimistic on how a minister can help change a personality disorder in a parishioner. Avoids discussing some of the nastier problems.

- *A Mother's Reckoning: Living in the Aftermath of Tragedy*, by Sue Klebold, Crown Publishers, 2016. The mother of Dylan Klebold one of the Columbine shooters writes a very moving story of her son's life, her parenting and her being utterly clueless about her son's depression and suicidal wishes.
- *Columbine*, by Dave Cullen, Twelve Hachette Book Group, 2009. The definitive book about the Columbine school shootings. A clear call for adolescent mental health screening for depression.
- *Life after Life: A Novel*, by Kate Atkinson, Little Brown and Company, 2013. Many possible life narratives of a central character Ursula told one after another, each where a seemingly small change has made a big difference in her life. Fascinating and fun to read.
- *Sycamore Row*, by John Grisham, Doubleday, 2013. Legal thriller about a Mississippi white man who leaves a very large estate to a black maid, disinheriting his children, and the legal battle that ensues. The story tells a story of lynching and racism that extends from long ago to now. Hard to put down.
- *From Deedle to Dr. Judy – A Memoir of Metamorphosis*, by Judith Oppenheimer, Hancock Press, 2013. This is the memoir of Judith Oppenheimer, the daughter of Frank and Jackie Oppenheimer, who was a pediatrician in San Jose. Many vignettes of her life in Los Alamos, Colorado and San Jose.

Personal

- Need to continually work at life balance, stress and depression management. This is going successfully and is sometimes easier than others.
- Started a new weaving for Ty White and Annette Breingan. A scene of Lake Tahoe.
- Work out at 24-Hour Fitness 3 times a week. Again training for a half-marathon for the Heart Association.

Other

- Met with Community Ministry Advisory Committee regularly
- Monthly status meetings with EqUual Access
- Visit my spiritual director and my psychiatrist regularly.
- Attended MPUUC Board meetings.

2015-16 Development Plan

Area	Plans	Time line	Measurement	Status
Continuing education:				
Take one or two classes a year	Investigate classes to take in this year	Ongoing- Identify classes	Take classes by December 2016	Fred Pryor Seminar Mar 3
Attend GA in person or virtually	GA in June	June 2016	Event attended	Registered
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 31	Attended by Dec. 2016	TBD
Help in starting new counseling center	Attend meetings as member of the board of the new center	Throughout 2016	Center is on a sound financial footing and self-sustaining.	Much progress has been made. More work to do.
Areas for growth in the next 2 yrs:				
Disability Credentialing Program	Lead the group which will administer the AIM certification program for UUA congregations.	On-going	New congregations sign up for the program	4 congregations have signed up.
Spiritual Direction	Continue to grow Spiritual Direction practice at Connections.	On-going		Nothing
Long term possibilities				
Plan for sabbatical	Plan for ministerial sabbatical of 6 months	Don't know when	Rethink this after Zach is older and Connections is well established.	