Community Ministry Status
For the Ministry of Rev. Barbara F. Meyers

June 2015

Status of ministry since last Report

Notes of Particular Importance

Joys

- High-lights
  2. UU Congregational disability certification program the Accessible and Inclusion Ministry, or AIM for short, has web pages on the UUA website and was formally announced at General Assembly.
- Helping care for both grandsons: Nate, age 4 every other Saturday and Zach age 5 months every other Tuesday.
- For the UUMA program in Entrepreneurial Ministry I made two videos, one about Connections, and one about the Wellness and Education Center at Connections, my project for the class.
- Exercise schedule going well.

Challenges

- My Dad has been quite ill and I’ve been a primary family contact and frequent visitor. He met his newest great grandson in May.

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

Education

Classes, Conferences and Seminars Taken and Planned
• Took on-line education class *Creating a Healthcare Practice Welcoming to LGBT Seniors* by Lavender Seniors of the East Bay and Life Eldercare. May 21, 2015. Excellent class for healthcare professionals about how to treat the special problems of LGBT seniors.


**Healing Counseling Center**

• Held monthly Board meetings, and many more working meetings. Recruited new Board members

• Seeing clients. Not a full load, yet.

• Applied for new grants using a grant writer and fund raiser specialist.

• Received a large anonymous contribution.

**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.

**Mental Health Committee**

Mental Health Committee now part of the MPUUC Social Justice Committee. Our plans:

April 11 – Movie Night – The Fisher King with a discussion afterward

April 12 – Barbara gives a homily on PTSD

May – Publicize and participate in the NAMI Walk in San Francisco

**Community Ministry**

• One of the two community ministers who I have been mentoring was granted final fellowship. It has been a 3-year commitment for each person. The other is in her final year of preliminary fellowship.

• Serving as informal mentor and spiritual director to a prospective mental health community minister in the Washington DC area.

**Spiritual Direction**

• I am a Spiritual Director at Connections.

**Priestly**

• April 12. MPUUC service. Homily about ADHD.

**Social Justice**

**Community Awareness**

• Suspended production of YouTube videos using my own equipment due to workload on Connections.
Mental Health pages on MPUUC web site continue to be widely accessed.

**UUA Accessibility Group**
- Led the effort to create a congregational disability accessibility certification program called the Accessibility and Inclusion Ministry (AIM). 8 Field Test congregations underway for 2 years. This effort was formally announced to the general public at General Assembly in June. I will lead the effort to get the program underway.
- Continued to maintain the website for the new UU accessibility group EqUUal Access [www.equualaccess.org](http://www.equualaccess.org). Will be handed off to a professional web developer.

**UUA Addictions Ministry**
- As member of the UUA Addictions Ministry, helped run their web site [www.uuaddictionsministry.org](http://www.uuaddictionsministry.org).

**Board Membership**
- On 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**
- *Chasing the Scream – The First and Last Days of the War on Drugs*, by Johann Hari, Bloomsbury, 2015. Hari makes a compelling case, with lots of historical evidence, for decriminalizing drugs, while making some drugs available only from physicians. He claims the War on Drugs has been a failure which has inadvertently made for more addicts, ruined lives, violence and criminal activity.
- *A Singular Mission: An Olympia Brown Mystery*, by Judith Campbell, Mainly Murder Press, 2014. This time, Rev. Brown has a temporary ministry job where a parishioner with a mental health problem takes too much of an interest in her. Turns out very positive, with parishioner getting help and Rev. Brown being compassionate. Enough to make me write to the author and thank her for writing a book where a person can have a mental health problem and be dealt with compassionately.
- *A Twisted Mission: An Olympia Brown Mystery – The Prequel*, by Judith Campbell, Mainly Murder Press 2015. In this mystery there is an attempted suicide which Rev Olympia treats compassionately, and which results in the successful treatment, and challenging the bully who provoked it.
**Personal**
- Need to continually work at life balance, stress and depression management. This is going successfully and is sometimes easier than others.
- Work out at City Sports 3 times a week.

**Other**
- Met with Community Ministry Advisory Committee every quarter
- Monthly status meetings with EqUUal Access
- Visit my spiritual director and my psychiatrist regularly.
- Attended MPUUC Board meetings.

## 2015 Development Plan

<table>
<thead>
<tr>
<th>Area</th>
<th>Plans</th>
<th>Time line</th>
<th>Measurement</th>
<th>Status</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Continuing education:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Take one or two classes a year</td>
<td>Investigate classes to take in this year</td>
<td>Ongoing - Identify classes</td>
<td>Take classes by December 2015</td>
<td></td>
</tr>
<tr>
<td>Attend GA in person or virtually</td>
<td>GA in June</td>
<td>June 2015</td>
<td>Event attended</td>
<td>Complete</td>
</tr>
<tr>
<td>Attend Mental health seminars / conventions</td>
<td>Attend at least one local / state mental health convention in next year</td>
<td>Chosen by March 31 NAMI California conference where I will be on a panel.</td>
<td>Attended by Dec. 2015</td>
<td></td>
</tr>
<tr>
<td>Help in starting new counseling center</td>
<td>Attend meetings as member of the board of the new center</td>
<td>Throughout 2015</td>
<td>Center is on a sound financial footing and self-sustaining.</td>
<td></td>
</tr>
<tr>
<td><strong>Areas for growth in the next 2 yrs:</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disability Credentialing Program</td>
<td>Lead the group which will administer the AIM certification program for UUA congregations.</td>
<td>Program made public in June 2015</td>
<td>New congregations sign up for the program</td>
<td></td>
</tr>
<tr>
<td>Spiritual Direction</td>
<td>Continue to grow Spiritual Direction practice at Connections.</td>
<td>On-going</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Long term possibilities</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plan for sabbatical</td>
<td>Plan for ministerial sabbatical of 6 months</td>
<td>Don’t know when</td>
<td>Rethink this after Zach is older and Connections is well established.</td>
<td></td>
</tr>
</tbody>
</table>