

# **Community Ministry Status**

For the Ministry of Rev. Barbara F. Meyers

**June 2014**

## **Status of ministry since last Report**

### **Notes of Particular Importance**

#### **Joys**

- High-lights
  1. Interfaith Counseling Center. Two grants awarded. Crowd-source funding being tried. Momentum building for opening in the fall.
  2. UU Congregational Disability Certification Program. Handbook now at the field test congregations and congregational plans have been made. Very good feedback.
  3. Short story-oriented videos – Production of videos at Reaching Across with my own equipment. Funding requested from the county through Reaching Across.
- Another UU mental health minister is moving to the Bay Area – Katie Norris.
- Helping care for my grandson Nathaniel (Natey) King one day a week
- Exercise schedule going well. Ran a half-marathon on May 3 and plan another on July 5.

#### **Challenges**

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

#### **Education**

##### *Classes, Conferences and Seminars Taken and Planned*

- *Webinar: Incorporating a Traditional Healers Model* - June 26, 2014 organized by Mental Health Association of San Francisco, Center for Dignity, Recovery, and Empowerment. How a culturally sensitive traditional healer's project was started for the Hmong community. It involved working with Hmong traditional healers as well as the mental health system. Very interesting.
- *Webcast: Where does the interfaith community go from here to reduce violence?* – An excellent presentation on what works to cut down on gun violence. This is Permit to Purchase laws similar in approach to getting a driver license, which several states have enacted with good success. And what faith communities can do to make this happen.

#### **Healing**

##### *Counseling Center*

- Held monthly Board meetings. Increased religious diversity of the board with Muslim participants.
- Chalice Lighter Grant proposal to the PCD was awarded beginning May 15. Expect to see money in September.
- Grant from UUA Funding Program awarded.
- Developed video for fund raising, with Rev. Jeremy Nickel's help.

##### *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***

- Attended Pastoral Associates meetings and worked with several congregation members as an associate.

### ***Mental Health Committee***

This quarter's activities were:

- April 6: Rev. Meyers to give a sermon on ADHD. Mary Ann Davis to do homily.
- May – FERC to hold 5150 workshop in Fremont for public to attend. We publicized.
- May: NAMI Walk - publicized and participated. MPUUC contributed over \$1000.

### ***Community Ministry***

- Serve as mentor to two community ministers as they navigate through their preliminary fellowship. It is a 3-year commitment for each person. They have finished their second year of preliminary fellowship.
- Serving as informal mentor and spiritual director to a prospective mental health community minister doing an internship in St. Louis.

### ***Spiritual Direction***

- Have one spiritual direction client. This is very fulfilling work for me.

### **Priestly**

- Have been working with a preaching coach from the UUMA coaching program this year. She have been very helpful.
- April 6 “Paying Attention to ADHD” preached at MPUUC

### **Social Justice**

#### ***Community Awareness***

- This year, I produced 2 more videos with P.E.E.R.S., fulfilling their contract with me.
- Started monthly production of my own YouTube videos using my own equipment. Series is entitled: “Faces of Hope and Resilience.” Funding to cover this expense is part of the Reaching Across budget request for this fiscal year.
- *Mental Health Matters* Public Access TV continues under new management, with fewer shows.
- Mental Health pages on MPUUC web site continue to be widely accessed.

#### ***UUA Accessibility Group***

- Leading effort to create a congregational disability accessibility certification program. 8 Field Test congregations now have the handbook and a UUA administrator, who I am supervising, is on board and doing a great job.
- Continued to maintain the website for the new UU accessibility group *EqUUal Access* [www.equualaccess.org](http://www.equualaccess.org).

#### ***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***

- *Levels of Life*, by Julian Barnes, Knopf, 2013. A poignant tale of Barnes' grief after his wife died. Very well written, authentic and honest.
- *Ten Days in a Mad-House*, by Nellie Bly, Ian L. Munro, New York, 1887. Newspaper reporter Nelly Bly feigned madness to investigate conditions at the Blackwell's Island Insane Asylum. Her reporting of the horrors she found there led to a grand jury investigation and reforms in the system.
- *Dying to Teach: A Memoir of Love, Loss and Learning*, by Jeffrey Berman, State University of New York Press, 2007. English professor Jeffrey Berman's account of his wife's death from cancer, and how he shared his experience with his students for a lesson in real life.
- *The Women Jefferson Loved*, by Virginia Scharaff, Harper Collins, 2010. Well researched and well-written story of the important women in the life of Thomas Jefferson – his mother, his wife, his daughters, and his slave mistress Sally Hemmings – and the influence he had on them, and they on him. There were deaths at childbirth and much infant mortality in the early life of the State of Virginia.
- *Thank You for Being Such a Pain – Spiritual Guidance for Dealing with Difficult People*, by Mark I. Rosen, Ph.D., Harmony Books, 1998. The author contends that difficult people have been placed in our path by God to help teach us a spiritual lesson that we need to learn. Lots of good advice and techniques, even if you don't follow this theological interpretation.

#### ***Personal***

- Need to continually work at life balance, stress and depression management. This is going successfully and is sometimes easier than others.
- Began with a new gym, City Sports, and work out there 3 times a week.
- Ran a half-marathon on May 3, running slowly the whole way.

#### ***Other***

- Met with Community Ministry Advisory Committee every quarter
- Monthly status meetings with UU Mental Health Caucus, Equal Access
- Visit my spiritual director and my psychiatrist regularly.
- Attended most MPUUC Board meetings.

## 2014 Development Plan

Area	Plans	Time line	Measurement	Status
<b>Continuing education:</b>				
Take one or two classes a year	Investigate classes to take in this year	Ongoing- Identify classes	Take classes by December 2014	Took <i>DSM5 In Plain English</i>
Attend GA in person or virtually	GA in June	June 2014	Event attended	
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 31	Attended by Dec. 2014	Attended <i>Tools for Change</i> in March 2014
Help in starting new counseling center	Attend meetings as member of the board of the new center	Throughout 2014	New center is created.	Initial actions are continuing. One grant was obtained.
Create on-line course for ministers to teach about mental health.	Work with another person who will create the class	Throughout 2014	Course created or near completion in Dec 2014	Three people working on this.
<b>Areas for growth in the next 2 yrs:</b>				
Create short format mental health videos	Plan is to improve the video audience	Tape one video per month.	Ongoing	PEERS videos complete RA videos started in April
Disability Credentialing Program	Lead credentialing program for UUA congregations	Field test continues	Field test continues successfully	Field test sites turning in their plans
Preaching style	Retained the help of a preaching coach. Great results so far.	Coaching through June.	Style continues to improve.	Lots of positive comments after coaching.
Spiritual Direction	Continue to grow Spiritual Direction practice. Presentation on Spiritual Direction at District Assembly	On-going		
<b>Long term possibilities</b>				
Plan for sabbatical	Plan for ministerial sabbatical of 6 months	Probably in 2016 after Nate is in kindergarten	Create possible scenarios by Dec 2014	