

Community Ministry Status

For the Ministry of Rev. Barbara F. Meyers

September 2013

Status of ministry since last Report

Notes of Particular Importance

Joys

- Status of three new initiatives of my ministry
 1. Interfaith Counseling Center. Held first Board meeting in July. With Wayne Lowe, attended Samaritan Institute conference in Denver.
 2. UU Congregational Disability Certification Program. Handbook now at the field test congregations. Hired a field test administrator. Making contacts with each test site.
 3. Short story-oriented videos – Completed 9 videos last year. Funding agency will fund 3 more videos this year. Discerning whether to do more videos with another funding source.
- Helping care for my grandson Nathaniel (Natey) King one day a week

Challenges

- Keeping from being over committed.

Education

Classes, Conferences and Seminars Taken and Planned

- Samaritan Institute Center conference in Denver August 1-3.

Healing

Counseling Center

- Held first three Board meetings. Increased religious diversity of the board with Muslim participants.
- Developed and submitted 501 c 3 non-profit application to the IRS.
- Submitted a Chalice Lighter Grant proposal to the PCD. To be decided in October.

Reaching Across

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

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

Held planning meeting for this year's activities on September 29. Activities planned are:

- October: Trip to the Exploratorium which has a special exhibit on Mental Health

- November: Update Referral List
- December: Christmas Gift Wrap for John George Mental Hospital
- January: Yoga for depression and anxiety led by Janelle
- February: Mental Health Movie Night. Watch “Phoebe in Wonderland” with a discussion about Tourette’s.
- March: Possible joint forum with IDC committee on CIT – Crisis Intervention Training for Police in the Tri Cities *Violence* after church.
- April: Ohlone College Suicide Prevention Walk - publicize and participate
- April: Rev. Meyers to give a sermon on ADHD. Mary Ann Davis to do homily.
- May: NAMI Walk - publicize and participate

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. One person has finished her second year, and the other has finished her first year.
- Serving as informal mentor to a prospective mental health community minister doing an internship in St. Louis.

Spiritual Direction

- Have two spiritual direction clients. This is very fulfilling work for me.

Priestly

- July 28, 2013–Worship Service: “Spiritually Integrated Psychotherapy”
- August 18, 2013 – Guest speaker at UU Congregation in Sonora. On “Recovery from Mental Health Problems”

Social Justice

Community Awareness

- Last year, nine short “focused story” videos appeared on YouTube, to universally positive acclaim. This year, funder will produce 3 more videos. Discerning whether to make more videos with a different funder.
- *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. 10 Field Test congregations now have the handbook and a UUA administrator, who I am supervising, has been hired.
- Continued to maintain the website for the new UU accessibility group *EqUUal Access* www.equalaccess.org

UUA Addictions Ministry

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

Board Membership

- Joined 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

- *Brainwashed – The Seductive Appeal of Mindless Neuroscience*, by Sally Satel and Scott O. Lilienfeld, Basic Books, 2013. An exposition of why using brain scans is being oversold for marketing, addiction work, or lie detection, and is creating problems in ethics and law.
- *Marriage Equality; Why same-sex marriage is good for the church and nation*, by Rev. Steve Kindle, Amazon Digital Services, 2013. Very cogent expression of the arguments for gay marriage by a protestant minister.
- *Cracked, Not Broken – Surviving and Thriving After a Suicide Attempt*, by Kevin Hines. Kevin Hines survived a jump off of the Golden Gate Bridge. This is his story. It is realistic, positive, inspiring and hopeful.
- *Mean Little deaf Queer – A Memoir*, by Terry Galloway, Beacon Press, 2009. Memoir of a woman who lost her hearing as a child, and who is a lesbian. Details the impact of her deafness on her acting and performing career.
- *Falling Into the Fire – A Psychiatrist’s Encounters with the Mind in Crisis*, by Christine Montross, Penguin Press, 2013. Compassionate psychiatrist Christine Montross tells stories of her patients including a woman who swallowed anything in sight, a man who believed there was something wrong with his face and had many surgeries, and others.
- *While Still There Is Light – Writing from a Minister Facing Death*, by Nancy Shaffer, edited by Mary McKinnon Ganz. The author is a classmate of mine in seminary, a gifted poet, who died after an operation for a brain tumor. Very moving.
- *A Road to Recovery – A program of Mental Health America of Los Angeles*, by Mark Ragins, MD, Mental Health Association in Los Angeles County, 2002, Revised, 2010. Highly important description of Ragins program that has been successful in helping people with serious mental health difficulties at *The Village* in Long Beach, California.
- *The Unconquered – In Search of the Amazon’s Last Uncontacted Tribes*, by Scott Wallace, Crown Publishing, 2011. Harrowing account of a trek into uncharted parts of the Amazon forest to document the existence of uncontacted native people.
- *The Lost City of Z – A Tale of Deadly Obsession in the Amazon*, by David Grann, Vintage Books, 2009. Story of the legendary British South American explorer Percy Fawcett, who disappeared on his search for an ancient lost city. Author David Grann tells Fawcett’s story and ventures himself successfully on the search. Well told.
- *Zealot – The Life and Times of Jesus of Nazareth*, by Reza Aslan, Random House, 2013. Remarkable account in which Aslan convincingly positions Jesus in the historical context of early Palestine, his beliefs and how Christianity, a Jewish sect, began. Controversial and recommended reading.
- *Natoles* by Jon Benavidez, 2010. Book written by a client at Reaching Across.
- Three mysteries by Rev. Judith Campbell, a UU minister where the sleuth is a UU minister facing ethical issues. I can inhale these books.
 - *An Unspeakable Mission – An Olympia Brown Mystery*, Mainly Murder Press, 2011.
 - *A Despicable Mission – An Olympia Brown Mystery*, Mainly Murder Press, 2012.
 - *An Unholy Mission – An Olympia Brown Mystery*, Mainly Murder Press, 2012.
 - *A Predatory Mission – An Olympia Brown Mystery*, Mainly Murder Press, 2013.
- *Words for Warning* by Nash, AuthorHouse, 2013. Family of a teenager who attempts suicide. A first novel by a young writer. Partially autobiographical.

Personal

- Need to continually work at life balance, stress and depression management.

- Keeping up my exercise at the gym *Curves*, and work out there 3 times a week. Keeps up my energy level.

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.

2013 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 2013	SKSM workshop taken
Attend GA	GA in June	June 2013	Event attended	Attended GA as a chaplain
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 31	Attended by Dec. 2013	Attended WRAP and CASRA conferences
Help in starting new counseling center	Attend meetings as member of the board of the new center	Throughout 2013	New center is created.	Attending meetings. See progress.
Areas for growth in the next 2 yrs:				
Create short format mental health videos	Plan is to improve the video audience	Tape one video per month.	Ongoing	Have taped 9 videos. Will tape 3 more this year
Disability Credentialing Program	Lead credentialing program for UUA congregations	Time line established. Field test by June 2013	Program created	Handbook complete. Field test sites in operation
Preaching style	Work on preaching with feedback from parishioners and other professionals	As speaking engagements show up	Style continues to improve.	Signed up for UUMA preaching mentor.
Spiritual Direction	Continue to grow Spiritual Direction practice	On-going		One new client from SKSM referral.
Long term possibilities				
Create on-line course for ministers to teach about mental health.	Apply for a grant to fund creating the course	Apply for grant in 2 years.	Grant applied for and approved.	