

Community Ministry Status

For the Ministry of Rev. Barbara F. Meyers

June 2016

Status of ministry since last Report

Notes of Particular Importance

Joys

High-lights

- Connections Counseling Center: Hired Deanna Kosaraju to help with grant writing and fund raising. Still needs a lot of attention. In search for a part time executive director.
- Continue helping care for both grandsons. Nate is starting Kindergarten in September
- Exercise schedule going well. Trained for and ran in a half marathon as a fundraiser for the Heart Association
- Duties as executor of my father's estate are complete.

Challenges

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

Education

Classes, Conferences and Seminars Taken and Planned

- Attended training session on Mental Health in South Asian, Latino and Filipino cultures. April 27, 2016, organized by the Fremont Family Resource Center. Very interesting perspectives on the very serious stigma of mental health in those cultures, and how to be effective in working with them.
- Attended meeting of East Bay Spiritual Directors May 4, 2016
- With Scotty Scott, presented to NAMI Alameda County meeting about Connections and Reaching Across June 9, 2016
- One of the panelists in a workshop: *Bringing the Accessibility and Inclusion Ministry (AIM) to your Congregation* given at General Assembly in Columbus, Ohio, June 23, 2016.

Healing

Counseling Center

Held monthly Board meetings, and many more working meetings. Recruited new Board members. Added two psychotherapists and two music therapists. Hired Deanna Kosaraju to help with grant writing and fund raising. Still needs a lot of attention. In search for a part time executive director.

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 at Connections so far.

Priestly

- Led a worship service March 6, 2016 on *Holy Friendship*. Holy friends are: people who challenge the sins or vices we've come to love; people who affirm gifts we are afraid to claim, and people who help us dream dreams we otherwise wouldn't have dreamed.
- On June 11, officiated at a memorial service for Steve Schacter, a member of Reaching Across who died in May.

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. Community education event held on May 21. The speakers were wonderful, but the crowd was disappointing.

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. Five 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.

Other

Books Read

- *Will in the World: How Shakespeare Became Shakespeare*, by Stephen Greenblatt, W. W. Norton & Company, 2004. Brilliantly written, award winning account of different stages in William Shakespeare's life, with many references to his plays and poetry as testimony.
- *David and Goliath: Underdogs, Misfits, and the Art of Battling Giants*, by Malcolm Gladwell, Back Bay Books, 2015. Several stories of how players labeled "underdog" use that status to their advantage and prevail through the elements of cunning and surprise.
- *Broken – My Story of Addiction and Redemption*, by William Cope Moyers, with Katherine Ketcham, Penguin Books, 2006. The son of Bill Moyers tells his story of drug addiction and his recovery.
- *Coming Out of Cage – Journey of a Tiger Mom from Tiger Cub to Tiger Mom: Reflection of a Former School Board Trustee and Education Facilitator*, by E. Way, Westbow Press, 2015. A Chinese-American mom is forced to come to terms with her failings as a parent when her daughter develops PTSD after going to college. She had been a "Tiger Mom".

- *Not the Price of Admission: Healthy Relationships after Trauma* by Laura S Brown, Ph.D. ABPP, 2015. About how to move past trauma from a therapist who treats people with trauma and who has had trauma herself.
- *Care of Mind / Care of Spirit – A Psychiatrist Explores Spiritual Direction*, by Gerald G. May, Harper Collins e-book, 1982, 1992. Good exploration of the boundary between psychiatry and spiritual direction. Especially meaningful for me, as my psychiatrist has played both roles in my life.
- *The Worst Hard Time – The Untold Story of Those Who Survived the great American Dust Bowl*, by Timothy Egan, Mariner Books, 2006. My parents and grandparents survived the dust bowl living in Kansas. This book helped me understand what they went through.
- *X*, by Sue Grafton, Penguin Random House, 2015. Another who-done-it in Sue Grafton's Kinsey Milhone series. I've read all 24 of these; hard to put down once you start.
- *Composing a Further Life: The Age of Active Wisdom*, by Mary Catherine Bateson. Knopf, 2010. Bateson, the daughter of Margaret Mead, proposes that longevity has given us the opportunity to carve out a second adulthood, finding new meaning and ways of contributing. I can identify.

Personal

- Need to continually work at life balance, stress and depression management. This is going successfully and is sometimes easier than others. Trying to learn how to make stress an ally.
- Completed a new weaving for Ty White and Annette Breingan. A scene of Lake Tahoe.



- Completed weaving 2 baby blankets for my youngest grandson Zachary.



- Work out at 24-Hour Fitness 2 times a week. Trained 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	Attended June 29-26
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.	