

# Quarterly Community Ministry Activities

For the Ministry of Rev. Barbara F. Meyers

December 2017

## Executive Summary

- **"Listening Post"** - Started a Listening Post on Thursday afternoons in the Tenderloin neighborhood of San Francisco, sponsored by the Faithful Fools Street Ministry.
- **Emotional CPR** – Will give a presentation at Family Resource Center in February. Planning for an eCPR event for students.
- **Book** - Submitted a formal proposal to Skinner House Books for a book on mental health in congregations. Still waiting to hear on acceptance.
- **Blog** - Starting a monthly UU mental health blog.
- Co-leader of Ableism Task Force for the UUMA
- Continue work quarter time as Assistant Director of Life Reaching Across to Life
- Led worship on November 26 on *The Listening Post*.

## Quarterly Ministerial Status Report Details

### Education

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

- Presented a webinar: *Mental Health Information for Ministers and Lay Leaders*, December 6, 2017 sponsored by the Pacific Western Region of the UUA. Well received. Charts and handouts available from the PWR.
- Listened to *Seeing White*, a 14-part documentary series exploring whiteness in America—where it came from, what it means, and how it works. This podcast series is excellent – the best racism training that I have been exposed to. Its lessons are unforgettable. I hope many people watch it, learn and have their hearts changed. **Highly recommended**
- Attended Webinar: Effectively Employing Young Adult Peer Support Workers: Toolkit Overview Jonathan Delman, PhD, JD, MPH & Vanessa Klodnick, PhD, LCSW. This was from the Doors to Wellbeing Peer Specialist Webinar Series. Good ideas for employing young adult peers.
- Attended Webinar: *Conflict Resolution: Resources for Peers* by Dan Berstein. This was from the Doors to Wellbeing Peer Specialist Webinar Series. November 28, 2017. Discussed conflict resolution in general and also as specific to mental health. Excellent discussion of mediation of conflicts.
- Attended American Foundation for Suicide Prevention's *Survivor Day* on November 18 in Dublin. Designed for people who have a loved one who has died by suicide, this was a very meaningful event.
- Attended a UUMA webinar, November 29, 2017, on Building Beloved Community free of systemic oppression. Ministers talked about how they are or will be addressing racism and oppression.

## Healing

### *Spiritual Direction*

People who live on the streets or who are otherwise vulnerable are often ignored with few chances to share their sacred stories. To address this need, two spiritual directors, Rev. Barbara F. Meyers and Karolyn Stenlund, began a pilot project sponsored by the Faithful Fools Street Ministry which will involve creating a space where vulnerable and marginalized people can come and be listened to for free without judgment. They will be using volunteer-oriented models designed by the widely-known Sidewalk Talk organization and the Listening Post organization in Anchorage, Alaska.

This service initially began on Thursday afternoons at the city park on the corner of Hyde and Turk in the Tenderloin district in San Francisco, and will cohabit that space and work with the St. Francis Living Room organization. This project began on Thursday, October 19 and will continue as a pilot project for 6 months.

Received a grant from the Tenderloin Community Benefit District to cover expenses for this project.

### ***Emotional CPR***

Proposal for giving an eCPR presentation as part of the Fremont Family Resource Center Lunch and Learn was accepted and is scheduled for Feb 22.

After the health teachers at Mission San Jose High School decided not to use eCPR as one initiative to handle the significant stress problem, decided to instead hold a community eCPR event aimed at students. Planning is underway with Kenneth Kozi Arrington, the leader of eCPR training in the Bay Area.

### ***UU Mental Health Blog***

With a team of four people, beginning a UU mental health blog. Have created mission and vision statements, an editorial policy and have acquired a website domain and host. Currently designing the blog and website format. Plan to have one blog post per month inviting others to contribute blog contents.

### ***Healthy Students Task Force***

Participated in task force organized by the Fremont Unified School District to focus on reducing stress in students. Project underway: for finals week, at all high schools have a number of stations with de-stressing activities available: petting zoos, stress balls, snacks, and arts and crafts.

### ***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***

- Elder's Group met until the end of November as part of small group ministry at MPUUC. Will co-lead it next February when it starts again.
- 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.
- Provided emergency pastoral care during interim minister's absence.

## **Priestly**

- Led the service on November 26 at Mission Peak UU "The Listening Post"

## **Social Justice**

### ***Community Awareness***

- Mental Health pages on MPUUC web site continue to be widely accessed.
- Represented MPUUC at the TCIC Interfaith Thanksgiving service, November 20, 2017.
- Represented MPUUC at the interfaith vigil to remember and honor victims of gun violence, December 9, 2017.

### ***UUMA Ableism Task Force***

- Co-leader of Ableism Task Force for the UUMA.
- This work is scheduled to be complete by March 2018.

### ***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.

### ***UUA Addictions Ministry***

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

## **Other**

### ***Books Read***

- *The Waiting Period – a memoir of depression*, written by Brian Copeland, Arbee House 2017. Written version of his popular one-man play *The Waiting Period*, about the 10-day waiting period for obtaining a gun with which he intended to kill himself. Humor, sadness, truth, excellent.
- *The History of White People*, by Nell Irvin Painter, W. W. Norton & Company, 2010. An example of the new field of “white studies”, this is an extraordinarily well researched and thorough history of white races especially in the United States by a Princeton history professor. She sees the past concept of *race* in the US as largely distinctions between various European ethnicities, and the ethnic future of the US to be multi-racial including all of the races of the world. **Recommended for anyone interested in racial matters in the United States.**
- *Black Walden – Slavery and Its Aftermath in Concord, Massachusetts*, by Elise Lemire, University of Pennsylvania Press, 2009. Fascinating, well-researched history of slavery in Concord, Mass, in which I learned that Rev. Peter Bulkeley, one of Tom’s ancestors, owned slaves. Very telling of how the system rigged society’s rules against black people even after they earned their freedom. **Recommended for anyone interested in racial matters in the United States.**
- *The Myth of Race – The Troubling Persistence of an Unscientific Idea*, by Robert Wald Sussman, Harvard University Press, 2014. Exhaustive study of race, especially of eugenics, and how it remains as an important concept, even when all aspects of it have been disproven.
- *Centering – Navigating Race, Authenticity, and Power in Ministry* – Mitra Rahnema, Editor, Committee for Antiracism, Anti-Oppression, and Multiculturalism of the Unitarian Universalist Association, Skinner House Books, 2017. A series of essays from UU religious professionals of color talking about some of the struggles they have had in a predominantly white denomination. UUA common book read selection.
- *Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want*, by Frances Moore Lappé and Adam Eichen. UU common book read selection.
- *Prairie Fires – The American Dreams of Laura Ingalls Wilder*, by Caroline Fraser, Metropolitan Books, 2017. Thoroughly engaging and well-researched biography of Laura Ingalls Wilder the author of the *Little House on the Prairie* books. I am giving this to my daughter so she can see some of what her great-great grandparents went through in homesteading on the Kansas prairie.
- *Healing the Western Soul – A Spiritual Homecoming for Today’s Seeker*, by Judith S. Miller, Ph.D., Paragon House, 2015. I found myself agreeing with much of this book, which is that people from the West have access to a rich spiritual heritage that can be very healing for emotional problems.
- *Overloaded and Underprepared – Strategies for Stronger Schools and Healthy, Successful Kids*, by Denise Pope, Maureen Brown, and Sarah Miles, Jossey-Bass, 2015. Experiences of the Challenge Success organization in improving schools. Thorough and well-articulated.
- Finished reading the entire set of 13 Armand Gamache mysteries set in Quebec, Canada by Louise Penny. Hard to put down. Can’t wait for the next one (there is about one per year in this series).
- *Into the Water* by Paula Hawkins, Random House, 2017. A mystery illustrating that memories “are transformed, disassembles, reassembled, and recategorized with each act of recollection.”
- *Midnight at the Bright Ideas Bookstore – A Novel*, by Matthew Sullivan Scribner, 2017. Mystery involving a suicide in a bookstore, and the ties it has to a previous killing of a family. Hard to put down.
- *Eleanor Oliphant is Completely Fine – A Novel*, by Gail Honeyman, Pamela Dorman Books, 2017. The funny and heartbreaking story of a quirky, socially clueless woman with a badly damaging past who finds her way to health with a relationship and a therapist.

- *It's All Relative: Adventures Up and Down the World's Family Tree*, by A.J. Jacobs, Simon and Schuster, 2017. Amusing tale of a man finding a vast number of cousins on an on-line site and trying to have to have the record largest family reunion.

**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 24-Hour Fitness 2 times a week.
- Ran in 10K race at Mount Diablo. Came in first in my age group.
- Completed weaving for Mark and Peggy Rahman: see picture

**Other**

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



### 2017 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 2017	Took <i>Strategic Non Violent Resistance for Ministers</i>
Attend GA in person or virtually	GA in June	June 2017	Event attended	Attended GA in New Orleans
Attend Mental health seminars / conventions	Attend at least one local / state mental health convention in next year	Chosen by March 31	Attended by Dec. 2017	Attended Alternatives in August.
Mental Health Ministry	Discern next actions in support of mental health	Chosen by March 31	Activity underway by Dec 2017	Will work with the eCPR program as a facilitator
Racial Justice	Discern actions in support of racial justice	Chosen by March 31	Activity underway by Dec 2017	Focus on racism in the mental health system
<b>Areas for growth in the next 2 yrs:</b>				
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	We have 8 congregations signed up. 4 pilots have completed it
Spiritual Direction	Create opportunities for Spiritual Direction practice	On-going		Started the Listening Post every Thursday
<b>Long term possibilities</b>				
Plan for sabbatical	Plan for ministerial sabbatical of 6 months	Don't know when	Rethink this when Zach is older.	